



ISLINGTON

SECONDARY

RULES HANDBOOK

**BOROUGH ANNUAL SCHOOL
SPORTS COMPETITIONS**

**ISLINGTON SCHOOL SPORT PARTNERSHIP
2008**

Islington Competition Fair Play Charter

Islington borough festivals are open to all pupils that attend an Islington school in the School Sport Coordinator (SSCO) Programme. However, the SSCO Programme and its partner organisations aim to promote Fair Play within a competitive environment. Therefore, this Fair Play Charter sets out guidelines to encourage participants, team managers, parents and spectators to behave in accordance with the principles of fun, friendship and enjoyment.

Fair Play Charter Criteria:

Participants

- understand that winning is desirable but winning at all costs is not encouraged and teams must play within the rules of the sport and in the spirit of the competition
- treat team-mates, opponents, coaches, officials and spectators with respect
- learn TEAMWORK, SPORTSMANSHIP, DISCIPLINE and RESPECT while playing for FUN

- be calm and in control of your temper, use appropriate language at all times i.e. no swearing

- appreciate and recognise good play in the opposing team as well as your own, do not criticise other players
- acknowledge and thank officials and opposing players
- understand that in sport, as in life, you should treat others as you would want them to treat you

Team Manager

- to recognise that the referee/umpire's decision is final. Any disputes will be dealt with by the Event Organiser through the official competition evaluation form procedure

- the emphasis is on the enjoyment of competing fairly and team members should be reminded that they are representing their school and should behave accordingly
- they are responsible for the behaviour of their teams and supporters for the duration of the competition
- they should encourage participants to value performance as well as results

Parent/Spectator

- they should respect the officials and the decisions that they make
- they should NOT get involved with the action on the court/pitch and should stay away from the sidelines of the court/pitch
- the event organiser has the power to remove the person/persons concerned from the competition in the event of any unacceptable, foul or offensive language or behaviour

- Any unacceptable behaviour will be reported to the team manager and school and a warning will be given to the parent/spectator. Two warnings within a year will result in a ban from Islington borough competitions.

Secondary Islington borough tournament rules

Sportshall Athletics

Match day

1. All declaration forms should be handed in prior to the start. Do keep a photocopy for your own use.
2. Please read the sports hall manual well in advance of your first match, noting the rules and equipment needed.
3. Typically, matches should aim to start at 4pm. If run efficiently they will finish at approximately 5.30pm.
4. Over the course of the matches, you should encourage your pupils to try different events.
5. Each competition is designed to keep 12 children per school active over 1½ hours. It is difficult to accommodate extra children if the format is to run smoothly. You can change the team members at each competition to involve more children.

Organising Your Team

- Each team should consist of a minimum of five girls and five boys, with a maximum of eight girls and eight boys being permitted.
- All athletes are to be selected from school years 7. They may compete in a maximum of three track and two field events, drawn from the following:

On the track ...

2 Lap Race

4 Lap Race

8 Lap Paarlaf

(each requiring two girls and two boys)

6 Lap Race

(requiring one girl and one boy)

4 x 1 Lap Relay

4 x 2 Lap Relay

(each requiring four girls and four boys)

... and in the field

Linear Shot

Speed Bounce

Standing Long Jump

Standing Triple Jump

Vertical Jump

(each requiring two girls and two boys)

BADMINTON RULES

What follows is an up to date simplified version of badminton rules in an easy to understand format. The intricacies of doubles serving and the format is on the following page. They assume a basic understanding of the rules.

Singles

- At the beginning of the game and when the score is even, the server serves from the right service court. When the score is an odd number the server serves from the left service court.
- If the server wins the rally, the server scores a point and then serves again from the alternate service court.
- If the receiver wins the rally the receiver scores a point and becomes the new server, serving from side of the court appropriate to the new score. (i.e.: even=right, odd=left)
- Remember the court is “long and thin” for the serve and the subsequent rally.

Doubles

- Only one player serves for a pair when their team wins the right to serve. When a rally is lost the serve passes to the opposing team and the appropriate player as shown in the diagram.
- At the beginning of the game and when the score is even, the serve is always from the right court. When the score is an odd number the serve is from the left court.
- If the serving side wins a rally, the serving side scores a point and the same player serves again from the alternate service court.
- If the receiving side wins a rally, the receiving side scores a point. The receiving side also becomes the new serving team, and the serve passes to the player standing in the service court appropriate to the new score. (ie: even=right, odd=left)
- Remember the court is “short and fat” for the serve and long and fat for the subsequent rally.

