



SCHOOL GAMES



Further information on sports competitions can be found on www.getberkshireactive.org

Introduction

Welcome to the Berkshire School Games. This Primary School Handbook provides details of all the entry requirements for each of the competitions running at County level as well as some general information.

There are three delivery mechanisms for the County level events in Berkshire.

1. Badged Events

These events are standalone events run during the school day- typically for an afternoon or morning though sometimes are all day events.

2. Winter Games

This is a multisport event day held at **Bisham Abbey -27th March 2019**. Teams should expect to attend all day. Timings of events will be announced early March.

3. Summer Games

This is a multisport event day held at **Bisham Abbey – 28th June 2019**. Teams should expect to attend all day. Timings of events will be announced early June.

Eligibility in County level events

Last academic year we made some significant changes to the formats of many of the competitions, in order to increase the number of schools and participants accessing the County level events. Both School Games Organisers and the Berkshire School Games Local Organising committee have Key Performance Indicators this academic year (expected by funders) which expect us to broaden participation to allow a larger proportion of young people to access competitions.

Inclusive Competitions

We are introducing a number of new competitions/festivals to provide more opportunities for more young disabled people from mainstream and special schools to take part but we also hope that all schools will review the integration of young disabled people into all of the competitions/festivals. Special schools interested in taking part in any of the mainstream competitions should speak with their SGOs about how the eligibility criteria can be adapted to support them taking part in School games area level competitions.

Late withdrawals and no shows

We understand the difficulties that schools have getting teams to attend the Berkshire School Games in light of other school pressures. Every year we gather feedback from schools and participants and one of their biggest frustrations is the lack of team entries in some of the competitions on the day. With only 8 max. teams in the majority of the competitions the knock on effect of a withdrawal can be huge for both the organiser (who has already planned the playing schedule) and those schools that have taken the day out of school for an event and expect to play a number of 'matches'. We ask schools consider an earlier withdrawal (min 2 weeks) that enables SGOs to find a replacement school.

Further information on sports competitions can be found on www.getberkshireactive.org

FORMAT OF COMPETITONS & REPRESENTATION

We will be using the following format for the 2019 County level School Games events. We will run 5 styles of events:

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|  <p>Competitive</p> | <p>Truly competitive events with no eligibility criteria set (though may have gender splits). Winner of School games area level competitions to compete at County level. A school may enter any number of competitive events at County level. However, if they are unable to field all teams for which they win at School games area level team for the correct age group e.g. Yr 5/6 for a Yr 5/6 competition they should not send younger children as an alternative and instead should allow the 2nd or 3rd place teams to take their place.</p> |
|  <p>Developing New Players</p> | <p>Eligibility criteria is set to engage new (novice) participants into the sport. Entry is unrestricted; a school may enter any number of these events at County level.</p> |
|  <p>Broadening Participation</p> | <p>Sports/Competitions that we feel provide opportunities for schools to involve different children in representing their school if they so wish. We understand that small schools may not be able to do this. Schools may represent their area in only one of these competitions per age group e.g. Year 3/4 and Yr 5/6 at each of the two main event days (but any number of badged events). A school may still represent in one of these competitions even if they are taking part in the competitive competitions (but ensure they can field all teams appropriately). The schools involved in these competitions will be the winners of the School games area level events (where they are in place). If a school wins more than one School games area level competition, they may select which competition they wish to attend. The second then third placed team will then be asked to represent the SSN in the other competition. Schools may want to consider opening up the opportunity to different pupils at the School games area level events if they have already won a L2 event in this category.</p> |
|  <p>Inclusive</p> | <p>Competitions that include young people from both special schools and mainstream schools. Entry is unrestricted, a school may still represent in one of these competitions even if they are taking part in the other competitions.</p> |
|  <p>Festival</p> | <p>Opportunities for pupils to participate and represent their school at a County level event in a format that is less competitive; no medals are awarded. These schools will be identified by their SGOs. There is no link to School games area level competitions. Ideally, schools will be identified who are not regular attendees at County level events.</p> |

School Responsibilities

The Berkshire School Games is a school event and it is expected that all teams travelling will be attending as a school team. As with all school trips you are required to complete your regular off site forms for your school. We expect all teams to abide by their school policy on use of adult helpers to support the teams travelling to the event and providing support on the day. The school will have ultimate responsibility for the safeguarding their pupils at the event. Schools should bring First Aid kits and First Aiders to all events. Please note that we provide paramedics support at both our multisport event days but not our Badged Events.

