

Competition Rule Book



Primary Schools

2014–15



Contents

1. Aqua Festival.....	2-3
2. Athletics (Sports hall).....	4-6
3. Basketball.....	7
4. Cross Country.....	8
5. Cricket (Kwik).....	9-12
6. Drax cup Kwik Cricket U9 Tournament.....	13-15
7. Football.....	16
8. Gymnastics Key Steps.....	17-20
9. Hi 5 Netball.....	21-27
10. Mini Tennis.....	28-29
11. Quick Sticks.....	30-31
12. Rugby (Tag).....	32-33
10. Tri Golf.....	34-35
11. Wake Up Shake Up.....	36-37

The rules contained in this document are provided by the national governing bodies of sport and are for the recommended level of competition for primary school age pupils. These rules are subject to change, if you are unsure about any details, please contact me for information. Any changes or updates in rules that occur after this document has been printed, will be sent out to you along with each sport competition entry form.

Aqua Festival

There is no pathway, this is a fun festival!

Age Category

Children from **year 4, 5 and 6** can attend and races will be in ability groups rather than year groups.

Team Requirements

- The minimum squad required to fulfil every race is **24 children** (6 x non-swimmers / 6 x beginners / 6 x improvers / 6 x advanced – all determined by the distance they are able to competently swim, see below). However, if you have more children interested, you can bring **up to 30 children** and each child will swim fewer races. Also, if you do not have 24 children, you can still take part and simply not enter every single event.

Competition Rules and Format

- Event categories: Non-swimmers (swim aids)
Beginner swimmers 5-10m (Woggles)
Improver swimmers 10-25m
Advanced swimmers 25m+
- The more advanced swimmers will take part in a different aquatic activity in the deep end (such as mini-polo, diving or basic synchro) whilst the races are taking part in the shallow end.
- For width races, 3 children from each school will compete in each race – you will receive a full programme of events upon entry. Examples of width races include running races, egg and spoon, beach ball, and are all fun and inclusive events for any ability of swimmer.
- For advanced swimmer races, 2 children from each school will compete in each race. These will include more traditional races such as breaststroke and freestyle but also fun races such as body board.
- No prior experience is required for any of the activities as full guidance will be given at the event.
- The main emphasis is on fun and enjoyment.
- Because of the inclusive element, only 4 schools can enter per event so send you entry back quickly to avoid disappointment.
- For width races, 3 children from each school will compete in each race
- For advanced swimmer races, 2 children from each school will compete in each race
- Each event will have 2 heats

Event categories:	Non-swimmers (swim aids)	NON
	Beginner swimmers 5-10m (Woggles)	BEG
	Improver swimmers 10-25m	IMP
	Advanced swimmers 25m+	ADV

Shallow End/width races

Children should compete in an equal number of events where possible. No child should compete in more than 5 races.

Event 1	NON	Running	Heats 1 & 2
Event 2	BEG	Running	Heats 1 & 2
Event 3	IMP	Breaststroke	Heats 1 & 2
Event 4	NON	Hopping/Jumping	Heats 1 & 2
Event 5	BEG	Hopping/Jumping	Heats 1 & 2
Event 6	IMP	Front Paddle/Front crawl	Heats 1 & 2
Event 7	NON	Egg & Spoon	Heats 1 & 2
Event 8	BEG	Egg & Spoon	Heats 1 & 2
Event 9	IMP	Back Stroke	Heats 1 & 2
Event 10	NON	Beach Ball	Heats 1 & 2
Event 11	BEG	Beach Ball	Heats 1 & 2
Event 12	IMP	Breaststroke kick	Heats 1 & 2
Event 13	NON	Ping Pong	Heats 1 & 2
Event 14	BEG	Ping Pong	Heats 1 & 2
Event 15	IMP	Front crawl kick	Heats 1 & 2
Event 16	NON	Swimming on front	Heats 1 & 2
Event 17	BEG	Swimming on front	Heats 1 & 2
Event 18	IMP	Back stroke kick	Heats 1 & 2
Event 19	NON	Swimming on Back	Heats 1 & 2
Event 20	BEG	Swimming on Back	Heats 1 & 2
Event 21	IMP	Body Board	Heats 1 & 2
Event 22	NON	Kicking on front	Heats 1 & 2
Event 23	BEG	Kicking on front	Heats 1 & 2
Event 24	IMP	Push & glide (2 attempts)	Heats 1 & 2
Event 25	NON	Kicking on back	Heats 1 & 2
Event 26	BEG	Kicking on back	Heats 1 & 2
Event 27	IMP	Walking (Bobbing under lane lines)	Heats 1 & 2

Deep End

ADV Alternative activity (e.g. water polo, diving, synchro)

25m Races

In these events, there must be 1 boy and 1 girl in each event.

Event 28	ADV	Breaststroke	Heats 1 & 2
Event 29	ADV	Freestyle	Heats 1 & 2
Event 30	ADV	Backstroke	Heats 1 & 2
Event 31	ADV	Butterfly	Heats 1 & 2
Event 32	ADV	Body Board	Heats 1 & 2
Event 33	ADV	Water polo	Heats 1 & 2

ATHLETICS

U11 Sports hall

Pathway

SSP Heat SSP Final Leeds Final West Yorkshire School Games
⇒ ⇒ ⇒ (Cup Only)

Qualifying to Leeds: Top two schools from the SSP plate final.
Top two schools from the SSP cup final.

Event Format

The Sportshall Primary Programme provides an exciting and highly popular introduction to athletics competition. The following notes provide an overview of the competition and set out the team requirements.

Team Information

School teams should consist of a minimum of 9 girls and 9 boys, with a maximum of 15 girls and 15 boys being permitted. They may compete in a maximum of two track and two field events, drawn from the following:

On the Track...

1 + 1 lap relay	
2 + 2 lap relay	each requiring two girls & two boys
6 lap paarlauf	

Obstacle relay	
4 x 1 lap hurdles relay	each requiring four girls & four boys
4 x 1 lap relay	

... and in the field

Chest push	
Soft Javelin	
Speed bounce	each requiring three girls & three
boys	
Standing long jump	
Standing triple jump	
Vertical jump	

Additional information

Team sheets and a full explanation of each event together with teaching points will be available on the [WYSport website](#) from September 2014.

