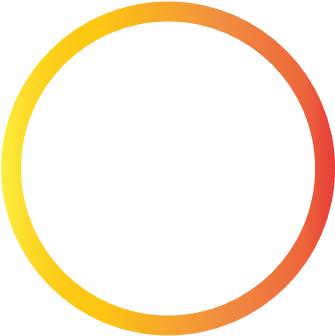
 2014–15

Secondary Schools

**Competition Rule Book**



**School**

**Sport**

**Partnership**

**Leeds**

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## SPORTS HALL ATHLETICS

# Leeds Sports hall Athletics Competition

**Pathway**

SSP Leeds Final (Y7 & Y8) West Yorkshire Final   
  
**Qualifiers:** One Y7 & one Y8 team per SSP will go through to the Leeds final.

**Event Format**

The Sports hall Secondary Programme offers an ideal format for competition in which young people may develop their skills ahead of the track and field season.

**Team Information**

Each team should consist of a minimum of five athletes, with a maximum of eight athletes being permitted. They may compete in a maximum of three track and two field events, drawn from the following:

**On the Track…**

2 lap individual race

4 lap individual race each requiring two athletes

8 lap paarlauf

6 lap individual race requiring one athlete

Obstacle relay each requiring four athletes

4 x 2 lap relay

**… and in the field**

Shot (girls 2.72kg, boys 3.25kg)

Speed bounce each requiring two athletes

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](http://www.wysport.co.uk/play/wysg/downloads-and-resources/) from September 2014.

NO ROLLS will be included at the start of the obstacle relay event – this will be replaced with a static beanbag baton handover.

**Event Programme**

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

**One the Track… and in the field**

Obstacle relay – year 7 girls

Obstacle relay – year 8 girls

Obstacle relay – year 7 boys

Obstacle relay – year 8 boys

2 lap individual race (A+B heats) – year 7 girls Shot, standing triple jump

2 lap individual race (A+B heats) – year 8 girls (Year 7 boys)

4 lap individual race (A+B heats) – year 7 girls Speed bounce, standing long jump, vertical Jump

4 lap individual race (A+B heats) – year 8 girls (year 8 boys)

2 lap individual race (A+B heats) – year 7 boys Shot, standing triple jump

2 lap individual race (A+B heats) – year 8 boys (Year 7 girls)

4 lap individual race (A+B heats) – year 7 boys Speed bounce, standing long jump, vertical Jump

4 lap individual race (A+B heats) – year 8 boys (year 8 girls)

6 lap individual race – year 7 girls Shot, standing triple jump

6 lap individual race – year 8 girls (year 8 boys)

8 lap paarlauf – year 7 girls Speed bounce, standing long jump, vertical Jump

8 lap paarlauf – year 8 girls (Year 7 boys)

6 lap individual race – year 7 boys Shot, standing triple jump

6 lap individual race – year 8 boys (year 8 girlss)

6 lap paarlauf – year 7 boys Speed bounce, standing long jump, vertical Jump

6 lap paarlauf – year 8 boys (Year 7 girls)

4 x 2 lap relay – year 7 girls

4 x 2 lap relay – year 8 girls

4 x 2 lap relay – year 7 boys

4 x 2 lap relay – year 8 boys

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

**Team managers** are encouraged to note the running order detailed above and select their team accordingly. 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 since they follow immediately. There are fewer problems associated in contesting field events in the same group and additional time will be permitted for athletes covering two events in the field.

**Aqua Festival  
 Disability**

This is a fun festival with no pathway.

All races are mixed (Boys & Girls) and no year groups

3 swimmers per school for the 25m races, please rank your swimmers 1 to 3 (1 being your strongest swimmer). 2-4 swimmers per event for the width races.

There are three event categories:

Non-swimmers (swimmer requires swim aids) NON

Beginners (swimmers who can swim 5-10m unaided) BEG

Advanced (swimmers who can swim 25m)+ ADV

Races

Event 1 NON Width Running

Event 2 BEG Width Running

Event 3 ADV Length Breaststroke

Event 4 NON Width Hopping/Jumping

Event 5 BEG Width Hopping/Jumping

Event 6 ADV Length Back Crawl

Event 7 NON Width Egg & Spoon

Event 8 BEG Width Egg & Spoon

Event 9 ADV Length Front Crawl

Event 10 NON Width Beach Ball

Event 11 BEG Width Beach Ball

Event 12 ADV Length Leg kick only (Front/Back or Breast)

Event 13 NON Width Ping Pong

Event 14 BEG Width Ping Pong

Event 15 ADV Length T-Shirt Swim

Event 16 NON Width Swimming on front

Event 17 BEG Width Swimming on front

Event 18 ADV Length Water polo Swim

Event 19 NON Width Swimming on Back

Event 20 BEG Width Swimming on Back

Event 21 IMP Length Body Board  
  
  
 Leeds Disability Sport Talent Day (aquatics)

The Leeds Disability Sport Talent Day (aquatics) will run alongside the Aqua festival, the same as in previous years. This will involve pupils completing a variety of activities in-order to assess their ability.

Chosen pupils will be signposted to clubs or county and regional talent days afterwards.

On the back of previous events, two swimmers were identified and have progressed into National disability swimming squads, so this is a great opportunity for some of your pupils to showcase their swimming potential!

This is open to any disabled young person aged 9-19, please specify which of the below groups each pupil fits into:

**Group A**- Swimmers with severe motor difficulties in three or four limbs

**Group B**- Swimmers with moderate motor difficulties in two limbs or visually impaired from birth

**Group C**- Swimmers with minimum permanent loss of physical ability, or visually impaired, hearing impaired or have a learning Disability

**BADMINTON  
 Schools Badminton Championships**

Pathway

SSP Leeds Final West Yorkshire Final Regional National

**Qualifiers:** The top team for both boys and girls U14s and U16s will go through to the Leeds final.

**Age Categories**

U14 Boys and/or Girls (Players **must** be in school years 7, 8 or 9)

U16 Boys and/or Girls (Players **must** be in school years 10 or 11)

Players **(Years 7, 8 or 9 are not eligible to play in the Key Stage 4 event. If an ineligible player(s) is/are fielded their scores will be discounted).**

**Rules & Regulations**

Each individual School may enter up to 3 teams per event. The number of teams accepted will be at the discretion of the organiser of Round 1 [SSP].

Schools must be affiliated to England badminton to proceed past the district round.

