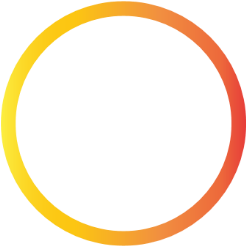


**Competition Rule Book 2016-17**



**School**

**Sport**

**Partnership**

**Leeds**

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## 

## Risk Assessment

It is the responsibility of individual schools to have appropriate risk assessments in place for all activities they attend. SGO’s and Active Schools will not send risk assessments direct to Schools. They should download sample risk assessments from Evolve for all Active Schools and SSP events and personalise them.

For large, centrally organised Active School events, risk assessments will be in the Active Schools tab of the resources section on Evolve. For School Games and SSP events risk assessments are in the PE tab.

The ‘Events’ risk assessment can be adapted to cover the vast majority of sites used, and for all multi skills activities. Your school may also add activity specific risk assessments if they feel it necessary. (Sample activity risk assessments can also be downloaded from Evolve.) As always a Transport risk assessment will be required.

**Evolve**

<https://evolve.edufocus.co.uk/evco10/evchome_public.asp?domain=leedsvisits.org.uk>

**Health & Safety / Safeguarding**

**Filming & Photography**

\* Please ensure that the member of staff in charge is aware of which pupils can/cannot be photographed

\* Pupils who cannot be photographed must be identified by a yellow wristband which will be provided

\* The school will be asked to identify a designated member of staff for photography who must wear a blue wristband which will be provided

\* Only images taken by that person can be used by the school

\* All persons accompanying the school must be informed of the following:

They may take photographs, however;

\* they must not display or distribute images taken unless they have consent to do so from the school or Active Schools;

\* they must not use images which may cause distress;

\* they must not use a mobile telephone to take images;

\* they must not take images “in secret” or take images in situations that may be construed as being secretive;

\* they must not take images of single children/young people with no surrounding context;

\* they should ensure that in all images taken children/young people are dressed appropriately

\* and that any inadvertent photograph taken of a child wearing a yellow wristband must be destroyed.

**First Aid**

In the first instance staff are responsible for providing first aid to the children they have brought to the event. There will be support for larger instances. Please ensure you bring sufficient first aid supplies.

**SPORTSHALL ATHLETICS**

**Pathway**

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

**Boys + girls teams qualify separately for Leeds + WY finals**.

**Event Format**

The Sportshall 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 different field events. If a team fails to meet these requirements this must be declared on the team sheet and notified at registration – the teacher in charge & SGO will note which race(s) will be discarded – no points from. Please adhere to the maximum rule as any additional athletes will not be permitted to perform.

**Event Programme**

|  |  |  |  |
| --- | --- | --- | --- |
| **No of children** | **TRACK EVENTS** | **Results** | **FIELD EVENTS** |
| **4** | GIRLS OBSTACLE |  |  |
| **4** | BOYS OBSTACLE |  |  |
| **1** | GIRLS 2 LAP INDIVIDUAL “A” |  | **ROUND 1** |
| **BOYS** |
| **STJ** |
| **SLJ** |
| **SB** |
| **VJ** |
| **-----------------------** |
| **ROUND 2** |
| **BOYS** |
| **STJ** |
| **SLJ** |
| **SB** |
| **VJ** |
|  |
| **………………….** |
| **ROUND 1** |
| **GIRLS** |
| **1** | GIRLS 2 LAP INDIVIDUAL ”B” |  | **STJ** |
| **1** | GIRLS 4 LAP INDIVIDUAL “A” |  | **SLJ** |
| **1** | GIRLS 4 LAP INDIVIDUAL ”B” |  | **SB** |
| **1** | GIRLS 6 LAP INDIVIDUAL |  | **VJ** |
| **2** | GIRLS 8 LAP PAARLUFF |  | **…………………** |
| **4** | GIRLS 4X2 LAP RELAY |  | **ROUND 2** |
| **GIRLS** |
| **STJ** |
| **SLJ** |
| **SB** |
| **1** | BOYS 2 LAP INDIVIDUAL “A” |  | **VJ** |
| **1** | BOYS 2 LAP INDIVIDUAL “B” |  |  |
| **1** | BOYS 4LAP INDIVIDUAL “A” |  |  |
| **1** | BOYS 4 LAP INDIVIDUAL ”B” |  |  |
| **1** | BOYS 6 LAP INDIVIDUAL |  |  |
| **2** | BOYS 8 LAP PAARLUFF |  |  |
| **4** | BOYS 4X2 LAP RELAY |  |  |
| Shot Put Compete on arrival | | | |
| -Round 1 | | | |
| -Round 2 | | | |

**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.

**Further information**

See Sportshall guidance on your SSP website or from your SGO.