Event Programme

After a short welcome and the introduction of the teams, the action begins!

One the Track...

and in the field

Obstacle relay – girls
Obstacle relay – boys

1 + 1 lap relay – girls
jump,
2 + 2 lap relay – girls
jump

Chest push, standing long

standing triple jump, vertical

(boys – first round)

1 + 1 lap relay – boys
jump,
2 + 2 lap relay – boys
jump

Chest push, standing long

standing triple jump, vertical

(girls – first round)

6 lap paarlauf – girls
jump,

Chest push, standing long

standing triple jump, vertical jump
(boys – second round)

6 lap paarlauf – boys
jump,

Chest push, standing long

standing triple jump, vertical jump
(girls – second round)

4 x 1 lap hurdle relay – girls
jump,

Chest push, standing long

standing triple jump, vertical jump
(boys – third round)

4 x 1 lap hurdle relay – boys
jump,

Chest push, standing long

standing triple jump, vertical jump
(girls – third round)

Soft javelin – girls
Soft javelin – boys


Speed bounce – boys
Speed bounce – girls

4 x 1 lap relay – girls
4 x 1 lap relay - boys

And having had lots of fun, we thank everyone and finish with presentations to all the teams.

Basketball

Pathway

Cluster  SSP Final

Age Category

Year 4/5

General Rules

- Each team shall consist of approx. 10 team players with at least 3 of whom being girls. Five players will be on the court at any one time (2 girls if possible)
- Any number of substitutions can be made.
- Matches will be played on a reduced (half) sized court & Size 5/ junior balls will be used.
- Matches shall be approximately 10 minutes in duration (rolling clock)
- All team members shall wear the same colour uniforms. Bibs will be provided if not.
- The object of the game is to score more baskets than your opponents and to prevent the other team from scoring.
- The game will start with a jump ball.
- Each basket will be worth 2 pts.
- After each successful basket, the opposition shall restart the game from behind the end line.
- Please adhere to these 4 basic rules:

1. Player & Ball Out of Bounds Rule

All players need to keep themselves and the ball inside the court area.

2. Travelling Rule

You cannot walk or run holding the ball; so in order to move you must dribble the ball.

3. Illegal Dribble Rule

You cannot dribble with two hands at the same time or dribble again after catching the ball.

4. Personal Foul Rule

You cannot make unfair contact – a player cannot hold, push, trip or impede the progress of another player. If this is done during the act of shooting, 1 pt will be awarded to the team fouled.

Cross Country

Age Category

Y4/5/6

Format

Each school is invited to bring as many runners as they like, with a 'team' consisting of 5 runners per age group (single sex), with the first 4 runners to count towards the team score.

The race details are as follows:

Year 4 Girls	Approx. distance 900 metres (First 4 runners to count towards team score)
Year 4 Boys	Approx. distance 900 metres (First 4 runners to count towards team score)
Year 5 Girls	Approx. distance 1500 metres (First 4 runners to count towards team score)
Year 5 Boys	Approx. distance 1500 metres (First 4 runners to count towards team score)
Year 6 Girls	Approx. distance 1500 metres (First 4 runners to count towards team score)
Year 6 Boys	Approx. distance 1500 metres (First 4 runners to count towards team score)

CRICKET

Y5/6 Kwik

Pathway

SSP heat SSP Final Leeds Final West Yorkshire School Games
⇒ ⇒ ⇒

Qualifiers: The top two schools per SSP go through to the Leeds final.

Age Category

Year 5 and 6 Mixed

Appendix i: Rules

1. Aim
 - 1.1. The enjoyment for, and fair play by, all players.
2. Pitch
 - 2.1. Two sets of wickets, 16 yards apart.
 - 2.2. *Boundaries – maximum of 35 metres apart but can be reduced to accommodate more matches.*
3. Teams
 - 3.1. Each team comprises of 8 players. Squads are limited to 10 players.
 - 3.2. Quotas pertaining to mixed sex teams have been abolished.
 - 3.3. 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.
4. The Start
 - 4.1. The two teams toss a coin to decide which team has the choice of either batting or fielding first.
5. The Game
 - 5.1. Throughout the Tournament each game shall consist of one innings per team, each innings to be 8 overs long.
6. Batting & Scoring
 - 6.1. The batting side shall be divided into pairs, each pair batting for 2 overs, with a new pair starting at the end of the second, fourth and sixth overs.
 - 6.2. Each team starts batting with a score of 200 runs.
 - 6.3. Each time a batter is out, 5 runs are deducted and the other batter of the pair faces the next ball.
 - 6.4. A batter may be out bowled, caught, run out, stumped, hit wicket.
 - 6.5. There is no LBW law unless the batter deliberately blocks the ball with a leg or foot.
 - 6.6. Runs will be scored in the normal way, as will byes.
 - 6.7. 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. See glossary overleaf for details.

6.8. 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.

6.9. The second team then bats for its 8 overs.

7. Bowling and Fielding

7.1. Each player on the fielding side must bowl 1 over.

7.2. Bowling will take place from one end only.

7.3. Bowling should be over arm where possible.

7.3.1. 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.

7.3.2. At County/ National Finals underarm bowling is unacceptable and the 'double bounce' rule should be applied i.e. if the ball bounces more than ONCE, or rolls along the ground before it reaches the popping crease.

7.4. Players on the fielding side DO NOT need to rotate fielding positions.

7.5. 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.

8. The Result

8.1. The team with the higher score wins. In the event of a tie the team taking more wickets will be the winner. If it is still equal, each player bowls 1 ball at the wickets (no batter), with the team scoring the higher number of strikes the winner.

8.2. Tied games will be possible in the National Final. See Appendix iii, Organisational Rule 4.

9. Eligibility

9.1. Please note that the tournament is open to all pupils under the age of 11 (at midnight on 31 August 2013) at State Primary and Middle Schools in England and Wales.

Appendix ii: Glossary

10. An Over

10.1 An over consists of 6 balls.

11. LBW

11.1. In the very simple terms, a batter can be given out if the umpire feels that a ball, which hits the batter's leg, would have hit the stumps. This law will not be used unless a batter deliberately blocks or kicks the ball away with the leg or foot.