**[www.badmintonengland.co.uk/cpnsc](http://www.badmintonengland.co.uk/cpnsc" \t "_blank)**

**Entry**

* Entries must be made on an official entry form.

* The person signing the entry form agrees that they have full agreement of the Head Teacher(s) of the school(s) participating, and on their behalf have read the Rules & Regulations and agree to abide by them, and understand that the decisions made by BADMINTON England are final.

* The signer of the entry form agrees to be the point of contact / organiser for the SSP round.

**School & Player Eligibility**

* The Championships are open to all schools in England (inc. Guernsey, Jersey, Isle of Man and Isle of Wight).

* Selected players must be on the Register of the school they represent.

**Team & Match Format**

* If a school has entered 2 or more teams then the ‘1st’ or ‘A’ Team shall be considered the strongest. A player may only play for one team per round.
  + A player may play up into a stronger team provided that they have not already played for another team in that same round.
  + A player may not play down into a weaker team if they have already represented a stronger team in a match or have been nominated for a stronger team.

* Players participating in the final must have represented their school in at least one previous round. Appeals for a new player(s) to represent the school in the final must be made in writing (see Appeals section).

* Teams will consist of 4 players. Reserves may be used in case of injury. If a player is injured during a game then that game is conceded, but a reserve may be substituted for further games and/or matches. A completed Team Sheet must be given to the Tournament Organiser before play starts. The players must be ranked in order of singles playing ability.

* Each match will consist of 5 games: 2 x singles and 3 x doubles, with each player playing 2 games. This is shown in the playing format for a match below:

**1st Game** - Singles (higher ranked player chosen to play singles)

**2nd Game** - Doubles (the 2 players not selected for a singles game)

**3rd Game** - Singles (second player chosen for singles)

**4th Game** - Doubles (first singles player + either one of non-singles players)

* For each match a Score Sheet (provided) must be completed and signed by **both** Team Managers. Team Managers are responsible for ensuring that the results on the sheets are correct

**5th Game** - Doubles (second singles player + the other non-singles player)

* Group winners will be decided as follows:

Most matches won

If 2 teams are tied, the winner of the match between them

If 3 or more teams are tied, the team with greater games difference

If 2 teams are then tied, the winner of the match between them

If 3 or more teams are still tied, then the team with greater points difference

If 2 teams are then tied, the winner of the match between them

If teams are still tied, then the results will be reviewed following the match by the Center

Parcs National Schools Badminton Championships Policy Group

* Each game will be 1 set to 21 points, using Rally Points scoring, with no extended scoring or setting. The first (SSP) and second (County) rounds may be played to fewer points if time is restricted.
* If a team cannot play all of the matches within a round, then they will be scratched and their scores discounted. Any appeals may be made in writing (see Appeals section).
* The winner of each event in each round will progress to the next round.
* If a team drops out of the Championships at any point then the next best placed team from the last round will progress.

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## BASKETBALL

**England Basketball National Schools Competition**

**Summarised Game Rules & Competition Format**

Pathway

U14 Boys and Girls SSP Leeds Final WY Regional (England Basketball National competition.)

U16 Boys SSP Leeds Final

Schools can enter directly into the England Basketball U16s national competition.

**Qualifiers:** One team from the U14s and one from the U16s go through to the Leeds final.

**Age Categories**

U14s Boys and/or Girls

U16s Boys

**BASIC RULES**

* No contact.
* One step while holding ball.
* One dribble – a dribble is a continuous bouncing action.

**GAME RULES**

Normally teams are 5 v 5

Where 5 v 5 games, 10 children on the court at all times.

Squads may contain up to 12 children.

The court should ideally be up the maximum 28m x 15m but can be 26m x 14m.

The basketball ring should be 10’ 0” (3.048m) high.

Detailed Court details can be found in facilities section of the England basketball Web Site.

Each game is started by a jump ball in the centre circle and begins when the ball is tapped in by one of the jumpers.

Players may be substituted at any time on a dead ball.

A basket from the field, from outside the arc counts as 3 points, within the arc counts as 2 points and a basket from the free throw counts as 1 point.

After a basket, the opponents will be given the ball to make a throw in from any point behind the baseline.

**BALL SIZES**

Size 7 - Official size for Senior Men, U18 Men, U16 Boys and U15 Boys

Size 6 - Official size for Senior Women, U18 Women, U16 Girls, U14 Boys and U13 Boys

Size 5 - Official size for U14 Girls

**VIOLATIONS**

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

**Violations Include:**

* *Deliberately* kicking the ball or striking it with a fist.
* Knocking the ball out of the court.
* Dribbling with two hands on the ball at once or letting the ball come to rest then continuing to dribble (Double Dribble).
* Running with the ball (Travelling).

**FOULS**

A personal foul involves personal contact with an opponent, if this occurs in the act of shooting two free throws are allowed, otherwise it is side-line ball to the opposing team.

Once a player has 5 personal fouls he / she take no further part in the game.

**EQUIPMENT**

* Game Clock and Scoresheet.
* Markers numbered 1 to 5 indicating the number of fouls committed by a player.
* A loud sounding device such as a horn.
* An alternating possession arrow, a red arrow on a white background, which indicates the direction of the next possession when a held ball situation is called in a game.

**COACHES AND OFFICIALS**

The officials shall be a referee and an umpire, who shall be assisted by a scorekeeper and a timekeeper.

**Guidelines for the 'No Zone Defence' Rule**

**U14, U16s**

England Basketball age group competitions for under-14 players and younger have enforced the ruling of ‘No Zone Defence’, the below explains what this means:

**What is a Zone Defence?**

For the purpose of this rule, for competitions under the jurisdiction of England Basketball, a zone defence is defined as ***“any defence which does not involve normal person-to-person / man-to-man defensive principles”***.

**Violations Occur When:**

* One or more players are not in a normal man-to-man position in relation to their player and the basketball.
* A player cutting through the key is not defended in normal man-to-man coverage; i.e. by following them, switching or bumping them to change direction.

**Administration of the “No Zone Defence” Rule:**

The match referees are responsible for administering the rule and will be the sole judges in deciding whether a defensive team is employing a zone defence. They will take into account the intention of the defensive team and whether there is deliberate use of a zone defence at a critical time during the game. If they are in any doubt, the benefit of the doubt will be given to the defensive team. Otherwise they should take immediate action as follows:

* Issue a warning for the first violation of the rule.
* When, in the opinion of the referees, a second violation of the rule occurs, they will charge the coach of the defending team with a Technical Foul and two free throws and possession will be granted to the attacking team.
* A third violation means a second Technical Foul on the coach of the defending team, resulting in their disqualification from the game, two free throws and possession.