**LEEDS SECONDARY Track Events**

**Children may compete in a maximum of three track and two different field events**

**Team size minimum 5 athletes and maximum of 8 athletes.**

**GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **1** | **2** | **3** | **4** |
| Obstacle relay |  |  |  |  |
| 2 Lap individual | (Heat A) | (Heat B) |  |  |
| 4 Lap individual | (Heat A) | (Heat B) |  |  |
| 6 Lap individual |  |  |  |  |
| 8 lap paarlauf |  |  |  |  |
| 4 x 2 relay |  |  |  |  |

**BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **1** | **2** | **3** | **4** |
| Obstacle relay |  |  |  |  |
| 2 Lap individual | (Heat A) | (Heat B) |  |  |
| 4 Lap individual | (Heat A) | (Heat B) |  |  |
| 6 lap individual |  |  |  |  |
| 8 Lap paarlauf |  |  |  |  |
| 4 x 2 relay |  |  |  |  |

**LEEDS SECONDARY Field Events (Round-by-Round)**

**Children may compete in a maximum of three track and two different field events**

**GIRLS**

|  |  |  |
| --- | --- | --- |
| **Event** | **Round One** | **Round Two** |
| **Standing Long Jump** |  |  |
| **Standing Triple Jump** |  |  |
| **Vertical Jump** |  |  |
| **Speed Bounce** |  |  |
| **Shot Put** |  |  |

**BOYS**

|  |  |  |
| --- | --- | --- |
| **Event** | **Round One** | **Round Two** |
| **Standing Long Jump** |  |  |
| **Standing Triple Jump** |  |  |
| **Vertical Jump** |  |  |
| **Speed Bounce** |  |  |
| **Shot Put** |  |  |

**General Field Rules**

**Speed Bounce**

****

**Rules**

Participants must wear suitable footwear. An athlete is not permitted to compete in bare feet. Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – the athlete’s feet should leave the mat simultaneously and land on the mat simultaneously.

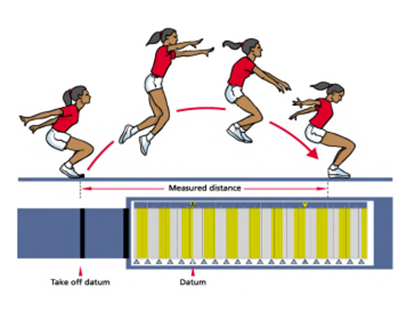
The athlete should cross the wedge as many times as possible within the allocated time period as follows:

Under 13’s and Under 15’s (years 7, 8, 9 & 10) – 30 seconds.

Any athlete undertaking a trial and considered to be using an incorrect technique should be stopped. They should be offered an explanation as to the correct technique and permitted a fresh trial after an adequate period of rest.

The number of “good” bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge.

**Standing Long Jump**



**Rules**

The athlete must stand on the mat with both feet behind the take off datum line.

Techniques involving a crouch or rocking motion prior to the jump are permitted provided that both feet are alongside each other and retain contact with the mat until the start of the jump.

No part of the athlete must touch the mat in front of the start line prior to take off.

The athlete should jump as far as possible from a standing position, with a two footed take off. One footed take offs are not permitted.

The athlete must land on both feet, with both feet being placed on the mat. The measurement lines printed on the mat are for guidance only. If an athlete’s foot lands outside the graduated area and the judges are able to

measure the jump, it should be recorded as a good trial.

The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.

Measurement is taken from the take off line to the back of the closest heel on landing.

**Shot Put**

****

**Rules**

Two parallel lines are to be marked out. The first of these represents the throwing line, with the second being placed two metres behind this. It is within this area that the athlete may take steps into their throw.

Judges should ensure that an athlete throws an indoor shot of the correct weight as follows:

Under 13 girls (years 7 & 8) – 2.72kg Under 13 boys (years 7 & 8) – 3.25kg

Under 15 girls (years 9 & 10) – 3.25kg Under 15 boys (years 9 & 10) – 4.00kg

The shot should be placed at the base of the first three fingers of the hand, ensuring it does not rest of the palm. The thumb and little finger should provide support for the shot.