12. Byes

12.1. If a batter misses the ball, or if it hits their body, they may still run and score byes.

13. Wide ball

- 13.1. A ball that is too far from the batter to strike will be called a wide. A ball will not be called a wide, no matter how wayward it may be, if the batter manages to hit it.
- 13.2. If a ball results in more than 2 wides, they will be added to the batting team's score and the two runs for the wide will be ignored. For example, a bowler delivers a ball so wide it is missed by the wicketkeeper and crosses the boundary for 4. 4 runs are given to the batting side, not 6.

14. No ball

- 14.1. If a ball bounces more than once before reaching the batsman, or if it reaches the batsman above shoulder height without bouncing, it will be called a no ball.
- 14.2. A batsman may hit a no ball and if the shot results in 3 or more runs being scored, that score will count and the 2 runs for the no ball will be ignored. If 1 or 2 runs are scored the batsman will be credited for the 2 runs for the no ball.

Appendix iii: Organisation of the National Finals

15. Each school shall be permitted a squad of 10 players. The name and contact details of each school is emailed to the nominated person in the National Final appendix iv as soon as they are known, or by Friday 4th July 2014. Names and dates of birth of all players are to be handed to National Final Event Organiser on the day of the National Final.
16. The names of the 8 players for each match shall be given to the umpires at the start of the match.
17. The 12 teams will be divided into 4 groups, and each team will play the other teams in their group once.
18. The winning team from each game will be credited with 2 points. If the scores are level, each team will earn 1 point.
19. The winning team in each group will be the team with the highest number of points overall, after all the games have been completed.
20. If 2 teams lead a group with the same number of points, the winner will be the team that won the match between the 2 teams. If that match ended in a tie, the winner will be the team that scored the most runs in the 3 matches played.
21. If there are more than 2 teams per group with the same number of points, the winner will be the team scoring the most runs in 3 matches played.
22. If still equal, the winner will be the team with the higher difference between runs for and runs against. If still equal, each player bowls one ball at the wickets (no batter), with the team scoring the highest number of hits the winner.
23. The group winners will go forward to the Semi-Finals and the teams placed 2nd or 3rd will play additional games throughout the afternoon session.
24. In the Semi-Finals or Final, if the scores are level, the team taking the most wickets will be declared the winners.
25. Should both sides have taken the same number of wickets, a bowl out will take place (see paragraph 7 above).

26. The decision of the Tournament Working Party is final in regard to any disputes or infringements of the rules.
27. Attention is drawn to the ECB publication 'Safe Hands – Cricket Policy for Safeguarding Children', in particular to the guidelines concerning the use of photography and video.

Cricket

U9 Drax Cup

Pathway

Area heat  West Yorkshire  County finals day

Age Category

Under 9's

Rules and Regulations

The Drax cup is a mixed sex competition. Teams must include two members of the opposite sex at all stages of the competition. See rule 1.6 for further details.

1. Competition Procedure

1.1 Schools entering a team in the U9 age group shall be invited to compete for the "Drax Cup" competition, which is organised on a 'cluster festival' basis. Schools unable to be included in a cluster may be entered as a team in a knock-out stage.

1.2 All arrangements for the Finals Day will be made by the Executive Committee, including selection of ground and the appointment of neutral umpires.

1.3 In the event of no play or a tie in any Knock out stage Playing Regulations 3.2 or 3.3 or 3.4 shall apply.

1.4 All Players must be under 9 years of age at midnight on 31st August 2013 i.e. School Year 4 pupils and may only play for one school in the competition.

1.5 A team must include at least two members of the opposite sex with the exception of those teams provided by single sex schools. Failure to follow this rule, will result in school not being able to proceed to the next round of the competition.

1.6 A school may only enter the competition through one sports partnership event. Entries into multiple partnership events are not allowed. A school may enter two different teams into two separate events. A school entering two teams must clearly state "Team A" and "Team B" when registering.

1.7 The SGO has the primary responsibility for organising the date of the festival and must notify the schools as to the club or school ground at which the fixture will be played. This includes directions or whether a playground or grass facility is being utilised. This must happen at least 24 hours before the match. At any knock stage this is the responsibility of the home side or host SGO.

1.8 It is a requirement that the results and schools taking part are emailed to draxcup@yorkshirecb.com or the results form on the website is completed no later than 8pm of the round completion date.

1.9 For the Final, schools are required to nominate a squad of ten players by email to Ross Atkinson, competition lead r.atkinson@yorkshirecb.com no later than the Monday prior to the date of the Final.

1.10 Medals will be presented to the losing side in the Area Finals and to all four teams who participate in the Final.

2. Playing Regulations

2.1 Play in the Cup Round stage of competition to commence at a time mutually agreed by schools or the organising body.

2.2 The pitches shall measure 16 yards in length. Boundaries shall be set at a maximum distance of 25 yards from middle stump.

2.3 The ball shall be of junior 'Windball' (soft) specification (there is no requirement for helmets to be worn).

2.4 A match is to be one innings per side with each innings being 8 x 6 ball overs.

2.5 Each side is to consist of eight players. A match is still valid if a team comprises of only seven players, provided the opposing team manager selects the player who will complete the fourth pairing.

2.6 Each batting side will start their innings with a score of 100 runs.

2.7 The batting side shall be divided into pairs, each batting two (2) overs. The "pairs" shall be changed at the end of the second, fourth and sixth overs.

2.8 Batsmen shall have unlimited "lives" but each fall of wicket shall result in five (5) runs being deducted from the total. They shall change ends at the fall of each wicket.

2.9 Bowling shall be from one end throughout the match. Each bowler shall bowl one over. The bowler shall be changed at the end of each over. Each batsman shall receive three (3) balls of each over delivered.

2.10 Bowling shall be either 'under arm' or 'over arm' at each players discretion.

2.11 No fielder to be allowed within 10 yards of the striker until the ball is played. Fielders to rotate clockwise after each over so that all players get a turn in each fielding position, including acting as wicket keeper (note: no gloves required).