Please ensure that all your team members have the following parent/carer consent in place prior to the day:

- Attendance at this event,
- Travel arrangements
- Photographic/Video permission to include use of photographs/video footage in Berkshire School Games promotion for this and future media use. You are asked to evidence photographic consent and agreement to the code of conduct on the Registration Form
- Registration forms must be signed by the **Headteacher** and bought on the day.

Photographic/Video consent

All pupils without photographic consent will be asked to wear a wristband on the day; this will be provided at registration. Teachers are asked to help ensure these pupils are not photographed. Registered photographers will be made aware not to take photos of these individuals and all in-house publicity shots will be checked before publication. Parents should be made aware that their child may appear in long shot or wide frame pictures but we will endeavour to ensure they won't be identifiable. Spectators may also take photographs. If parents are not happy with this then they should not send their child to the event. Photo and video footage will be used for promotional purposes by Berkshire School Games and its partners.

Registration

On arrival at the events each team should make its way to the Registration area. Team Managers are responsible for completing the registration form. Further information will be sent to School games area level winners.

Young Officials

The Berkshire School Games is an event for young people run by young people. We are proud of our record of over 400 young people being involved in running the events each year. We endeavour to train young officials and leaders to support the delivery of all the events but we ask staff, parents and pupils to be mindful that they will not be experts yet and to keep this in mind when dealing with our fantastic young officials and leaders.

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Code of Conduct

Registration forms ask schools to agree to the following code of conduct which is based around the 7 Olympic & Paralympic Values. You may feel that you would like to ask each participant to sign a code of conduct as part of their attendance to highlight the link to the Olympic & Paralympic Games.

Code of Conduct for Team Managers and on behalf of their participants and adult helpers

As a responsible Team Manager you, your adult helpers and participants will:

- **RESPECT**
Cooperate fully with others involved in the sport such as officials, team managers and representatives of the governing body (sports leaders) in the best interests of the participants and competition.
- **EQUALITY**
Respect the rights, dignity and worth of every participant, official and others involved in the event. Challenge inappropriate behaviour and language by others. Treat everyone equally.
- **DETERMINATION**
Take responsibility for yourself and your team at all times. Be well mannered and sensible at all times
- **EXCELLENCE**
Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances. Encourage your team to do the best they can.
- **INSPIRATION**
Be a role model and lead by example. Refrain from swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others. Not carry or consume alcohol and/or illegal substances.
- **FRIENDSHIP**
Encourage everyone to work together to achieve their best when competing and to support each other through the day. Make friends with new people.
- **COURAGE**
Ensure that all team members show sportsmanship at all times and challenge those who do not.

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Overview of County level Secondary School Competitions