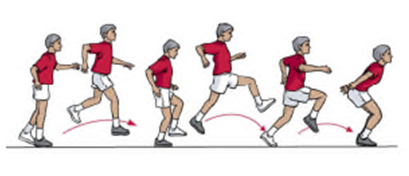
The glide technique is permitted, whilst rotational techniques are strictly forbidden within a Sportshall competition.

The shot must be put from the shoulder with one hand only. The shot should touch or be in close contact with the neck or chin. The hand should not drop below this position during the act of putting.

The athlete must ensure that no part of their body touches the ground beyond the throwing line. If so, it is deemed a no throw.

The throw should be measured to the nearest cm, being rounded down as necessary. The measuring tape should be taken from the landing point, back at a right angle to the throwing line. The tape should not be pulled back to a central point as with the standard event.

**Standing Triple Jump**

****

**Rules**

The athlete must stand with both feet behind the selected take off line. Their feet do not need to be next to each other.

Techniques involving a crouch or rocking motion leading up to the jump are permitted; the free leg does not have to be in contact with the mat and may be used to generate momentum by raising the knee up and down.

The take off foot can be rocked from heel to toe as long as some part of the foot remains in contact with the mat before the start of the jump.

No part of the athlete must touch the mat in front of the start line prior to take off.

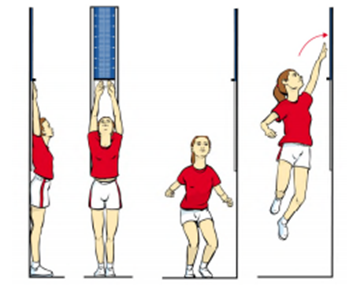
A one footed take off starts the hop with the athlete landing onto the same foot, the step is taken onto the other foot after which the jump is performed by landing on both feet.

The athlete must land on both feet, with both feet being placed on the mat. The measurement lines printed on the mat are for guidance only. If an athlete’s foot lands outside the graduated area and the judges are able to measure the jump, it should be recorded as a good trial.

The athlete is not required to hold the landing position and may step forward after the jump. Should the athlete step back, fall back or touch the mat or floor behind their heel, a no jump should be recorded.

Measurement is taken from the take off line to the back of the closest heel on landing.

**Vertical Jump**

****

**Rules**

The athlete stands with their back, head and heels touching the wall.

Both arms should be stretched upwards to push the sliding scale up with their fingertips. Elbows and fingers must be straight and arms should touch the side of the head. Feet must stay flat on the floor.

Setting the slide - whilst it is clearly important that the slide is set accurately, judges should not have cause to handle the athlete, with the exception that it may assist both the athlete and the judge to guide the athlete’s

fingers under the base of the slide. Younger athletes can find it difficult to push the slide up and the judge may assist by raising the slide first and then bringing it down to meet the athlete’s fingertips. The practice of “straightening” an athlete’s arms cannot be permitted. The following practice is recommended:

The judge should encourage the athlete to stretch to their full extent and then, to stretch again. Usually the second stretch will set the slide a little higher.

If the judge is not satisfied that the athlete has achieved a full stretch, the athlete should be advised of this and given a further opportunity to set the slide.

If the judge remains dissatisfied with the stretch, the athlete should ask their team manager to accompany them for one further stretch. A two centimetre penalty may be applied at the judge’s discretion.

Any further concerns should be referred to the Field Referee. The recording of an athlete’s starting height, reading from the scale on the back plate, will remove the need to repeat the initial stretch for each further trial. The slide can be reset according to this reading. This eliminates further issues over the setting of the scale and saves time.

The athlete must dip their fingertips in powder and stand sideways on to the wall with the nominated jumping arm closest to the wall. They then jump from a standing position and touch the scale at the highest possible point.

An athlete may bend their knees and swing their arms in preparation for the event but their feet must not leave the ground until they take their jump.

It is deemed a no jump if an athlete’s “free” hand touches the wall during the jump.

Measurement should be taken to the nearest centimetre below the highest point of the chalk mark on the scale.