2.12 Dismissals to be restricted to five methods namely, bowled, caught, run out, stumped and hit wicket. Appeals for LBW to be declined (unless the batter has deliberately stopped the ball from hitting the stumps).

2.13 The striker, in the stance position, must not be allowed to obscure the view of "off stump" in readiness to receive a delivery. A "middle" guard to be given.

2.14 The bowler shall be penalised for a "no ball" when the delivery bounces three or more times/rolls along the ground, before reaching the striker, OR if the ball passes the striker above waist height when standing in an upright position. Bowlers are to be encouraged to bowl within the crease markings and only where there is persistent over-stepping, and after at least two warnings noted by both umpires, should a bowler be no-balled for over-stepping.

2.15 "Wide ball" is only applicable when the delivery is clearly out of the striker's reach.

2.16 The batting side shall be awarded two (2) penalty runs for a "wide ball" or "no ball" delivery. The ball to count as one of the over and an extra delivery is not allowed EXCEPT in the final over of each innings where two runs will be added to the score and the batsman shall receive an extra ball.

3. The Result

3.1 The winning team shall be the side scoring the higher number of runs after deductions for the fall of wickets (recorded as the "net total").

3.2 If any match in the Competition ends in a "tie" the team losing the least wickets will be declared the winner. Failing this, a "bowl out" contest shall be arranged between players from each side. Each team shall select three bowlers to bowl three deliveries and the winner shall be the team scoring most hits from a maximum nine attempts. If still equal a round of "sudden death" bowling from other bowlers will follow until a winner is established, with a toss of a coin deciding which team shall bowl first.

3.3 Any Cup Round at any knock-out stage, which is abandoned or is not started due to fitness of ground, weather or light, shall be re-arranged on the earliest date available as agreed by both sides. An incomplete match is invalid and the match shall be re-played.

3.4 In the event of outdoor play being impossible due to weather conditions and of a match that cannot be re-arranged within the round completion date, the match may be staged indoors. Failing that a bowl out under Rule 3.2 shall apply. Failing all other attempts the tie will be decided by the toss of a coin.



Football

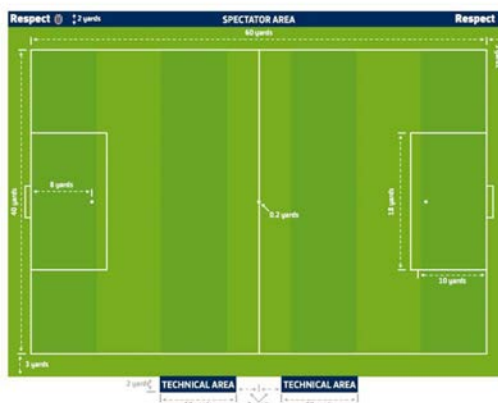
Age Category

U9s & U11s

Format:	Football
Age group(s):	U11 Boys (Girls allowed) U11 Girls
Team & squad numbers:	7-a-side (squad of 10)
Level 3 qualification:	TWO teams per district to qualify for WYSG per competition

Playing Area

The pitch will measure 60 yards by 40 yards



Goal Size

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

The Ball

The ball should be size 4

Any number of substitutes, without being named, may be used at any time with the permission of the referee. A player who has been replaced may return to the playing area as a substitute for another player.

Playing Equipment

Players must wear shin guards and goalkeepers must wear a distinguishing playing strip. Shin guards must be covered entirely by the socks. Players must wear the appropriate clothing dependant on the weather. Correct footwear must be worn for the surface of the pitch (grass)

Duration of the Game

To be confirmed as per competition structure

Offside

There is no offside

For all other aspects of the game, Normal rules apply, as per Laws of Association Football.

Gymnastics

Key Steps

Pathway

Leeds Competition \Rightarrow West Yorkshire School Games

Age Categories

Teams will consist of 5 pupils, please bring participants from the following age categories:

1. Level 1 – Y1&2 (There will not be a Y1,2 Leeds competition.)
2. Level 2 – Y3&4
3. Level 3 – Y5&6
4. Yrs 3 & 4 Advanced Yrs 3 & 4 Foundation
5. Yrs 5 & 6 Advanced Yrs 5 & 6 Foundation

Team & squad numbers:

Level 3 qualification:

Further information:

Teams of 5 with the top 4 scores to count

Top team per district per competition

www.british-gymnastics.org

Team Eligibility

In order to provide all young people across West Yorkshire the opportunity to represent their school and district at a county schools competition whilst still keeping the competition fair there will be 2 levels of competition for the primary schools.

Foundation Level

Young people in the foundation level must not participate in gymnastics training for more than 2 hours per week. All young people in the team must fit these criteria for the team to be entered in the foundation level

Advanced Level

Any young person can enter the advanced level regardless of the number of hours a week they train in gymnastics. If the team has at least 1 gymnast who fits these criteria (who participates in gymnastic training for more than 2 hours per week) then the team must be entered into the advanced level

The age groups remain the same so there will be a foundation and advanced level competition for year 3/4 and year 5/6. The routines remain the same and are the same for both levels.

Dress

Pupils may wear leotards or shorts and T-shirts. All jewellery must be removed and hair must be tied back.

Level 1 (Yrs 1 / 2)

Floor Routine

$\frac{3}{4}$ Forward Roll to long sit

- Take legs out to straddle position, Teddy Bear roll
- Close legs and push to back support position
- Sit back down and bring legs in to tuck position, rock backwards and forwards twice to stand
- Step backwards and turn to face forwards again, one foot stand
- Step forwards, step feet together, stretch jump and land

Equipment (Bench)

- Squat (bunny jump) onto end of bench, walk along bench, stretch jump off.

There will be no body management routine for Y1 and 2.

Key Step 2 - Key Stage 2 Year 3/4 - Foundation and Advanced Team Requirements

5 pupils will compete on each piece of apparatus, with the 4 best scores to count. Participants will compete as a team, consisting of a mixture of boys and girls. (N.B. single sex teams are also allowed, however mixed teams are preferred).

Competition Format

Following the National Framework for Gymnastics the Key Stage 2 Competition will follow the Key Step 2 Gymnastics Criteria.