**Regular Breaches of the “No Zone Defence” Rule:**

Complaints regarding a specific team regularly employing a zone defence will be referred to England Basketball. Persistent complaints will be referred to the Competitions Committee with the possible consequences being the use of an Observer to oversee a particular team or match and/or the loss of competition points and/or disqualification.

**Boccia**  
**Disability**

**Leeds Competition West Yorkshire**

**Age Category**   
Y7-11 mixed  
  
**Eligibility**   
There are no restrictions on eligibility. Any young person may enter the competition regardless of whether they are involved in a Boccai club or not.  
  
**Equipment or sportswear required by competitors:**

Personalised ramps or chutes need to be checked by the referee on the day of the event. Competitors must not wear any jewellery and hair must be tied back.

**Equipment or sportswear provided for competitors:**

Boccia balls and additional chutes can be provided.

All competitors must be in School Year 7 or above.

**Squad Requirements:**

A team shall consist of 3 competitors with an additional 2 reserves if required.

Competitors may be male or female but teams are encouraged to enter at least one boy and one girl. Competitors can be rotated if needed.

Reserves can only be swapped between ends.

All team members are required to play on the day.

**Competition Format:**

Matches will be up to 30 minutes long consisting of 3 ends - one team starting each end and the third end with the jack placed on the cross. Should teams drop out on the day the umpires will have the right to make all games longer (more ends) to give competitors more play.

The competition will be held as a round robin format followed by semi-final and final, with simultaneous play on two courts.

The playing area will be approximately 6m wide by 10m long.

**Competition Rules:**

Boccia is a game similar to bowls where each team’s objective is to try and position their balls as close to the white target ball (jack) as possible.

The choice of colour of balls will be decided by a coin spin.

Each competitor will have a maximum of 2 balls each, even when a team consists of one, two or three competitors.

All competitors must be seated and remain in their boxed area, at all times.

To propel the ball a competitor may throw, roll or kick the ball. An assisted device or ‘chute’ may be used if required.

If a competitor has someone assisting them using a device, the assistant must have their back to court at all time during play. Only one person can assist a competitor at a time. The ‘chute’ must remain within the boxed area during play.

The side playing red balls always initiates the first end.

The first designated competitor (red) propels the jack ball then propels their first ball as close to the jack ball as possible. The following competitor (blue) then propels their first ball.

If the white jack ball is thrown out of court before match starts, then it goes to 1st blue competitor and so down the line until the jack is left to be played in court. If the jack is knocked out of court during play, it will be re-positioned on the “replaced jack cross”.

The competitor who throws the jack also throws the first coloured ball.

The order of play will depend on whether red or blue ball is nearest the jack. The side to throw next will be the side whose ball is the further away to the jack ball, unless they have thrown all their balls in which case the other side will throw next.

Any balls thrown out of court or landing on the boundary line become “dead” balls and not counted.

When all balls are played the score is counted for the end. When all ends have been played the match will be scored accordingly.

All team balls situated nearer the jack ball than the closest opposing team balls will receive one point each.

If two or more balls of different colours are situated exactly the same distance from the jack ball, each team is given one point.

These rules have been taken from the international Paralympic committee/CP-ISRA international boccia rules handbooks.

**Competition Scoring:**

Points will be scored based on number of ends won.

The semi-finalists will be the top placed teams in each group e.g. either the team with the most points in each group (assuming four groups) or the top two teams with most points (assuming two groups). In the event of two teams being equal on points at the end of the group stage, points against will be used.   
  
**Behaviour:**

All competitors, helpers and Team Managers are asked to respect fair play and play the game in a competitive but fair way.

The Sport Organiser and a Games Referee will consult over any disputes.

The referee’s decision is final.

**CHEERLEADING**

## Leeds KS3/4 Cheerleading Competition

## Pathway

## Leeds Final West Yorkshire Final

This is a Pom Dance Cheerleading competition, stunts are prohibited.

**Age Category**

Key Stage 3 and 4 - Year 7/8/9/10/11

**Dress**

Cheerleaders should wear PE kit, dancewear or Cheerleading uniforms with appropriate footwear, i.e. dance shoes or trainers. Bare feet are not allowed. Dance shoes / trainers should be clean, non-marking, indoor footwear and not the footwear worn to arrive at the event.

All jewellery must be removed and hair must be tied back.

**Team Requirements**

Minimum of 5 participants and maximum 16 in a team

Please note the floor area will be approx 12m x 12m

Single sex or mixed teams

**Routine Criteria**

Perform any style of dance incorporating Cheer arm motions, Cheer jumps, vocal skills and the use of Poms

Routines should be performed to lively, up-beat music and should be creative and entertaining with the use of visual effects and levels

Poms must be used by all cheerleaders at some point in the routine (optional for males). Poms can be used for the entire of the routine if desired

**Stunts, pyramids, acrobatics and tumbling are NOT ALLOWED**

**Timing**

Teams will perform a routine to music of their choice (with or without vocals) that is 1.30min – 2.00mins long – inclusive of the cheer and chant. A mark will be deducted for every second that the routine is under or over time. Timing will start on the first note of the music or start of the cheer or chant and end on the last note of the music or end of the cheer or chant

**Criteria – following Next Step Pom Dance Step 2**

**Arm Motions** – all of the following must be included:

* High V to Low V
* T to Broken T
* Right Diagonal to Left Diagonal
* High Touchdown to Low Touchdown

**Jumps** – compulsory jump is:

* Tuck Jump to star jump

And **2** of the following jumps mustalso be performed:

* Straight jump
* Double Hook jump
* Side hurdler / hurkie
* Toe Touch

**Cheer and Chant** – both of the following must be performed:

* 1 cheer (*more than 4 lines, telling a story)*

AND

* 1 chant (*short phrase repeated 3 times)*

**Level changes** (high / low) – there must be 3 changes of level

**Effects** – must include a cannon or ripple effect

**Formations** – 4 different formations must be shown

*Extra jumps / arm motions / formations etc will not be marked but can be included to contribute to the overall effect and will be considered in this area of marking*

**Competition area**

The routines will be performed on a wooden or sports hall floor and mats will not be used.