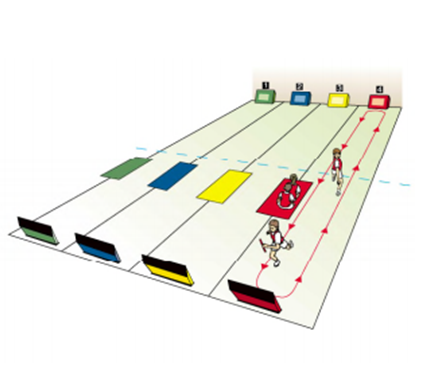
The judges may pull down the sliding scale to record the exact height of the jump

**General Track Rules**

The start of the track races will be as follows: On your marks - Clacker or Whistle

If for whatever reason there is a false start, a whistle will be blown twice and participants will return to the start.

**Relays**

****

**Rules**

All athletes contesting the relay sit on the team base mat.

The first athlete from each team steps up to the start line, ensuring that their feet remain behind the line. A crouched start is not permitted and hands may not be placed on the floor.

On the whistle/gun the first athlete runs towards the first Reversaboard. They turn on the Reversaboard and run the return leg, turning on the second Reversaboard behind the team mat. They must return to the centre of the hall and hand the baton to the next runner, who proceeds as the previous runner.

The retiring runner returns to the team base mat and sits behind the rest of the team.

The last runner proceeds as the previous runners but, after turning on the second Reversaboard behind the team, this runner must run through the finish line in the centre of the hall.

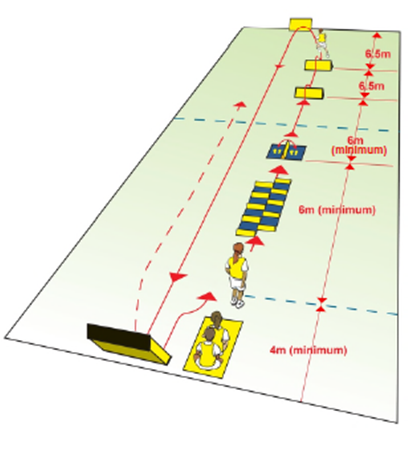
The athletes that are not running must sit on their team mat to ensure a clear view for the judges.

Mats should be set back from the start line and offset to the left as shown above.

In most events a take-over box is not stipulated. Where a box is required, eg UK Championships, the outgoing runner may start from a position 10 metres back from the start/finish line. This line should be marked across the track and the baton must be passed between this line and the first Reversaboard.

In the event of a team/athlete causing an obstruction or failing to complete the relay in the prescribed format, the team may, at the discretion of the track referee, be placed in last position. No team should be disqualified.

**Obstacle**

****

* High steppers – 10 speed bounce – 2 hurdles – use reverse board – run the return length of lane and use reverse board & change over with beanbag/baton.

**Faults in the city finals**

A half second time penalty is given for each fault noted. One fault will be given for each occasion an athlete:

* Misses a segment of the hi-stepper.
* Omits a bounce, e.g. an athlete who completes just seven bounces should receive three faults.
* Omits a hurdle. Faults should NOT be given if an athlete knocks over a hurdle or if it’s not been replaced.
* Passes the baton / bean bag before turning on the Reversaboard

**Amendments at local level**  
  
Unfortunately at local level it may not be possible to time track events due to staffing, so the following amendments to the West Yorkshire rules will be observed. At local level there are no time penalties.

Missing a hi-stepper will mean additional speed bounces (the aim of this is to reinforce good technique for athletes through the hi-stepper at preliminary round stages).

In the event of a team / athlete causing an obstruction or failing to complete the relay in the prescribed format, the team will at the discretion of the official be relegated to last position.

In the event of the faults below occurring at the discretion of the track referee, be relegated by one place. For example the team/athlete finishing 1st will be moved to 2nd. No team should be disqualified.

Faults are awarded for-

* Omitting a speed bounce, this will occur very infrequently as a leader will count speed bounces.
* Omitting a hurdle. Faults will not be given if an athlete knocks over a hurdle or if it's not been replaced.
* Passes baton / bean bag before Reversaboard (for hurdles + obstacle races).

All faults / penalties are awarded at the discretion of the lead track judge. Apart from the amendments above all rules from West Yorkshire handbook will be followed at SSP level.

**Aqua Festival  
 (Inclusive)**

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 Inclusive Sport Talent Day (aquatics)

The Leeds Inclusive Talent Identification (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. This is an optional element of the aqua festival.

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

Leeds Final > West Yorkshire Final > Regional > National

**Entry**

This is an open entry city wide event.