Floor level 2

- Step forwards, bring feet together, forward roll to stand
- Step hop, step hop, step forwards into arabesque
- Bring feet together, 180° jump
- Backward roll to kneel
- Front support position, one press up
- Turn through side support into back support
- sit, shoulder stand, roll to stand
- Quarter turn and cartwheel

Vault Level 2

Perform 2 vaults. The same vault can be performed twice or one of each:

- a) Squat onto vault lengthways, stand up, walk to end, stretch jump off
- b) Squat onto vault lengthways, stand up, walk to end, tuck jump off

N.B Level 2 vaults may be performed with or without a springboard and may use a vaulting box or trestle table.

There are no extra marks for the use of a springboard. The quality of the vault and the control the gymnast has on the apparatus are the most important factors with regard to judging. It may be better for some gymnasts to perform the vault without the use of a springboard so that better control and tension can be maintained throughout the vault resulting in a higher score than would be achieved performing a vault using the springboard but having less control.

Body Management Routines – Level 2

- 5 x bounces with a skipping rope
- Lay down, Dish shape with 1 leg extended at a time
- Sit up and press towards ½ lever
- Straddle legs and lean towards Japan fold (back must be flat)
- Lay down, roll over and lift into Arch
- Show front support and lower to floor
- Kneel up and show splits position all 3 ways (as low as ability allows)
- Shoulder flexibility
- Stand up, standing broad jump

Each team will be given 20 minutes for general warm up. Each team will also be given a short practice on each station before the competition commences.

Key Step 3 - Key Stage 2 Year 5/6 – Foundation and Advanced Team Requirements

5 pupils will compete on each piece of apparatus, with the 4 best scores to count. Participants will compete as a team, consisting of a mixture of boys and girls. (N.B. single sex teams are also allowed, however mixed teams are preferred).

Competition Format

Following the National Framework for Gymnastics the Key Stage 2 Competition will follow the Key Step 3 Gymnastics Criteria.

Floor level 3

The floor routine will be performed along a strip of mats as in key step 2.

Participants must perform the following six moves

1. Round off OR Fast cartwheel (starting facing forward and landing facing backwards 1 foot at a time joining second foot to first foot)
2. Side scale balance (towards Y balance or if preferred full Y balance, but this doesn't get any more marks)
3. Backward roll to straddle
4. Half turn stretch jump OR full turn stretch jump
5. Two consecutive cartwheels OR Handstand forward roll
6. Bridge (return to the floor) OR Splits OR Half lever (not full lever)

The skills can be performed in any order

Linking moves can be used between the skills to help make the routine more fluent however these linking moves will not be marked.

Vault Level 3

Perform 2 vaults. The same vault can be performed twice or one of each:

- a) Squat onto vault width ways, stretch jump off
- b) Through vault

N.B Level 3 vaults may be performed with or without a springboard and may use a vaulting box or trestle table.

It is not recommended to perform the through vault on a trestle table

There are no extra marks for the use of a springboard. The quality of the vault and the control the gymnast has on the apparatus are the most important factors with regard to judging. It may be better for some gymnasts to perform the vault without the use of a

springboard so that better control and tension can be maintained throughout the vault resulting in a higher score than would be achieved performing a vault using the springboard but having less control.

Body Management Routines – Level 3

- 10 x bounces with a skipping rope
- Lay down, Dish shape
- Roll over into arch shape and back into dish shape
- Sit up and press towards $\frac{1}{2}$ lever lifting 1 leg off and then the other.
- Straddle legs and Japana fold (back must be flat)
- Push to back support, turn into front support, lower to floor and push back up again
- Show right leg splits, box splits then left leg splits (in an upright position)
- Lay flat and push to bridge (head must be off the floor)
- Rock backward and forwards to stand, standing broad jump

Each team will be given 15 minutes for general warm up. Each team will also be given a short practice on each station before the competition commences.

Staffing

Schools are requested to bring a minimum of one qualified teacher and additional helpers who are registered with their schools. They should not assist with pupils from other schools. We strongly advise there is a teacher / helper / coach - pupil ratio of 1:10., and that they must have enough helpers / staff to directly supervise their pupils in each category.

Each team will be given 10 minutes for general warm up. Each team will also be given a **short** practice on each station before the competition commences.

There is a Key Steps Support Pack that is available for schools to buy which will support the delivery of the key steps routines and also the delivery of gymnastics within the curriculum.

NETBALL

High 5

Pathway

Cluster ➡ SSP Final ➡ Leeds Final ➡ West Yorkshire School Games

Qualifiers: One school per SSP go through to the Leeds final.

Age Category

Year 5 and 6

WHAT DO I NEED TO BRING TO THE FESTIVAL?

1. A High five team consisting of a minimum of SEVEN and a maximum of NINE players for each day of the competition. All players must play and take part in the rotation procedure. (see attached rotation sheets) Any team that attends with SIX players can still take part but their matches will be friendlies with the opposition taking the points.
2. A size 4 ball and a set of bibs with playing positions GK, GD, C, GA & GS.
If possible, a spare set of bibs, in a different colour would be advantageous in case of a colour clash with another team.

RESPONSIBILITIES OF TEAM MANAGERS / COACHES

1. To ensure that the players are wearing suitable kit, have their laces fastened correctly (i.e. tied up to protect the ankles as opposed to the current fashion of tucking in the loose ends!) and have removed all jewelry, watches and caps and are not chewing gum.
2. To ensure that each team is ready to go onto the court at the start of each match and that each player knows which position they are starting in and changing to at half-time.
3. To ensure that the players rotate quickly and correctly at the end of each half time and clear the court at the end of each game so that the next teams can be prepared to play on time.
4. To ensure that the team captain thanks the opposing team captains and the umpires at the end of each match. Also encourage each player to thank their partner for the match.
5. To ensure that the score sheet is handed into the score table at the end of the game
6. To ensure that the children play to the spirit of the game at all times.
7. To ensure that all their spectators are kept under control and also adhere to the spirit of the game.

HIGH FIVE NETBALL FESTIVAL

INFORMATION FOR UMPIRES/ COACHES

All teams will be expected to provide their own umpire throughout the festival.