A 12m x 12m floor area will be marked out and cheerleaders must stay within this floor area

**Props**

Teams are encouraged to use props during their cheer and chant. The following items may be used as props

* Banners
* Signs
* Megaphones
* Flags
* Hats /scarves used during the routine (not just worn)

**Judging**

Teams must ensure they fulfill the criteria in each of the boxes below to score the highest mark they can.

Please not that there will be 1 mark deducted for every second the routine is over or under time.

Teams will be judged out of 35 as follows:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Cheer and chant**  **5 marks** | **Loud**  **(1 mark)** | **Clear**  **(1 mark)** | **Pace**  **(1 mark)** | **Props**  **(1 mark)** | **Relevant Words**  **(1 mark)** |
| Cheers and chants must be easy to hear without shouting | Judges must be able to hear the whole cheer and chant | The cheer and chant must both have a regular rhythm with words that are synchronised | Teams must use props during both their cheer and chant to enhance performance. Poms must be used by all cheerleaders at some point in the routine (optional for males). | The words used in both the cheer and chant should relate to the squad ie colours |
| **Arm Motions**  **5 marks** | **Low V to High V**  **(1 mark)** | **T to broken T**  **(1 mark)** | **Right diagonal to left diagonal**  **(1 mark)** | **High Touchdown to low touchdown**  **(1 mark)** | **Correct arm and hand placement**  **(1 mark)** |
| This is a compulsory element | This is a compulsory element | This is a compulsory element | This is a compulsory element | Judges are looking for straight arms and fists to be facing the right way during arm motions |
| **Jumps**  **5 marks** | **TUCK JUMP TO STAR JUMP**  **(1 mark)** | **JUMP 2**  **(1 mark)** | **JUMP 3**  **(1 mark)** | **Height**  **(1 mark)** | **Safe Landing**  **(1 mark)** |
| This jump must be included and in good technique | Chosen from the list given in the criteria. | Chosen from the list given in the criteria. | Awarded for good elevation in all jumps and for the whole squad attaining the same height | The judges are looking for feet being together, bent knees and straight backs on the landings of all the jumps |
| **Effects**  **5 marks** | **Cannon/ Ripple**  **(1 mark)** | **Formations (1 mark)** | **Transitions**  **(1 mark)** | **Synchronisation**  **(1 mark)** | **Levels**  **(1 mark)** |
| Judges will be looking for this to be performed and how well it is fits with the music | 4 formations must be shown to get the full mark | This is how well the team flows between the 4 formations | Judges will be looking for how well the moves fit to the music and how well the movements are performed together as a team | 3 must be shown in the routine (high/ low) |
| **Overall Impression**  **15 marks** | The judges will make a subjective judgment based on the following:  Showmanship, pace/ tempo, flow of the routine, control, use of choreography, how polished the performance is. | | | | |

## Cycling Pathway

## Leeds Final West Yorkshire Final Qualifiers: The top four teams go through to West Yorkshire.

## Age Category

Y7, 8 & 9 - x4 students one of whom must be female.

Please Note: Students who are cycling at a high level and have British cycling National points are not eligible for this competition.

**Comp Format** - The competition will have team, individual and relay

1. **Team time trial**. Teams of 4 riders will complete the course together. This will need to be done with probably 5 teams at a time. The team time will be that of the third rider to cross the line. Results will be ranked and awarded points according to position; 1st team 1 point, 2nd team 2 points etc.
2. **Individual race**. This will need a number of heats and a final dependent on the number of competitors but it may be unsafe to have more than 20 riders competing at any one time. The first three boys and first three girls in the level 3 event will be awarded medals supplied by British Cycling.
3. **Relay race**. Teams will stand in line 2 – 3 metres behind the finish line. Only the first 2 riders will have bikes. Rider 1 completes the course and when he/she crosses the finish line the team manager will signal to the next rider to start. The bike from the first rider is then passed to the third rider etc. Each team will be given a time when all four riders have completed the course. Results will be ranked and awarded points according to position; 1st team 1 point, 2nd team 2 points etc.
4. The winning team will be the team with the least aggregate points from the Team Time Trial and Relay.

**Health and Safety -**

Please advise students to wear appropriate safe cycling / PE all clothing which must be close fitting (particularly trousers so they do not catch in chain) with shoe laces tucked in. Staff will conduct a clothing inspection to ensure H+S requirements are met. Helmets will be available to borrow, students may use their own subject to event staff inspection they will not be allowed to wear helmets that do not meet H+S requirements. To ensure a fair event pupils will be supplied with event bicycles and are not allowed to ride their own.

## DANCE

**This is a fun festival for all abilities and styles.**

**Age Categories**

key stage 3

**Criteria**

No more than 20 and no less than 5 dancers drawn from KS3.

Teams can be mixed or single sex. Teams can be made up of pupils from any year group in Key Stage 3 (Y7, 8, 9).

Teachers must ensure music choices and routines are appropriate for a school audience.

Performances must be no longer then 3 minutes in duration.

**Music must be clearly labelled and provided in cd format unless stated otherwise.**

**Teams will be judged on the following performance skills.**

**PERFORMANCE SKILLS**

Technical Elements;

* Posture /placement of the body.
* Coordination
* Balance
* Mobility/flexibility
* Clarity of dynamics.

Expressive Elements;

* Projection
* Sense of style
* Musicality

Working with one another;

* Timing
* Placement onstage
* Interaction

**Kurling**

**Pathway**Leeds Final West Yorkshire Final **Age category**Y7-11 mixed **Team requirements**Teams of 4 with max. 6 in a squad  
  
**Squad:**

The game must be played by 4 players of any gender on each team.

Participants with any disability can be involved.

The target age range is 11 – 16 years.

**Equipment:**

Competitions will be played with rubber Kurling stones and pushers, plus vinyl house / kurling style target. Each stone is marked with the stamp of the kurling club and an indelible number, which makes each kurling stone unique, only these marked kurling stones can be used for competitions.

**Playing area:**

The competition playing area, a badminton court approx 13.4m long is used, the house / kurling style targets are laid with the top edge touching the top of the badminton court using both lanes of the court so play is up to one target line of the badminton court using both lanes of the court so play is up to one target and back down to the other.

The base line of the court is starting line or Hack box this will be 4” wide 120cm – 120cm and in line with the target you are playing to. When delivering a kurling stone, you are allowed to step over the hack box, delivery line but some part of your body must remain behind this line at all times, failure to do so is called a fault and the kurling stone being delivered is removed from play in that end. Continually faulting will lead to disqualification of the player or the whole team.