**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)

**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.

## BASKETBALL

**U14, U16 Basketball**

**Summarised Game Rules & Competition Format**

Pathway

U14 Boys and Girls SSP Leeds Final WY Winter School Games

U16 Boys SSP Leeds Final WY Winter School Games

Schools can enter directly into the England Basketball national competition.

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

|  |  |
| --- | --- |
| Format: | Dynamic National Schools Competition |
| Team & squad numbers: | Minimum 8 players with a maximum of 12 players in squad |
| Pathway: | SSP League to District final and then West Yorkshire School Games. The EB national competition runs independently of this pathway. |
| Support: | Leeds Carnegie Basketball Club – Matt Newby  07912178918 |
| Further information: | www.englandbasketball.co.uk |

**COMPETITIONS SHOULD BE GENDER SPECIFIC. EB do not permit mixed sex games above U13 level.**

**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 players.
* The court should ideally be up to 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 the 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 two points and a basket from the free throw counts as one point.
* After a basket, the opponents will be given the ball to make a throw in from any point behind the baseline.

**BALL SIZES**

* Key stage 3 and 4 (13 – 16 years): boys to U14 = size 6
* Key stage 3 and 4 (13 – 16 years): girls to U14 = size 5
* Key stage 4 (16 – 19 years): boys = size 7, girls = size 6

**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 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 sideline ball to the opposing team.
* Once a player has 5 personal fouls he/she take no further part in the game. (Reduce to four if shorter games.)

**EQUIPMENT**

* Game clock and Score sheet.
* 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.

**COMPETITION FORMAT**

Most **LNW SSP CV League festivals** will involve 4 schools playing on one court (6 matches) within a 90min period. Match duration could be 2 x 6 minute halves running clock. This is determined by the host school on arrival. In these circumstances foul counts can be dropped to four per individual/team.

**England Basketball National Schools Competitions**

The duration of a full game would be 4 x 10 minute quarters (stopping clock) and this format should be used when single games are played on a Home / Away basis. But basketball is flexible enough to allow a variation in time for tournament style games to be completed within any specified time slot.

Tournament formats will depend upon local circumstances, e.g. number of courts available, number of teams, time available. 2 typical formats are suggested below.

**1 hour games**

If local circumstances dictate that each game in the tournament should take 1 hour then the quarters could be reduced to 7 minutes and the half-time to 5 minutes. 10 minutes should be allowed between games for change-over and warm-up of the next 2 teams. 1 time out allowed per quarter of 30 seconds duration.

Alternatively, if it is required to both play a game and turn around for the next one within a 1 hour slot, then another suggested format is to play 2 x 15 minute halves, first half running clock, second half stopping clock and a 5 minute half-time. 1 x 30 second time out allowed in the first half and 2 in the second half.

**20 minute games**

If local circumstances dictate that each game in the tournament should take 20 minutes then the game could be 2 x 7 minute halves (running clock) with a 1 min half time and no time-outs allowed. 5 minutes turn around between games. This format would allow 3 games to be played in a 1 hour slot.

This format is best suited to having a larger number of teams and only a short time available.

As you can see it is possible to adjust game formats and times to fit any local circumstances and restrictions. Do seek advice if you are unsure.

**Guidelines for the “No Zone Defence” Rule**

In Leeds for both U14 and U16 age categories there will be a 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**  
**Inclusive**

**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.

**Further information**

<https://bocciaengland.org.uk/>

**Cheerleading**

**Pom Dance**

Leeds Final West Yorkshire Final

(4 teams qualify)

**Format**: Next Step Cheerleading – Pom Dance 1

**Team & Squad**: Min. 5 and Max.16 in team. Single sex or mixed teams. No restrictions on eligibility, any young person may enter.

**Kit/Equipment/PPE:** Cheerleaders should wear either 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

Please note the floor area will be approx. 12m x 12m – not matted

**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 and will be deducted**

**Timing**

Teams will perform a routine to music of their choice (with or without vocals) that is 1.30min – 2.30mins 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: ***If additional jumps are performed these may only add to the overall impression score:***

* 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)

Poms are NOT classed as props, however creative use of poms will add to the overall impression score.