RULES

1. The rules of the game are described in the “High Five” rules leaflet, enclosed with this booklet

Please note the following differences between High Five and the full 7 a-side Adult Rules:

- * “A player must pass or shoot within FOUR seconds”.
 - * “Defending the ball in a player’s hands by outstretching the arms is not permitted. The player with the ball must be permitted an unimpeded throwing or shooting action. ONE JUMP to intercept a throw or shot at goal is permitted provided that the player is AT LEAST 1m away and that the arms are not outstretched prior to the jump. Jumping up and down in front of the player is not permitted” (Rule 9, page 10)
2. The game will be played on a full size court, or scaled down version as space dictates, with a Size 4 Netball. The ring will be 9 feet from the ground.
 3. It is important that players learn about the responsibilities attached to each position on the court and also are not ‘stereotyped’ in one position because, for example, they are tall or very fast. The changes made during the playing period will move shooters to defence or centre court and vice versa.
 4. Matches will be 2 x 6 minutes each way. There will be 2 minutes at half time and 1 minute between matches.
 5. Players will rotate as per the rotation table. Please ensure that they do so quickly to avoid long time delays both during and between matches.

HIGH FIVE NETBALL FESTIVAL

INFORMATION FOR TEAM CAPTAINS

Each team should have a captain whose responsibilities are:

- * To toss a coin to determine the first centre pass
- * To shake hands with the captain of the opposing team at the end of each match
- * To ensure that all players shake hands with their opposing player at the end of the match
- * To lead your team in giving 3 cheers for the opposing team at the end of the match
- * To thank the umpires at the end of the match
- * To help the coach / team manager to clear the court as soon as the match is finished
- * To help to collect the bibs at the end of the match
- * To ensure that the score sheet is handed in to the score table at the end of the match

TEAM ROTATION SHEET

Squad of 7



To avoid
3 boys on
court after
rotation
6 go back to
rotation 1

NAME

1	2	3	4	5	6	7
BOY/GIRL	BOY/GIRL	BOY/GIRL	BOY/GIRL	BOY/GIRL	BOY/GIRL	BOY/GIRL
SCORER	GA	GD	TK	C	GS	GK
GIRL	GA	GD	TK	TK	GS	TK
GIRL	GD	TK	C	GS	GK	SCORER
GIRL	TK	C	GS	GK	SCORER	GA
GIRL	C	GS	GK	SCORER	GA	GD
BOY/GIRL	GS	GK	SCORER	TK	GA	GD
BOY/GIRL	GK	SCORER	GA	GD	TK	C

TEAM ROTATION SHEET

Squad of 8

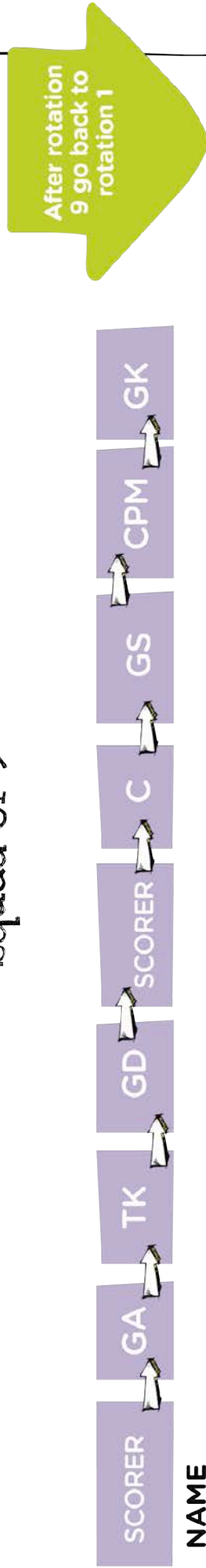


After rotation
8 go back to
rotation 1

NAME

1	BOY/GIRL	SCORER	C	GA	TK	GD	CPM	GS	GK
2	GIRL	C	GA	TK	GD	CPM	GS	GK	SCORER
3	GIRL	GA	TK	GD	CPM	GS	GK	SCORER	C
4	GIRL	TK	GD	CPM	GS	GK	SCORER	C	GA
5	GIRL	GD	CPM	GS	GK	SCORER	C	GA	TK
6	GIRL	CPM	GS	GK	SCORER	C	GA	TK	GD
7	BOY/GIRL	GS	GK	SCORER	C	GA	TK	GD	CPM
8	BOY/GIRL	GK	SCORER	C	GA	TK	GD	CPM	GS

Squad of 9



GIRL		SCORER	GA	TK	GD	SCORER	C	GS	CPM	GK
GIRL		GA	TK	GD	SCORER	C	GS	CPM	GK	SCORER
GIRL		TK	GD	SCORER	C	GS	CPM	GK	SCORER	GA
GIRL		GD	SCORER	C	GS	CPM	GK	SCORER	GA	TK
GIRL		SCORER	C	GS	CPM	GK	SCORER	GA	TK	GD
GIRL		C	GS	CPM	GK	SCORER	GA	TK	GD	SCORER
BOY/GIRL		GS	CPM	GK	SCORER	GA	TK	GD	SCORER	C
BOY/GIRL		CPM	GK	SCORER	GA	TK	GD	SCORER	C	GS
BOY/GIRL		GK	SCORER	GA	TK	GD	SCORER	C	GS	CPM

MINI TENNIS

Pathway

Cluster ⇒ SSP Final ⇒ Leeds Final ⇒ West Yorkshire School Games

Qualifiers: Two year 3/4 teams and two year five teams

Team Requirements / Eligibility

- 2 boys and 2 girls- Year 3 / 4
- 2 boys and 2 girls - Year 5
- Please rank players 1 and 2 depending on ability.
- There is no lower age limit for team selection.

It is acceptable to enter just a year 3-4 team or just a year 5 team. This year scores will not be combined from both age groups to determine the winning team. It is the highest scoring year 3-4 team and year 5 team that will qualify to the next round. These can be different schools.