There is a cross line marked on the court approx, 4.70m, from both ends this line is called the Hog line, all Kurling stones delivered must be over this line nearest to the target you are playing to, to be in play, if the stone rests or does not make the line the kurling stone must be removed from play in that end.

**Scoring:**

Scoring is the nearest to the middle or Bulls Eye, if for example one red kurling stone is nearer to the centre than any blue kurling stone, then that is one point to the reds, if four red kurling stones are nearer the centre than any kurling stone then that is four points of four to the reds.

**Playing the Game:**

A toss of a coin, head or tails, the winner of the toss will select the colour of the kurling stones they would use and also select if they are to go first or second in delivery.

Each player will have 1 kurling stones, a skip must be appointed, the leads deliver their kurling stones followed by the number twos, followed by the number threes, followed by the skips. All kurling stones have to be delivered to complete an end.

All disputes must be taken to the umpire; the umpire’s decision is final.

Competition is played in one set of 5 ends. The winner of more sets is the victor.

For delivery of kurling stones you can use hands, feet or pushing sticks.

Competitors using a ramp who require assistance are to have one allocated assistant only. This assistant must face the player (as in Boccia) and not look at where the target is. The player must instruct the assistant on how to position the ramp.

Competitors using a ramp can be positioned further forward (at an agreed spot) to allow their stones to reach the target.

NETBALL

**Pathway**

Leeds Schools Netball Association West Yorkshire

**Age Category**

Y7

**Qualifiers:** The winner of the LSNA U12 tournament goes through to the West Yorkshire winter school games.

**Rules**

For any queries with regard to the rules or the leagues, then please contact the league secretary via e mail.

1. The league shall be run according to the Rules of England Netball.
2. All schools need to be affiliated to the AENA
3. All teams competing must be affiliated to the L.S.N.A; by attending or giving apologies at the AGM.
4. All teams competing must be affiliated to the L.S.S.A
5. All teams applying to join the League will be placed in the appropriate division at the discretion of the L.S.N.A secretary.

League Entries & games

1. Players may only play for the school to which they are on roll.
2. A and B teams in the same division must play their match Christmas
3. Division one only – if there is a tie on points the team will be declared joint winners of the league.
4. All matches agreed by the two schools MUST be played on the stipulated date and time. Failure to do so without good reason will result in points only being awarded to the opposition. If 2 further dates have been offered by the cancelled party and not met, then the canceller forfeits the points
5. In the event of a team claiming points due to the other team cancelling the score will be 10-0. But in the event of a tie at the end of the season this game will be void.
6. In the event of a tie on results the final standings will be decided on the result between the tied teams, then goal difference and finally goals for.
7. When cancelling matches you must do so before 11am otherwise you may be liable for 50% of the transport costs
8. Teams must play at least 50% of their fixtures and submit their results. Failure to do so may result in the team (age group specific) being unable to enter the league in the following season.
9. League matches will be a minimum of 24 minutes to be played in halves or quarters as agreed by both members of staff.
10. All teams must be accompanied by a member of staff unless prior consent has been gained from the opposition
11. Complaints received with regards to the bad behaviour of a team or spectators during a match will result in action being taken against them by the L.S.N.A. In the event of two complaints, regarding separate instances, then the offending team may be asked to withdraw from the league. Complaints in writing should be received within seven days of the match.
12. Staff are responsible for the behaviour of the parents that are supporting their school.

Umpires

1. Teams are responsible for providing their own umpire.
2. All matches are to be umpired by two umpires unless agreed otherwise.
3. Any team arriving at a fixture without an umpire must forfeit the points for the game.
4. Staff must not coach teams whilst umpiring, unless agreed otherwise by both parties prior to the game commencing.
5. If pupils are umpiring league fixtures they must be at least 16 years old and have completed the Youth Umpire Award.
6. Schools may allow pupils who are at least 16 years old and competent to umpire friendly matches as long as both parties are in agreement.

Movement of players

From a higher positioned team to a lower positioned team is not allowed. Unless permission is obtained by the committee before a transfer takes place.

1. If a player plays TWO times with a higher positioned team, she becomes automatically registered with that team for the remainder of the season (a tournament counts as once).
2. Schools that enter A and B squads in the same age group must adhere to the rules regarding ‘moving up’ of players, i.e. if a player plays up TWO times then they must stay with that squad. The 7 ‘A’ squad players must not ‘play down’.
3. Pupils can play in ONE league and ONE Invitation Tournament only

AENA RULES

1. All games will be played on a full size court that is correctly marked and maintained as laid down in the A.E.N.A rules unless otherwise agreed by the staff concerned
2. Hosting matches – the host team assumes responsibility for the safety of the playing area as per that school’s risk assessment for the surface and activity
3. If any team arrives late over 30 minutes late for any league fixture, without making contact to inform their opposition of a delay, then the opposing team is entitled to claim the points for that fixture.
4. The use of ‘denying space’ (blocking), as a tactic is to be prohibited at years 7 and 8.
5. Your attention is drawn to the following A.E.N.A. rules: -

* No item of jewellery shall be worn. If a ring is worn it should be taped.
* Fingernails will be cut short. Taped fingernails will not be allowed.
* Appropriate playing uniform must be worn at all matches.

Results

1. Results of the season’s matches to be sent to the League Results Secretary within 7 days of the fixture. If a result is NOT RECEIVED on this date, no points will be awarded.
2. Any team claiming points must inform the League Results Secretary within 7 days of the fixture. They must also inform the opposing team of the reason for their claim so that they have the right of reply if they disagree with the claim.
3. Points will be awarded as follows: -

WIN 5 points

DRAW 3 points

LOSS (over 50%) 1 point

LOSS 0 points

Tournaments & cups

* + 1. Organisers must try to give all teams the maximum number of games and length of time possible; as determined by the number of entrants.
    2. Invitation tournaments to allow all schools to enter if they have a small group of girls (eg Gateways, Fulneck)
    3. All tournaments to be organised as plate and cup competitions, depending on number of teams entered. Seeding, using the current league division places on the website, will be used to determine rankings.
    4. Winners of the tournament that year are reposnible for organising and hosting the tournament for the following year
    5. All losing quarter finalists and semi finalists and 3rd/4th play off teams are to stay and umpire the next round of the competition –leaving the tournament without first ascertaining that you are not needed to umpire the next round may result in a £20 being levied to that school
    6. The results table must be manned by a member of staff that is capable of dealing with any issues that may arise
    7. For an infringement of any of the above rules, that particular match will result in the points being awarded to the opposition.