| Sport | Format | Event Style | Age Group | Squad size (Min:Max) | Gender Split | No. of Teams/ Area | Date | Venue |
|------------------|---|--------------------------|------------------------|----------------------|--------------------|--------------------|---------------|---------------------|
| Athletics | Sportshall | Competitive | Yr 8 | 5:8 | Boys competition | 2 | 27 March 2019 | Bisham Abbey NSC |
| | | | | | Girls competitions | 2 | 27 March 2019 | Bisham Abbey NSC |
| Basketball | Unified | Inclusive | Secondary & Sixth form | 10 | None set | Open | TBC | TBC |
| Boccia | Open | Inclusive | Secondary & Sixth form | 3 | None Set | 1 | 27 March 2019 | Bisham Abbey NSC |
| Cricket | SEN World Cup Skills | Inclusive | Secondary & Sixth form | | None set | Open | 28 June 2019 | Bisham Abbey NSC |
| Football | Girls 7-a-side | Competitive | Yr 7/8 | 7:10 | Girls only | 1 | 27 March 2019 | Bisham Abbey NSC |
| Netball | 7-a-side | Competitive | Yr 7 | 7:10 | Girls only | 1 | 4 March 2019 | Theale Green School |
| New Age Kurling | Team Kurling | Inclusive | Secondary & sixth form | 4 | None Set | 1 | 28 June 2019 | Bisham Abbey NSC |
| Pentathlon | Laser shooting & run | Competitive | Yr 7/8 | 1 | None Set | Open | 28 June 2019 | Bisham Abbey NSC |
| | | | Yr 9/10 | | Nine Set | Open | 28 June 2019 | Bisham Abbey NSC |
| Poly Bat | Team | Inclusive | Secondary & Sixth form | 6 | None Set | Open | 27 March 2019 | Bisham Abbey NSC |
| Rowing | Indoor | Competitive | Yr 7/8 | 4 | Boys competition | 1 | 28 June 2019 | Bisham Abbey NSC |
| | | | | | Girls competition | 1 | 28 June 2019 | Bisham Abbey NSC |
| | | | Yr 9/10 | | Boys competition | 1 | 28 June 2019 | Bisham Abbey NSC |
| | | | | | Girls competition | 1 | 28 June 2019 | Bisham Abbey NSC |
| Rugby Union | Girls Contact | Festival | Yr 7/8 | 10:15 | Girls only | Open | March 2019 | Reading RFC |
| | Girls Contact | Competitive | Yr 9/10 | 10:15 | Girls only | Open | 27 March 2019 | Bisham Abbey NSC |
| | SEN Tag | Competitive | Secondary & sixth form | 8:12 | None set | Open | 27 March 2019 | Bisham Abbey NSC |
| | Girls Touch | Festival | Yr 7/8 | 6:10 | Girls only | Open | 27 March 2019 | Bisham Abbey NSC |
| | Girls Touch | Competitive | Yr 9/10 | 6:10 | Girls only | Open | 27 March 2019 | Bisham Abbey NSC |
| Try It | Ultimate Frisbee; Flag Football; Team Laser Run | Broadening Participation | Yr 7-10 | 8 | 4 boys and 4 girls | | | Bisham Abbey NSC |
| Ultimate Frisbee | 5-a-side | Competitive | Yr 7-10 | 6:8 | Min. 3 girls | Open | | Bisham Abbey NSC |