Rules

- The game is the first player to 10 points. A game can finish 10-9.
- Each player serves for 2 points and then receives for 2 points.
- When using badminton courts, the court area is defined by the net, baseline and outside tramlines.
- A player loses the point if:
 - The ball bounces outside the court area.
 - The ball bounces more than once.
 - The ball fails to go over the net.
- Players must attempt to serve from behind the back line without letting the ball bounce first.
- No rackets longer than 23" may be used (25" for the Yr 5 mini orange format used at Finals). Rackets will be provided.
- Sponge balls will be used.
- Conditions of serving:

During the heats and partnership finals, players are allowed only one serve. Players can choose whether to serve over-arm or under-arm. The ball does not have to travel diagonally.

During the LEEDS finals, players are allowed a first and second serve. Over-arm serves are allowed. The ball must travel diagonally. Year 3/4 will play Minni Tennis Red (spongeballs, indoor courts). Year 5 will play Mini Tennis Orange format (low compression tennis balls, outdoor courts – weather permitting).

- Players must not run onto the next court whilst play is in progress.
- If the ball touches any part of the line it is in.
- Games will be played in a round robin group format.
- There should be no pre-seeding of teams for the group stage.
- Singles matches only, as follows:
- Round 1: Singles 1v1, 2v2, 3v3, 4v4

Quick Sticks Hockey (Yrs 5 & 6)

Pathway

Leeds Final ⇨ West Yorkshire School Games

Format:	Quick sticks 4 a side mixed game
Age group(s):	Y5 & 6 mixed
Team & squad numbers:	Teams of 4 with maximum of 7 in squad
Level 3 qualification:	4 per district
Further information:	http://www.playquicksticks.co.uk/?cat_id=35&level=1

Match Official:

A person who is deemed responsible (teacher, parent, coach) for a team shall be named as a 'Match Official'. There shall be two Match Officials per game (one from each team). Match Officials shall have a 'duty of care' for each participant and must supervise the game and assist the players and the umpires in creating an environment of fair play and safety.

The overall responsibility for the game is held by the two Match Officials.

Teams:

There are NO Goalkeepers in Quicksticks. A team consists of six players; four of which are on the field of play at any one time, with the remaining two team members encouraged to take on leadership roles such as umpiring and managing. It is suggested that the leadership roles are rotated among the team at the end of each playing period. In a competitive situation the gender balance within the teams should be adjusted to provide equitable standards of play.

Starting and Re-starting Quicksticks

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

Scoring a Goal

A goal is scored when the ball has been struck or deflected off a player's stick (either an attacker's or a defender's) from within the shooting area (circle), and it crosses completely over the goal-line between the goalposts and under the cross-bar.

Free-pass

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

A free-pass is awarded when:

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

And where a player:

- d] Kicks*, propels, picks up, throws, or carries the ball (****Note: It is not an offence if the ball touches a player's foot and the whistle should only be blown if the incident breaks down play or creates a disadvantage. The umpires must be the judge.***)
 - e] Intentionally uses any part of their body to play the ball
 - f] Attempts to play at any high ball (over knee height) with the stick
 - g] Uses the rounded (back) side of the stick
 - h] Whilst striking the ball, causes any actual or possible danger to themselves or to other players
 - i] 'Obstructs' by running between the ball and an opponent who is close enough to hit it, thereby unfairly preventing the opponent from playing the ball. Players must not use any part of their body or stick to obstruct another player
 - j] Holds, charges, kicks, pushes, intentionally trips or strikes any player or umpire
 - k] Interferes with another player's stick or clothing
 - l] Plays the ball dangerously or in a way which leads to dangerous play. Rough or dangerous play will not be allowed, nor will any behaviour that, in the opinion of the umpires, amounts to misconduct.* (****Note: The overall Match Officials shall send any player who persists in breaking this rule off the pitch for a two-minute suspension in the sin bin. For the duration of a temporary suspension, the offending team plays with one player less.***)
- A **penalty goal** will be awarded if a defending player deliberately stops a ball from crossing the goal-line with their feet or body.

RUGBY

Generic Tag

Pathway

SSP heats ⇒ Leeds Final ⇒ West Yorkshire School Games

(At the WY competition schools will play generic tag rules.)

Qualifiers: **The top four teams per SSP qualify through to the Leeds final.**

Age group(s):	Y5/6
Team & squad numbers:	Max squad of 12, at least 3 of whom must be girls Team of 7, at least 2 of the players on the field must be girls

Please Note: Generic tag rugby is based on the evasive and handling skills of rugby league and union.

Any number of substitutions can be made.

Rules and Regulations:

1. The toss of a coin will determine who has possession and thereafter the game shall commence with a free pass
2. The object of the game is to score tries. A try is scored by crossing the opposing team's goal line and placing the ball down firmly on the ground with control.
3. No diving or sliding in the act of scoring a try is allowed.
4. The ball must be passed in a backward direction.
5. No kicking the ball is allowed.
6. Fending off, obstructing your own tags or support players preventing the ball carrier being tagged is not allowed.
7. Possession will be turned over in the event of the attacking team:
 - i. Knocking the ball forward (Knocking on)
 - ii. Making a forward pass
 - iii. Running into touch
 - iv. Throwing the ball into touch

The restart will always be at least 2m in from the touchline.

Tackling (tagging)

8. A tackle is made by removing ONE or TWO Tags, located around each player's waist, (on each hip). Only the player carrying the ball is to be tackled (Tagged).
9. The tackling player must shout tagged and raise their hand with the tag (or tags). They must then place the tag on the floor where the tackle (tag) was made and then return to the defensive line, marked back 3m from where the player was tackled (tagged) by the referee. Any defensive player in front of the referee and interfering with play before the game resumes is offside.
10. If the tackling player throws the tag away, a penalty will be awarded.
11. Once tackled (tagged), the player with the ball must return to the place where they were tagged, put their foot on the tag and then pass the ball to another team member. After SIX TACKLES (tags) the ball is handed to the opposition team and the game restarted.

TRI GOLF

Pathway

SSP Final \Rightarrow West Yorkshire School Games

Qualifiers: One per SSP

Age Category

KS2

Team requirements.

- 10 players. 5 boys, 5 girls.
- Each team of 10 players will accumulate a score for each game and a total score for the festival. The team with the highest score wins the event.

A full pack of instructions will be emailed to you on receipt of your schools entry. Below is a brief outline of the events.

Games and layout

7 games

1 team per game station.