CITY TRIALS

1. If schools send 3 or more pupils for City trials, they must send a staff member, or suitably qualified over 16 year old – i.e. have attended the Youth Umpire Award, to help. Failure to do so will result in a £10 fine per extra child that year, billed directly to that school.
2. Following that, the school may also only send 2 pupils of that particular age group to trial the following season.

Any matters not covered by the rules will be decided on by the L.S

Rowing

**Format**

West Yorkshire Open entry

|  |  |
| --- | --- |
| Format: | Go-Race Indoors — Sports Hall Rowing Regatta |
| Age group(s): | Y7-9 |
| Team & squad numbers: | Teams of 4, 2 girls and 2 boys per year group |
| Level 3 qualification: | Open entry |
| Sport organiser: | Rob Cree - British Rowing Area Participation Manager (Yorkshire and North West) |
| Further information: | [rob.cree@britishrowing.org](mailto:rob.cree@britishrowing.org) |

**Events**

**Individual race** – Boys and girls must complete the following individual distances.

Year 7 - 2 minutes

Year 8 - 3 minutes

Year 9 - 4 minutes

For each sex and year group the pupil that goes the furthest wins. National standard Gold Medal Targets (GMT) have been calculated and comparisons can therefore be made across year groups and sexes.

A

|  |  |  |  |
| --- | --- | --- | --- |
| **School Year** | **Time** | **Boys gold medal** | **Girls gold medal** |
| 7 | 2 mins | 510m | 490m |
| 8 | 3 mins | 810m | 750m |
| 9 | 4 mins | 1,125m | 1,020m |

**Team relays**

2016m rowing relay by year group.

Each team features two boys and two girls and all 4 must row for some of the distance.

In addition to the WY Open entry competition on page 28 , below, you can find the format for the virtual indoor league.

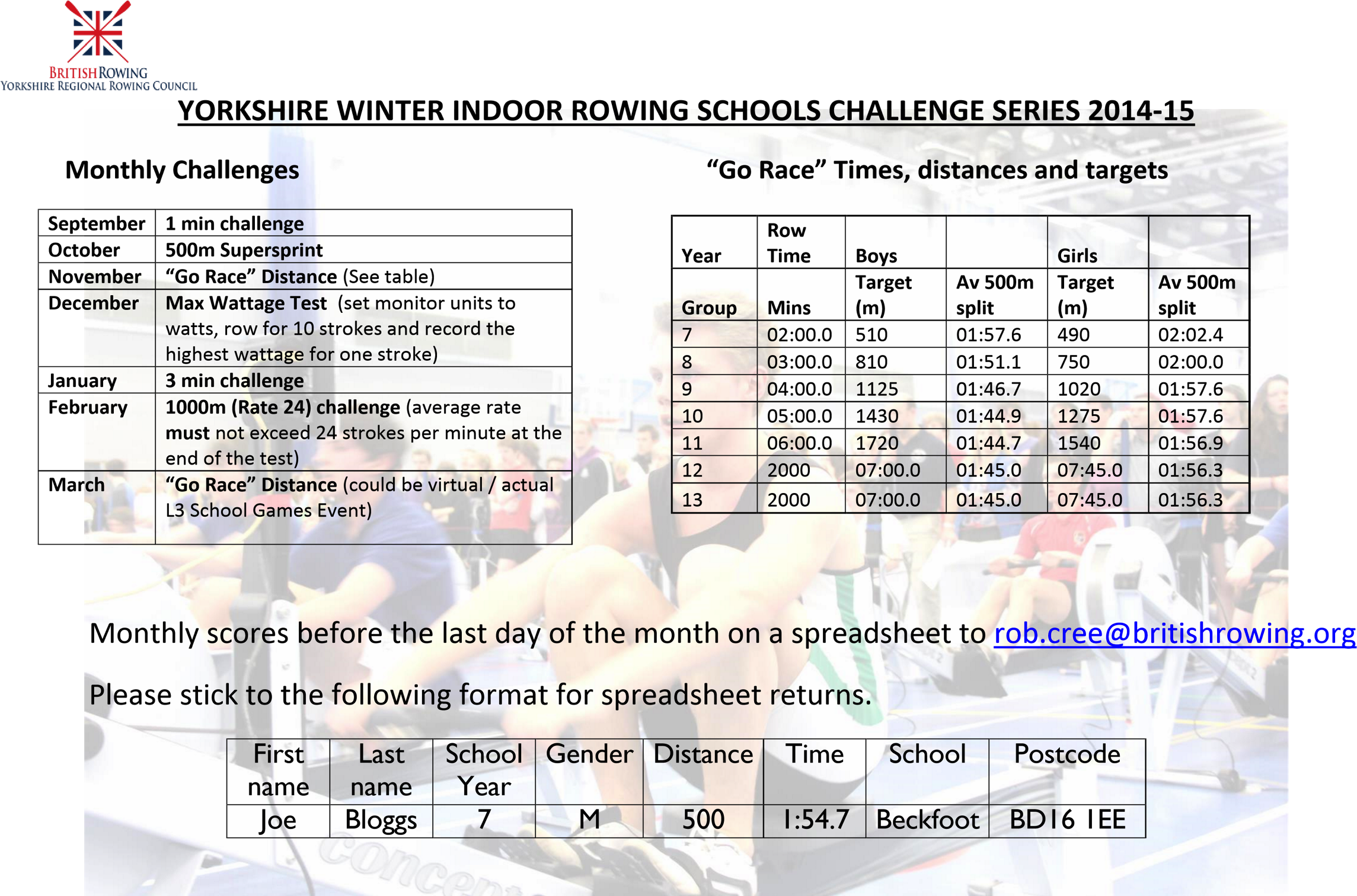


TABLE TENNIS

Pathway

SSP Leeds Final West Yorkshire Final

**Qualifiers:** The top team from both age categories goes through to the Leeds final.

|  |  |
| --- | --- |
| Format: | Team competition – 4 per team |
| Age group(s): | Y8 and under Boys  Y8 and under Girls  Y10 and under Boys  Y10 and under Girls |
| Team & squad numbers: | Teams of 4 players to be ranked 1-4 |
| Level 3 qualification: | Top team per district per competition |
| Further information: | http://www.estta.org.uk/ |