Winter Games



Summer Games



Badged Event

ATHLETICS



| | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------------|---|-----------------------|------------|-----------------------|------------|----------------|------------|-----------------------|-----------|----------------|------------|-----------------|------------|------|------------|--------------|------------|--------------------|------------|----------------------|------------|---------------|------------|
| FORMAT | SPORTSHALL | | | | | | | | | | | | | | | | | | | | | | |
| AGE GROUP(S) | Yr 8 Girls Yr 8 Boys | | | | | | | | | | | | | | | | | | | | | | |
| TEAM/SQUAD SIZE | Min. 5 Max. 8 | | | | | | | | | | | | | | | | | | | | | | |
| GENDER | Separate boys and girls competitions | | | | | | | | | | | | | | | | | | | | | | |
| ELIGIBILITY | No restrictions  | | | | | | | | | | | | | | | | | | | | | | |
| BASIC RULES | <p>Each athlete may compete in a maximum of 3 track and 2 field events from the follow:</p> <table border="1"> <tr> <td>2 Lap Individual Race</td> <td>2 Athletes</td> </tr> <tr> <td>4 Lap Individual Race</td> <td>2 Athletes</td> </tr> <tr> <td>8 Lap Paarlauf</td> <td>2 Athletes</td> </tr> <tr> <td>6 Lap Individual Race</td> <td>1 Athlete</td> </tr> <tr> <td>Obstacle Relay</td> <td>4 Athletes</td> </tr> <tr> <td>4 x 2 Lap Relay</td> <td>4 Athletes</td> </tr> <tr> <td>Shot</td> <td>2 Athletes</td> </tr> <tr> <td>Speed Bounce</td> <td>2 Athletes</td> </tr> <tr> <td>Standing Long Jump</td> <td>2 Athletes</td> </tr> <tr> <td>Standing Triple Jump</td> <td>2 Athletes</td> </tr> <tr> <td>Vertical Jump</td> <td>2 Athletes</td> </tr> </table> <p>It is inappropriate for an athlete to contest both the 2 and 4 lap Individual Races or the 6 lap and 8 lap Paarlauf events. Please select your team accordingly. Athletes will not be permitted to compete in bare feet or unsuitable footwear.</p> | 2 Lap Individual Race | 2 Athletes | 4 Lap Individual Race | 2 Athletes | 8 Lap Paarlauf | 2 Athletes | 6 Lap Individual Race | 1 Athlete | Obstacle Relay | 4 Athletes | 4 x 2 Lap Relay | 4 Athletes | Shot | 2 Athletes | Speed Bounce | 2 Athletes | Standing Long Jump | 2 Athletes | Standing Triple Jump | 2 Athletes | Vertical Jump | 2 Athletes |
| 2 Lap Individual Race | 2 Athletes | | | | | | | | | | | | | | | | | | | | | | |
| 4 Lap Individual Race | 2 Athletes | | | | | | | | | | | | | | | | | | | | | | |
| 8 Lap Paarlauf | 2 Athletes | | | | | | | | | | | | | | | | | | | | | | |
| 6 Lap Individual Race | 1 Athlete | | | | | | | | | | | | | | | | | | | | | | |
| Obstacle Relay | 4 Athletes | | | | | | | | | | | | | | | | | | | | | | |
| 4 x 2 Lap Relay | 4 Athletes | | | | | | | | | | | | | | | | | | | | | | |
| Shot | 2 Athletes | | | | | | | | | | | | | | | | | | | | | | |
| Speed Bounce | 2 Athletes | | | | | | | | | | | | | | | | | | | | | | |
| Standing Long Jump | 2 Athletes | | | | | | | | | | | | | | | | | | | | | | |
| Standing Triple Jump | 2 Athletes | | | | | | | | | | | | | | | | | | | | | | |
| Vertical Jump | 2 Athletes | | | | | | | | | | | | | | | | | | | | | | |
| COMPETITION ORGANIZER | Eddie Parsons | | | | | | | | | | | | | | | | | | | | | | |

BASKETBALL



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| FORMAT | Unified |
| AGE GROUP(S) | Secondary & Sixth form |
| TEAM/SQUAD SIZE | Min. 5 Max. 10 |
| GENDER | None Set |
| ELIGIBILITY | In a squad of 5 min 3 SEN pupils. In a squad of 10 min 5 SEN pupils  |
| BASIC RULES |  <ul style="list-style-type: none"> • Size 6 Basketball • 5 players on the court at all times including 3 SEN pupils and 2 partners • Basket is 10 ‘ • A player may 2 steps beyond that usually allowed by NGB rules • Some players will be allowed to start dribbling with 2 hands |
| COMPETITION ORGANIZER | Steph Johnson Reading Rockets |