2 minutes practice time and 5 minutes scoring time on each game

Example of events below –these may vary with each competition:

1) Dominoes

Instructions Team of 5 on each tee (white cones). 10 cones of the same colour are in a straight line from the player. Players try to roll the ball with the putter to hit the cone nearest to them, if the player hits the cone they collect it. 2 minutes practice (if time allows), 5 minutes play.

2) Drive for show put for dough.

Instructions Team of 5 on each tee (white cones). Chip the ball over the river and score by putting the ball into the hoop. 2 minutes practice (if time allows), 5 minutes play

3) Finders Keepers

Instructions Team of 5 on each tee (white cones). Putt the ball towards the cones, the first cone the ball hits, the player collects with the ball and returns it to the team. If all cones are hit within the time limit scatter again and continue. 2 minutes practice (if time allows), 5 minutes play.

4) Grand National

Instructions Team of 5 on each tee (white cones). Chip the ball in the air over the 'fences' made from cones in turn to score points. 2 minutes practice (if time allows), 5 minutes play.

5) Tunnel Ball

Instructions Team of 5 on each tee (white cones). Putt the ball down the tunnel towards the hoop without hitting any cones. Choose which tee you would like to play from – blue, yellow or white. The furthest tees will reward you with more points. 2 minutes practice (if time allows), 5 minutes play.

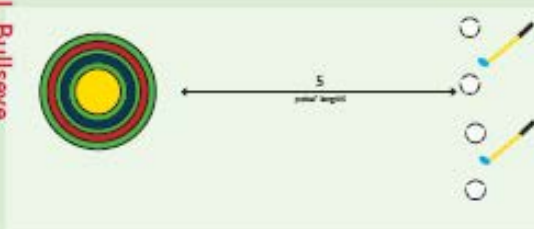
6) Zone Ball

Instructions Team of 5 on each tee (white cones). Using a putter, how accurate can you be with a long putt? Try and roll the ball as straight as you can towards the yellow cone. The closer you get to it, the more points you will receive. Once you have hit all the cones, put them back in order and repeat the game. 2 minutes practice (if time allows), 5 minutes play

7) Down the middle

Instructions Team of 5 on each tee (white cones). Players start from the white cones and try to strike the ball in between the lines of green cones (fairway) and over blue cones (river) in turn. 2 minutes practice (if time allows), 5 minutes play.

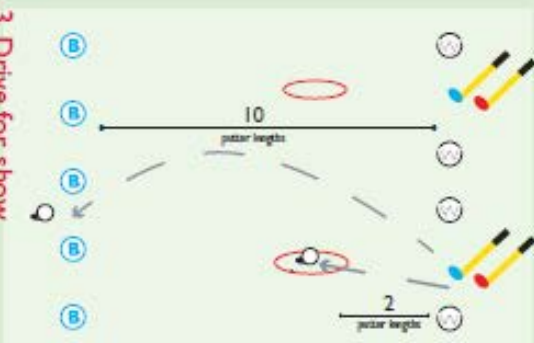
1. Bullseye



2. Dominoes



3. Drive for show



4. Finders keepers



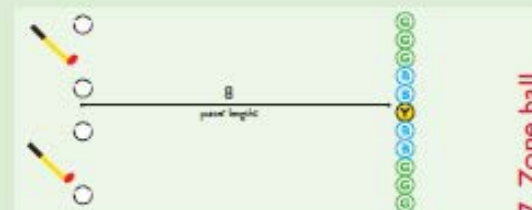
5. Grand National



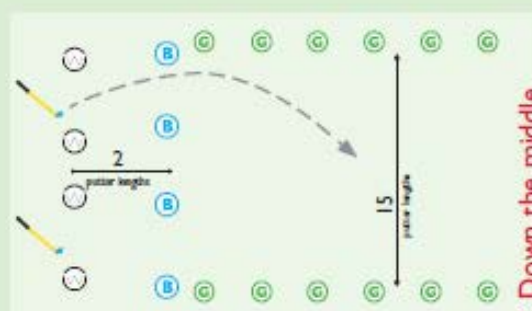
6. Tunnel



7. Zone ball




8. Down the middle



WAKE UP SHAKE UP

Pathway

SSP Final  Leeds Final

Qualifiers: One team from KS1 and one team from KS2 go through to the Leeds final.

Age Category

Teams must be made up of pupils from key stage one or key stage 2.

The criteria for the festival will be as follows:

- Each school may enter a maximum of two teams
- This is not a dance contest, it is fitness routine designed to be delivered to other pupils
- All routines will involve a maximum of 10 pupils
- The 10 pupils involved can be from any year group & be mixed in any ratio within the Key Stage.
- The routine should be no longer than 3 minutes
- Each school should devise their own routine & to music of their choice
- All routines will be marked out of 5.
- No props will be allowed during the routine
- Each routine shall be judged on the following:
 - Creativity of routine (/5)
 - Enthusiasm / Energy (/5)
 - Interpretation of the music (/5)
 - How FUN the routine is (/5)
 - How well the group movement is synchronised (/5)
 - How well it can be taught to other pupils (/5)
 - Maximum score = 30

All pupils should be perform their routine in a school uniform or PE kit

Rules and Competition Format

Team Requirements

- Each team can consist of up to 10 children
- There will be separate KS1 and KS2 events
- Teams can be single sex or mixed sex and can be made up entirely from 1 year group or can be combined year groups (within the same key stage)
- Teams should wear their normal PE clothes – no sequins !

! No props allowed !

- Each team performs a 'Wake Up Shake Up Routine' to music, which is up to 3 minutes long.
- Routines should be devised so that if ever used they could easily be followed by a large number of pupils.
- The children performing must be involved in creating the routine to the music of their choice.
- Each routine shall be marked out of 5 and will be judged on each of the following criteria ~
 - Creativity of routine (/5)
 - Enthusiasm / Energy (/5)
 - Interpretation of the music (/5)
 - How FUN the routine is (/5)
 - How well the group movement is synchronised (/5)
 - How well it can be taught to other pupils (/5)
 - Maximum score = 30

! Remember it is a Wake Up Shake Up Competition, NOT a dance competition !
 😊 **It is a fitness routine designed to be delivered to other pupils** 😊