**Judging**

Teams must ensure they fulfil 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** | **High V to Low 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. | | | | |

**General information**

There is a Next Step Cheerleading Support Pack available to help with the delivery of the routines within schools. To access this pack schools can register with British Gymnastics to become a Partner School for an annual fee of £16.00. To register you will need to visit the BG website: [www.british-gymnastics.org](http://www.british-gymnastics.org)

UK Cheerleading Association (UKCA) run coaching courses for coaches / teachers which can support the delivery of cheerleading in schools / clubs. Information on these courses can be found at [www.british-gymnastics.org](http://www.british-gymnastics.org)

**Cheerleading Stunts Competition**

**Level 1**

**West Yorkshire Only**

**Entry**

Schools may enter directly into the West Yorkshire Competition. Entry information will be circulated by Active Schools or can be accessed by the following link:

<http://www.wysport.co.uk/programmes-services/wy-school-games/school-games-resources/>

**Format:** USASF guidelines – level 1

**Age group: 7-11**

**Team & Squad numbers:** Min. 5 and Max.16 in team. Single sex or mixed teams. No restrictions on eligibility, any young person may enter.

**Kit / Equipment / PPE:** Cheerleaders should wear either 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

**Routine Requirements**

Teams will perform a routine to music of their choice (with or without vocals) that is 1.30min – 2.30mins long. A mark will be deducted for every second that the routine is under or over time. Timing will begin with the first movement, voice or note of music, whichever comes first.

The routine of no longer than 2min 30sec must consist of:

Criteria – following USASF Cheer level 1 with adaptations to suit a school environment

**LEVEL 1 TUMBLING**

Compulsory for ALL squad: Forward Roll (not a dive forward roll) Backward Roll

Desired for AT LEAST HALF of squad: Cartwheel, Handstand (unsupported), Walkover, Forward Walkover, Backward

**LEVEL 1 COMBINATION/RUNNING TUMBLING**

Compulsory for ALL squad: Two or more combined Skills

Desired for AT LEAST HALF of squad: Round off

**LEVEL 1 STUNTS**

Compulsory for ALL squad: Double Leg Prep Level Stunts must be shown. Must show two or more stunts

Desired for ALL squad: Single Leg Stunt at waist level must be showing at least two cheer body positions.

**LEVEL 1 PYRAMIDS**

Compulsory for ALL squad: Must see three different structures. Flyers MUST be connected by either foot or hand.

(please see detailed list for mounts and dismounts)

**LEVEL 1 DISMOUNTS**

Compulsory for ALL squad: Must see at least one cradle from multi-based stunts. Must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

Multiples will increase scoring potential.

(please see detailed list for exceptions)

**LEVEL 1 JUMPS (added to USASF RULES)**

Compulsory for ALL squad: Three connecting high level jumps. One additional jump within the routine.

Difficulty of three connecting jumps, height and execution will increase scoring potential.

**LEVEL 1 DANCE (ADDED TO USASF RULES)**

Compulsory for ALL squad: Must show at least three formations

Additional formations will increase scoring potential.

Correct arm and hand placements for all arm motions.

Must show different levels.

Must show squad synchronicity

Must show variations on pace

**GLOSSARY**

**LEVEL 1 TUMBLING**

Compulsory for ALL squad: Forward Roll (not a dive forward roll), Backward Roll

Desired for AT LEAST HALF of squad: Cartwheel, Handstand (unsupported), Walkover, Forward Walkover, Backward

A. All tumbling must originate from and land on the performing surface.

Clarification: A tumbler may rebound from his/her feet into a stunt transition. A clear separation from the tumbling to the stunt is needed to make this legal.

Exception: Rebounding to a prone position (1⁄2 twist to stomach) in a stunt is allowed in Level 1.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.

Clarification: An individual may jump (rebound) over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are not allowed.

E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.

**LEVEL 1 COMBINATION/RUNNING TUMBLING**

Compulsory for ALL squad: Two or more combined Skills

Desired for AT LEAST HALF of squad: Round off

A. Skills must involve constant physical contact with the performing surface.

Exception: Block cartwheels and round offs are allowed.

Exception: Walking handstands are allowed.

B. Forward and backward rolls, front and back walkovers, and handstands are allowed.

C. Cartwheels and round offs are allowed.

D. Front and back handsprings are not allowed.

E. No assisted tumbling allowed. Additional to USASF rules.

**LEVEL 1 STUNTS**

Compulsory for ALL squad: Double Leg Prep Level Stunts must be shown.

Single Leg Stunt at waist level must be showing at least two cheer body positions.

Must show two or more stunts

Split lift is allowed with hand held spotter at the front.

Teddy bear sits and a dead man stunt are allowed.

NOT ALLOWED – Extended level stunts.