BOCCIA



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| FORMAT | OPEN |
| AGE GROUP(S) | Secondary (& Sixth Form SEN students) |
| TEAM/SQUAD SIZE | Min. 3 Max. 3 |
| GENDER | None Set |
| ELIGIBILITY | Pan Disability. Open to all pupils who have SEN or disability that would exclude them from other mainstream/disability competitions at the School Games, though we would urge you to include those with a severe functional disability whenever possible  |
| BASIC RULES | <p>A ball can be propelled by rolling, throwing or kicking. If a player is unable to throw or kick it, they can use a 'ramp' (assistive device).</p> <p>If they are unable to release the ball with their hands players can use a head pointer.</p> <p>All players must be seated during the game.</p> <p>Singles and pair matches are four ends and team matches are six ends.</p> <p>One point is awarded for every ball of the same colour, which is closest to the jack.</p> |
| COMPETITION ORGANIZER | SportsAble |



CRICKET



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|------------------------|---|
| FORMAT | SEN WORLD CUP CRICKET SKILLS |
| AGE GROUP(S) | SECONDARY & SIXTH FORM |
| TEAM/SQUAD SIZE | Min 8 Max. 10; TEAM of 8 |
| GENDER | None Set |
| ELIGIBILITY | Open to all SEN schools and SEN Units in Mainstream schools  |

BASIC RULES



Cricket Skills based activities. Each team will rotate around challenges based on 5 key areas:

- Batting
- Bowling
- Catching
- Throwing
- Agility



Teams will accrue points at each station. The team with the highest total in the competition will win.



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| COMPETITION ORGANIZER | Mark Foster Berkshire Cricket |
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FOOTBALL



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| FORMAT | GIRLS 7-A-SIDE FOOTBALL |
| AGE GROUP(S) | Yr 7/8 |
| TEAM/SQUAD SIZE | Min. 7 Max. 10 with 7 players on the pitch at any time |
| GENDER | Girls only |
| ELIGIBILITY | No restrictions  |
| BASIC RULES | <p>  Size 4 football Unlimited subs No offside No sliding tackles Free kicks -players must be 2 yds away Sin bin- yellow card 2 minutes; red card whole game. Competition will be on a 3G pitch therefore no blades allowed </p> |
| COMPETITION ORGANIZER | FAB Academy |

NETBALL



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|------------------------------|---|
| FORMAT | 7-a-side |
| AGE GROUP(S) | Yr 7 |
| TEAM/SQUAD SIZE | Min. 7 Max. 9 players 7 players on the court at any one time |
| GENDER | Girls only |
| ELIGIBILITY | No restrictions  |
| BASIC RULES | Standard Netball rules apply |
| COMPETITION ORGANIZER | Debbie Spindlow Berkshire Netball |

NEW AGE KURLING



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|------------------------------|---|
| FORMAT | TEAM KURLING |
| AGE GROUP(S) | Secondary & Sixth form |
| TEAM/SQUAD SIZE | Min. 4 Max. 4 |
| GENDER | None Set |
| ELIGIBILITY | Min of 2 on SEND register from Mainstream or Special Schools  |
| BASIC RULES | http://www.gbcurling.co.uk/  |
| COMPETITION ORGANIZER | Gill Gibbs Great Britain Curling Association |

PENTATHLON



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|------------------------------|---|
| FORMAT | LASER RUN |
| AGE GROUP(S) | Yr 7/8 Individual Yr 9/10 Individual |
| TEAM/SQUAD SIZE | Individual |
| GENDER | Events will be held for individual boy/girl |
| ELIGIBILITY | No previous experience of laser shooting is required.  |
| BASIC RULES | <ul style="list-style-type: none"> • Individual races • Individuals will be allocated a time slot for their race. • Races consist of a timed shoot (20 shots) and a 400m run. • Participants will shoot from a distance of approx. 7m • For Yr 7/8 that will be 3 runs and 3 shoot • For Yr 9/10 that will consist of 4 runs and 4 shoot • Individuals with the quickest time/highest point combination will win.  |
| COMPETITION ORGANIZER | Pentathlon GB |