**Competition Format**

* All are singles matches and should be played in the following format:

**TEAM A TEAM B**

* + - * Player 1 v Player 2
      * Player 2 v Player 1
      * Player 3 v Player 4
      * Player 4 v Player 3
      * Player 1 v Player 1
      * Player 2 v Player 3
      * Player 3 v Player 2
      * Player 4 v Player 4

**Competition Rules**

**Scoring**

* Each game is played to 11 points. If both players score 10 points, then the game shall be won by the first player or pair subsequently gaining a lead of 2 points.
* Each match is the best of 3 games.
* This can be flexible in Partnership rounds to accommodate space, time and no. of teams.
* A player shall score a point
  + if his opponent fails to make a correct service
  + if his opponent fails to make a correct return
  + if, after he has made a service or a return, the ball touches anything other than the net assembly before being struck by his opponent
  + if the ball passes over his court or beyond his end line without touching his court, after being struck by his opponent
  + if his opponent obstructs the ball
  + if his opponent strikes the ball twice successively
  + if his opponent, or anything his opponent wears or carries, moves the playing surface
  + if his opponent, or anything his opponent wears or carries, touches the net assembly
  + if his opponent’s free hand touches the playing surface the rally is a let
  + if in service the ball, in passing over or around the net assembly, touches it, provided the service is otherwise good or the ball is obstructed by the receiver or his partner
  + if the service is delivered when the receiving player or pair is not ready, provided that neither the receiver nor his partner attempts to strike the ball
  + if failure to make a service or a return or otherwise to comply with the Laws is due to a disturbance outside the control of the player
  + if play is interrupted by the umpire or assistant umpire
  + comes to rest on the receiver’s court
  + in singles leaves the receiver’s court after touching it in the direction of the net.

**Serving & Receiving**

* Service shall start with the ball resting freely on the open palm of the server’s stationary free hand. The server shall then project the ball upwards, without imparting spin, so that it rises at least 16cm. As the ball is falling the server shall strike it so that it touches first his court and then, after passing over or around the net assembly, touches directly the receiver’s court.
* In doubles, the ball shall touch successively the right half court of server and receiver.
* From the start of service until it is struck, the ball shall be above the level of the playing surface and behind the server’s end line, and it shall not be hidden from the receiver by the server or his doubles partner or by anything they wear or carry.
* After 2 points have been scored the receiving player or pair shall become the serving player or pair and so on until the end of the game, unless both players or pairs score 10 points when the sequences of serving and receiving shall be the same but each player shall serve for only 1 point in turn.
* In each game of a doubles match, the pair having the right to serve first shall choose which of them will do so and in the first game of a match the receiving pair shall decide which of them will receive first.
* The player or pair serving first in a game shall receive first in the next game of the match and in the last possible game of a doubles match the pair due to receive next shall change their order of receiving when first one pair scores 5 points.
* The player or pair starting at one end in a game shall start at the other end in the next game of the match and in the last possible game of a match the players or pairs shall change ends when first one player or pair scores 5 points.

**TRAMPOLINING**

**This is an open entry festivals organised by WYS as part of the School Games!**

|  |  |
| --- | --- |
| **The West Yorkshire School Games trampolining event will be held at John Smeaton leisure centre, Smeaton approach, Leeds, LS15 8TA on the 13th March 2015.** | |
| Format: | Next Steps Trampolining/Advanced Competition |
| Age group(s): | Key Stage 3 (Y7,8 & 9) – Level 2  Key Stage 4 (Y10 & 11) – Level 2  Key Stage 4 (Y10 & 11) – Level 3  Advanced category - Individual |
| Team & squad numbers: | Teams of 3 or 4 participants with 3 scores to count |
| Level 3 qualification: | Open entry event |
| Sport organiser: | Dan May [Dan\_may5@hotmail.com](mailto:Dan_may5@hotmail.com) 07885810297 |
| Further information: | www.british-gymnastics.org |

**This competition is aimed at all level of participant within the sport of trampoline from the most basic of level.**

This is a direct entry competition. Schools will receive entry forms directly from the sport organiser. The opening date for entries will be 17th November 2014, and the closing date for entries will be Friday 30th January 2015. Please note, entries **will not** be accepted before this time, and entries will be on a first come first serve basis, due to limited capacity. Each school is limited to 2 teams per level in each age group. All performers in a team must compete at the same level and teams will consist of 3 or 4 members (3 highest scores to count)

**Competition Rules/ Format**

**Each performer will compete one set (compulsory) and one voluntary routine; the voluntary routine can be the same as the set routine but does not have to be. See appendix 1**

2 main categories:

1. Next Step (Team and Individual) – for those doing 4 hours or less per week
2. Advanced (Individual only) – for those that either need challenging more or gymnasts doing more than 4 hours of trampolining per week in a club setting, that may also attend competitions outside of school.

1) **Next Step**

* There will be 3 next step level competitions; **three or four competitors per team** (3 scores to count).

1. Key stage 3 – level 2
2. Key stage 4 – level 2
3. Key stage 4 - level 3

* Entrants into any of the above levels should not do more than 4 hrs in a community Trampoline club a week or be a competitive affiliate (silver member) to British Gymnastics to be eligible to enter this section of the schools competition. Competitors in this category doing more than this per week will be disqualified. They must be entered into the advanced category, details below.
* All team members must be in the correct age category. No competitor is permitted to either move up or down an age category to make up a team. Teams can be of mixed gender.
* Teams must be made up of competitors from the same school
* Each School can enter 2 teams per level per age group. All performers in a team must compete at the same level.
* The levels are open age and performers should perform whichever level is appropriate for their ability.
* All competitors will perform one set routine and one voluntary routine each, after being given sufficient time to warm up.
* Competitors must complete the set routine at the level they are entered in to. There is no deviation from what has been set.
* The voluntary routine must be comprised of 10 individual elements in accordance with the BG Trampoline skills syllabus. The voluntary routine can be the same as the set routine however does not have to be, this is an opportunity to showcase a participant’s talent and harder skills can be added. Difficulty will be added to the score of the routine as in accordance with BG rules.
* The competition will be run as a team/ individual competition, so if schools do not have enough to make up a team they can still enter up to a maximum of 2 individuals.
* Competitors are not eligible to enter the Advanced competition if they are performing in one of the Next Step categories