A. Spotters

1. A spotter is required for each top person at prep level and above.

Example: Suspended splits, flat-bodied positions and preps are examples of prep level stunts. Extended arm stunts that are not in the upright position (such as extended v-sits, extended flat backs, etc…) are considered prep level stunts.

Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.

Exception: Shoulder sits/straddles are not considered prep level stunts; and therefore, do not require a spotter.

B. Stunt Levels

1. Single leg stunts are only allowed at waist level.

Exception 1: Prep level single leg stunts are allowed if the top person is braced by someone standing on the performance surface, the bracer must be a separate person other than the base(s) or spotter. The braced connection must be hand/arm to hand/arm and must be made prior to initiating the single leg prep level stunt.

2. Stunts above prep level are not allowed (see definition of extended stunts in glossary). A stunt may not pass above prep level.

Clarification: Taking the top person above the head of the bases would be illegal.

3. Single base or assisted single base EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions.

C. Twisting mounts and transitions

1. Are allowed up to a 1⁄4 twisting rotation by the top person in relation to the performing surface.

Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 1⁄4 rotations. The safety judge will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit (i.e. prep) and the athletes show a definite and clear stop with a stationary top person, then they may continue to walk the stunt in additional rotation.

Exception 1: Rebounding to a prone position (1⁄2 twist to stomach) in a stunt is allowed in Level 1.

D. During transitions

1. At least one base must remain in contact with the top person.

Exception: Leap frogs and leap frog variations are not allowed in L1.

E. Free flipping or assisted flipping stunts and transitions are not allowed.

F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

Example: A shoulder sit walking under prep is illegal.

Exception: An individual may jump over another individual.

G. Single based split catches are not allowed.

H. “True” (unassisted) Double Cupies are not allowed.

Clarification: “True” (unassisted) Double Cupies are not allowed at extended, prep or below prep level. i.e. “True” (unassisted) Double Cupies = one base holding two top people. However, depending on the technique used, other variations of “Fake” (assisted) Double Cupies may or may not be allowed.

**I. L1 Stunts-Release Moves**

1. Release moves are not allowed other than those allowed at Level 1 in “Dismounts”.

2. Release moves may not land in a prone or inverted position.

3. Release moves must return to original bases.

Clarification: An individual may not land on the performing surface without assistance.

4. Helicopters are not allowed.

5. A single full twisting log/barrel roll is not allowed.

6. Release moves may not intentionally travel.

7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

**J. L1 Stunts-Inversions**

1. Inversions are not allowed.

Clarification: All inverted athletes must maintain contact with the performance surface (see tumbling L1 tumbling rules).

Example: A supported handstand on the performance surface is not considered a stunt but is a legal inversion.

Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Clarification: A person standing on the ground is not considered a top person.

**LEVEL 1 PYRAMIDS**

Compulsory for ALL squad: Must see three different structures.

Flyers MUST be connected by either foot or hand.

(please see detailed list for exceptions)

A. Pyramids must follow Level 1 “Stunts” and “Dismounts” rules and are allowed up to 2 high.

1. Single base or assisted single base EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions.

B. Top person must receive primary support from a base.

Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface and must follow the L1 dismount rules.

C. Two leg stunts:

1. Two leg extended stunts must be braced by a top person at prep level or below with hand-arm connection only. The connection must be made at or below prep level.

a. Prep level top person bracers must have both feet in bases’ hands.

Exception: Prep level top persons do not have to have both feet in the bases’ hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

2. Two leg extended stunts may not brace or be braced by other extended stunts.

D. Prep level single leg stunts: Single Leg Stunts

1. Shoulder level single leg stunts must be braced by at least one person at prep level or below with hand-arm connection only.

a. The connection must be made prior to initiating the single leg prep level stunt.

b. Prep level bracers must have both feet in bases’ hands.

Exception: Prep level bracers do not have to have both feet in the bases’ hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

2. Extended single leg stunts are not allowed.

E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

Example: A shoulder sit walking under a prep is illegal.

**LEVEL 1 DISMOUNTS**

Compulsory for ALL squad: Must see at least one cradle from multi-based stunts.

Must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

Multiples will increase scoring potential.

(please see detailed list for exceptions)

Note: Movements are only considered “Dismounts” if released to a cradle or released and assisted to the performing surface.

A. Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

B. Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.

Clarification: Sponge, Load In, Squish cradles are considered tosses and are not allowed. See Level 1 Tosses.