POLYBAT



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|------------------------------|---|
| FORMAT | Polybat |
| AGE GROUP(S) | Secondary & Sixth form |
| TEAM/SQUAD SIZE | Min. 4 Max. 4 |
| GENDER | None set |
| ELIGIBILITY | <p>Polybat is aimed at players who have coordination or balance issues and pupils with more severe impairments.</p>  |
| BASIC RULES |  <ul style="list-style-type: none"> • Singles format • Each player has two serves; the serve then goes to the other player • The first to 11 points wins. • Play begins with the server who must serve the ball off any side; strokes can then be played directly or off the sides. • The ball must always stay on the table surface; a lifted ball scores a point for the opponent. • Players can intercept the ball, have multiple touches to control it but must not stop it 'dead' or 'trap it', before hitting it back towards their opponent. |
| COMPETITION ORGANIZER | SportsAble |

ROWING



| | |
|------------------------------|--|
| FORMAT | INDOOR |
| AGE GROUP(S) | <p>Year 7/8 Boys</p> <p>Year 7/8 Girls</p> <p>Year 9/10 Boys</p> <p>Year 9/10 Girls</p> |
| TEAM/SQUAD SIZE | Min. 4 Max. 4 |
| GENDER | <p>Girls only competitions</p> <p>Boys only competitions</p> |
| ELIGIBILITY | <p>No restrictions</p>  |
| BASIC RULES |  <p>All competitors will participate in both individual races and 2 frantic relays.</p> <p>NB. For individual races, schools (teachers and participants) need to be aware of competitor seedings.</p> <p>Further information can be found at http://ir4yp.britishrowing.org/sgo</p> |
| COMPETITION ORGANIZER | <p>Dan Hetherington</p> <p>British Rowing</p> |

RUGBY UNION



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| FORMAT | GIRLS CONTACT | | | | | | | | | | | | | | | | |
| AGE GROUP(S) | Yr 9/10 | | | | | | | | | | | | | | | | |
| TEAM/SQUAD SIZE | Min. 10 and Max. 15 7 players on pitch at any one time | | | | | | | | | | | | | | | | |
| GENDER | Girls only | | | | | | | | | | | | | | | | |
| ELIGIBILITY | None  | | | | | | | | | | | | | | | | |
| BASIC RULES | <p>All players must wear a mouth guard No trainers allowed</p> <table border="1"> <tr> <td></td> <td>10 a-side</td> <td></td> </tr> <tr> <td></td> <td>5 player scrums</td> <td></td> </tr> <tr> <td></td> <td>No kicking from hands</td> <td></td> </tr> <tr> <td></td> <td>Hands off allowed</td> <td></td> </tr> <tr> <td></td> <td>4 player line-out</td> <td></td> </tr> </table> | |  | 10 a-side | | | 5 player scrums | | | No kicking from hands | | | Hands off allowed | | | 4 player line-out | |
|  | 10 a-side | | | | | | | | | | | | | | | | |
| | 5 player scrums | | | | | | | | | | | | | | | | |
| | No kicking from hands | | | | | | | | | | | | | | | | |
| | Hands off allowed | | | | | | | | | | | | | | | | |
| | 4 player line-out | | | | | | | | | | | | | | | | |
| COMPETITION ORGANIZER | Nicola McComb Berkshire Rugby Development Manager, Rugby Football Union | | | | | | | | | | | | | | | | |

RUGBY UNION



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|------------------------------|---|--|
| FORMAT | SEN TAG | |
| AGE GROUP(S) | Secondary & Sixth form | |
| TEAM/SQUAD SIZE | Min 8 and Max squad size 12 8 players on pitch at any one time | |
| GENDER | Mixed | |
| ELIGIBILITY | None  | |
| BASIC RULES | <p>After 6 tags, a turnover is awarded No kicking, hand offs, lineouts or scrums Tagger must hand back the tag to the tagged individual Games can be played one way or two halves</p> | |
| COMPETITION ORGANIZER | Joe Pegg London Irish | |