Next Step Set Routines

* Competitors can perform as many straight jumps as he/she wishes before commencing the set routine (however they will be deducted 1.0 mark if they take more than 1 minute to execute the first skill)
* There should be no additional bounces between skills once the set routine has begun
* Competitors should present to the judges at the start and finish

|  |
| --- |
| Key stage 3 – level 2 (set routine) |
| 1. Front landing 2. To feet 3. Piked straddle jump 4. Half twist jump 5. Seat landing 6. Half twist to seat 7. Half twist to feet 8. Tuck jump 9. Pike jump   10.Full twist jump |

|  |
| --- |
| Key Stage 4 – level 3 (set routine) |
| 1. Full twist jump 2. Piked straddle jump 3. Seat landing 4. Half twist to seat landing 5. Half twist to feet 6. Pike jump 7. Back landing 8. Half twist to feet 9. Tuck jump   10.Half twist jump |

2) **Advanced**

* This is an additional category that has been included for individuals that are more advanced, and training more than 4 hours per week. Gymnasts entering this category may be part of a gymnastics club and enter competitions outside of school.
* You may also enter a gymnast into this level if you feel you have someone that needs challenging more, however this must be within their capability levels
* Gymnasts will enter this competition as an individual only and not part of a team. Anyone entered into this category may not enter any of the Next Step categories.
* Depending on the number of entries will determine whether this category is split into KS3 and KS4 age categories.
* This level can lead onto competing at the BSGA (British School Gymnastics Association) competition in future years, as the routines are the same.

Advanced set routines:

* Competitors can perform as many straight jumps as he/she wishes before commencing the set routine (however they will be deducted 1.0 mark if they take more than 1 minute to execute the first skill)
* There should be no additional bounces between skills once the set routine has begun
* Competitors should present to the judges at the start and finish

Performers will choose to do either routine 1 **or** routine 2.

|  |  |
| --- | --- |
| Routine 1 | Routine 2 |
| 1. Full twist Jump 2. Straddle Jump 3. Seat Landing 4. Half twist to seat landing 5. Half twist to feet 6. Piked Jump 7. Back landing 8. Half twist to feet 9. Tucked jump 10. Front somersault (tucked) | 1. Back somersault (tucked) 2. Straddle Jump 3. Seat Landing 4. Half twist to seat landing 5. Half twist to feet 6. Piked Jump 7. Back landing 8. Half twist to feet 9. Tucked jump 10. Full twist jump |

General Information

* **The cost of entry into the competition is £4 per person**
* Appropriate attire must be worn to compete in, which is either school PE Kit (Shorts & T Shirt), or Leotard, No PE Skirts or inappropriate clothing! Failure to adhere to this will result in disqualification.
* Jewellery must not be worn and hair should be tied back off the face
* The organisers reserve the right to withdraw categories that have insufficient numbers to make competition worthwhile.
* A teacher or a team representative must accompany all competitors from their school. They must be supervised at all times by their representative i.e. in the warm up area, in the competition hall and in the waiting areas.
* The team manager is responsible for ensuring that their competitors are capable of performing safely on the beds provided and also responsible for the behaviour of competitors during the competition. It is also their responsibility to ensure competition rules are adhered to.
* Schools must provide a teacher or coach who is relevantly qualified to the level of their pupils. (Requirements from LEA & NGB) Without the required representation schools will be unable to compete.
* To gain access to the Next Step resource, which will help you to teach the routines you can register as a partner school (£17 for the year). To do this please visit [www.british-gymnastics.org/schools](http://www.british-gymnastics.org/schools) or contact Hannah Bennett on 0845 1297129 ext 2309.
* The entry form must have been fully completed and submitted directly to Dan May [Dan\_May5@hotmail.com](mailto:Dan_May5@hotmail.com) 07885810297
* Schedules and further information will be sent to the team manager two weeks prior to the competition.
* All Participants must compete both a set and a voluntary routine as in accordance with the BG competition rules. All voluntary routines must be made up of 10 elements in accordance with BG skills regulations. Difficulty will be added for voluntary routines only.
* Difficulty will not be capped in Voluntary routines, however it is the responsibility of teachers/ coaches to ensure you are suitably qualified for the skills that your students are doing.
* There is no limit to the amount of participants a school may enter into the individual category.
* Teams consist of a minimum 3 performers and a maximum of 4 performers. Team members must be same in the same age group, of the same gender.

**Appendix 1**

Voluntary routines:

A voluntary routine must comprise of 10 skills as in accordance with the BG trampoline skills syllabus. A voluntary routine can be the same as a set routine, however does not have to be for example a person competing in the KS3 level 2 competition may choose to compete the following routine as a voluntary routine

1. Front landing
2. To feet
3. Piked straddle jump
4. Half twist jump
5. Seat landing
6. Half twist to seat
7. Half twist to feet
8. Tuck jump
9. Pike jump

10.Full twist jump

Each skill completed has a difficulty score, this is known as tariff. Tariff is the score awarded for each skill and is dependent on the difficulty of the skill performed. 0.1 of difficulty is awarded for each half twist performed, for example a full twist jump has a tariff of 0.2. 0.1 Is also awarded for each quarter rotation performed for example a back landing would have a difficulty of 0.1.Another example would be a front somersault, a tucked front somersault has a tariff of 0.5, 0.1 being awarded for each quarter performed; then 0.1 being awarded for completion of the move. If a piked or straight somersault is performed a further 0.1 is added to the difficulty of the move. And a tucked barani would be awarded difficulty of 0.6. 0.1\*4 for 360 degrees of rotation, 0.1 for completion of a full somersault and 0.1 for the 180 degrees of twist Thus 0.6 difficulty is awarded.

The above routine is the same as the set routine, and for such a routine appropriate difficulty of 0.7 in accordance with BG rules.

However a different routine could be competed as a voluntary routine. Such as the following routine:

1. Back somersault (tucked)
2. Straddle Jump
3. Seat Landing
4. Half twist to seat landing
5. Half twist to feet
6. Pike Jump
7. Back landing
8. Half twist to feet
9. Tucked jump
10. Full twist jump

For this routine above difficulty of 1.2

Any 10 skill routine can be competed as a voluntary routine, and appropriate difficulty will be added as in accordance with BG trampoline rules.

Please note: Each contact with the trampoline is one move so back drop (back landing) to feet is 2 separate moves.