Clarification: All waist level cradles are illegal.

C. Dismounts to the performing surface must be assisted by an original base or spotter.

Exception: straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance.

Clarification: An individual may not land on the performing surface from above waist level without assistance.

D. Only straight pop downs and basic straight cradles are allowed.

E. Twisting dismounts (including 1⁄4 turns) are not allowed.

F. No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.

G. No dismounts are allowed from stunts above prep level in pyramids.

Clarification: An extended stunt in a pyramid must be brought down to prep level or below before it can be dismounted.

H. No free flipping or assisted flipping dismounts allowed.

I. Dismounts must return to original base(s).

J. Dismounts may not intentionally travel.

K. Top persons in dismounts may not come in contact with each other while released from the bases.

L. Tension drops/rolls of any kind are not allowed.

**LEVEL 1 TOSSES**

A. No tosses allowed.

Clarification: This includes “Sponge” (also known as Load In or Squish) tosses.

Clarification: All waist level cradles are illegal.

**LEVEL 1 JUMPS (added to USASF RULES)**

Compulsory for ALL squad: Three connecting high level jumps.

One additional jump within the routine.

Difficulty of three connecting jumps, height and execution will increase scoring potential.

**LEVEL 1 DANCE (ADDED TO USASF RULES)**

Compulsory for ALL squad: Must show three formations.

Additional formations will increase scoring potential.

Correct arm and hand placements for all arm motions.

Must show different levels.

Must show squad synchronicity

Must show variations on pace

Please read and adhere to the General Safety rules and Routine Requirements.

**Cycling**

**Pathway**

## Leeds Final West Yorkshire Final

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

## Age Category: Year 7- 9. Competitors must be in these year groups.

**Format:** Go Ride Racing – Time Trial, Relay and Mass Start (Individual)

**Team & squad numbers:** Teams of 4 riders – 2 girls and 2 boys per team

There will be no restrictions for competitors with regard to cycling experience.

**Kit / Equipment / PPE:** Bikeswill be provided to ensure a “level playing field” but participants are asked to bring their own helmets and gloves where possible.

**The Course**

* The competition will be on grass, and will include corners, uphills and descents.
* Each race will be approximately 5 minutes long

**RACE 1: CROSS-COUNTRY TEAM TIME TRIAL (TT)**

* All 4 riders in a team set off together.
* Riders are timed while completing one lap of the course as fast as they can.
* Teams will be set off at intervals i.e. every 30/60 seconds.
* The team’s recorded time will be that of the third team member to cross the line
* A time trial format gives riders the opportunity to gain confidence on the course and prepare for the mass start races.

**RACE 2: CROSS-COUNTRY RELAY**

* Individual riders will complete one lap of the course
* For safety reasons, the riders will start from a line 10 metres or so in front of the finish line and the second, third and fourth members will start when the previous rider has crossed the finish line.

**INDIVIDUAL CROSS COUNTRY**

**RACE 3: Boys Race 1**

**RACE 4: Boys Race 2**

**RACE 5: Girls Race 1**

**RACE 6: Girls Race 2**

**RACE 7: Boys Final**

**RACE 8: Girls Final**

* There will be separate races for boys and girls
* Races will be two laps of the course
* Medals will be awarded to the first three boys and the first 3 girls at the West Yorkshire Final.

## Further information

<https://www.britishcycling.org.uk/go-ride/article/goridest-Go-Ride-for-Schools>

## For Bikeability training in schools

## <http://cycleleeds.org.uk/training-in-schools/overview>

## DANCE

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

**Age Categories**

Key stage 3, 4 & 5.

**Criteria**

No more than 20 and no less than 5 dancers within each group.

Teams can be mixed or single sex. Teams can be made up of pupils from any year group within each key stage.

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

Performances must be no longer than 3 minutes in duration.

**Music must be clearly labelled and provided in the correct format stated on the entry form.**

**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

**New Age 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. If your school is not currently involved with the LSNA please register your interest with the committee for this competition.

**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

**Further information**

[http://leedsschoolsnetballassociation.leaguerepublic.com/l/league/98704439.html](http://leedsschoolsnetballassociation.leaguerepublic.com/l/league/98704439.html%0c)

TABLE TENNIS

Pathway

Leeds League 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 |

**Format:**

Schools will participate in three central venue festivals November to January. Successful teams will then qualify through to the Leeds League final in February**.**

**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.