RUGBY UNION

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|------------------------------|---|----------|-----------------|-----------------------|--------------|-------------|
| FORMAT | GIRLS CONTACT FESTIVAL | | | | | |
| AGE GROUP(S) | Yr 7/8 | | | | | |
| TEAM/SQUAD SIZE | Min. 7 and Max. 12 7 players on pitch at any one time | | | | | |
| GENDER | Girls only | | | | | |
| ELIGIBILITY | None  | | | | | |
| BASIC RULES | All players must wear a mouth guard No trainers allowed <table border="1" data-bbox="427 906 757 1098"> <tr><td>7 a-side</td></tr> <tr><td>3 player scrums</td></tr> <tr><td>No kicking from hands</td></tr> <tr><td>No hands off</td></tr> <tr><td>No line-out</td></tr> </table>  | 7 a-side | 3 player scrums | No kicking from hands | No hands off | No line-out |
| 7 a-side | | | | | | |
| 3 player scrums | | | | | | |
| No kicking from hands | | | | | | |
| No hands off | | | | | | |
| No line-out | | | | | | |
| COMPETITION ORGANIZER | Nicola Mc Comb Berkshire Rugby Development Manager, Rugby Football Union | | | | | |



RUGBY UNION

| | |
|------------------------------|---|
| FORMAT | GIRLS TOUCH |
| AGE GROUP(S) | Yr 7/8 FESTIVAL Yr 9/10 |
| TEAM/SQUAD SIZE | Min. 10 and Max. 15 6 players on pitch at any one time |
| GENDER | Girls only |
| ELIGIBILITY | No county players Yr 7/8  Yr 9/10  |
| BASIC RULES | 6 touches before a turnover Touches must be below the waist  |
| COMPETITION ORGANIZER | Nicola Mc Comb Berkshire Rugby Development Manager, Rugby Football Union |

ULTIMATE FRISBEE



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|------------------------------|--|
| FORMAT | 5-A-SIDE |
| AGE GROUP(S) | Yr 7/8 and Y9/10 |
| TEAM/SQUAD SIZE | Min. 6 Max. 8. Max. 4 on the pitch at any time. |
| GENDER | Mixed – Min. 3 girls in the squad with 2 girls and 2 boys on the pitch at any time. |
| ELIGIBILITY | None set  |
| BASIC RULES |  <p>A rectangular field with two end zones 30m x15m Each point starts with both teams lining up on the front of their endzones. The team that throws the pull is on defence. The team receiving the pull are trying to score in the endzone the defending team pulled from. When the team in possession of the disc completes a pass in the other team's endzone, they score a point! When your team scores: stay in the endzone you score in and keep the disc, the game stops and you "2. Start Play!" again. The disc can be passed in any direction to any teammate. You cannot run when you have the disc. The person with the disc ("thrower") has 10 seconds to throw. When a pass is not completed (e.g. when it lands on the floor, lands out of bounds, is dropped, knocked to the floor by a defender or caught/intercepted by a defender), the once defending team immediately takes possession of the disc and becomes the offence team, and are now trying to score in the other endzone. Players must avoid making contact, no physical contact is allowed between players. A foul occurs when contact is made.</p> |
| COMPETITION ORGANIZER | Mark Bignal |

TRY IT



| | |
|------------------------------|--|
| FORMAT | Ultimate Frisbee; Flag Football & Team Laser Run |
| AGE GROUP(S) | Yr 9-10 |
| TEAM/SQUAD SIZE | 8 |
| GENDER | Mixed – 4 boys; 4 girls |
| ELIGIBILITY | Open to pupils who have not taken part in representative school teams since Yr 8  |
| BASIC RULES | <p>Teams of 8 will take part in 3 sports competitions Ultimate Frisbee 4 a side (2 boys; 2 girls)- see Ultimate Frisbee section for rules Team Laser Run – teams of 4 (2 boys; 2 girls)- 2 teams per school Flag Football- 5 a side</p> |
| COMPETITION ORGANIZER | Mark Bignal; Racheal Handley; Judith Ineson |