Islington Annual Dance Festival –Rules

- ❖ Each school can only submit one dance.
- ❖ Dance group sizes no bigger than 30.
- ❖ Your piece must last between 1 and 5 minutes.
- ❖ You can use any kind of music (ensure no swearing is in the track), and that you acquire music clearance prior to making your soundtrack recording (for advise contact Rachel Evans or Annette Mclachlan)
- ❖ You can use voiceover or narration but must be recorded on your music before hand.
- ❖ You must bring two copies of your music on a CD (one as a back up)
- ❖ Concept can be whatever you like. You can cover issues such as bullying and the environment or it can be abstract, or a piece done in a certain dance style.
- ❖ No props or set is required unless it's an integral part of your dance. If so please contact Rachel Evans at Sadler's Wells for more details.
- ❖ Lighting Design, please come prepared with an idea of what lighting you require.
- ❖ Costumes – student's can perform in costume but it is not compulsory.
- ❖ Islington dance festival will be divided into two separate shows, Primary and Secondary. We encourage schools to be universally inclusive when it comes to the team, any age group can be entered.

Islington Annual Gymnastics Festival

- ❖ Each school can submit one group floor routine and a choice of a solo or a second group floor routine (not compulsory).
- ❖ If you have any students who can use a trampoline they are welcome to perform too, either as a solo or as a synchronized duo.
- ❖ Group sizes no bigger than 30.
- ❖ Your routine(s) must last between 1 and 5 minutes.
- ❖ You can use any kind of music (ensure no swearing is in the track).
- ❖ You must bring a copy of your music on a CD.
- ❖ Your floor routine must demonstrate basic Gymnastics skills e.g. Rolls, jumps, turns, balances and weight on hands.
- ❖ It is a festival not a competition, so routines will not be judged. The focus is on performing and showing your level of skill.
- ❖ Islington Gymnastics festival will be divided into two separate performances, Primary and Secondary. We encourage schools to be universally inclusive when it comes to the team, any age group can be entered.

Boys Basketball Year 11

- It is a round robin competition where all teams play each other and gain points for winning or losing games. The winners shall be determined by League placings based on match points won, then points difference (between basket points scored and against), then highest numbers of basket points scored and then 5 free throw shots per team followed by sudden death.
- Teams will earn 3 points for a win and 1 for a loss. No games will be drawn - extra time of 2 minutes will be played and if after this teams are still level on points, the first team to score will win the game (golden basket).
- Medals will be awarded to the top 3 teams in the league and participation certificates to all players.
- Each team should provide an official for every game.
- A size 7 ball will be used.
- Games to be 15 minutes one half running clock.
- FIBA rules to be applied in all games.

Boys Basketball League

Please note:

- The home team is to provide playing space when they host fixtures. If a school has no suitable facility, then the match can be played away or at a mutually convenient place.
- The home team is responsible for arranging the fixture date.
- Each team should provide an official for every game.
- Year 7 & 8 to use a size 6 ball whilst Year 9 & 10 a size 7 ball.
- Games to be a minimum of 20 minutes each half, or 10 minutes each quarter, running clock.
- FIBA rules to be applied in all games in an understanding way, i.e. pick on the main violations/fouls (travel, double dribble, illegal contact) consistently but allow a chance for students to play!
- The League Champions will play an All Star team (where players are chosen from the other teams) after the League has finished when presentation of trophies will be made.
- The home team is responsible for informing the League Coordinator of results,

Please note:

- The home team is to provide playing space when they host fixtures. If a school has no suitable facility, then the match can be played away or at a mutually convenient place.
- The home team is responsible for arranging the fixture date.
- Each team should provide an official/referee for every game.
- Year 7 & 8 to use a size 5 ball whilst Year 9 & 10 a size 6 ball.
- Games to be a minimum of 20 minutes each half, or 10 minutes each quarter, running clock.
- FIBA rules to be applied in all games in an understanding way, i.e. pick on the main violations/fouls (travel, double dribble, illegal contact) consistently but allow a chance for students to play!
- The home team is responsible for informing the League Coordinator of results,

Girls Secondary Basketball

- This is a round robin competition where all teams play each other and gain points for winning or losing games. The winners shall be determined by placings based on match points won, then points difference (between basket points scored and against), then highest numbers of basket points scored and then 5 free throw shots per team followed by sudden death.
- Teams will earn 3 points for a win and 1 for a loss. No games will be drawn - extra time of 2 minutes will be played and if after this, teams are still level on points, the first team to score will win the game (golden basket).
- Medals will be awarded to the top 3 teams in the league and participation certificates to all players.
- Each team should provide an official for every game.
- Year 7 & 8 to use a size 6 ball whilst Year 9 & 10 a size 7 ball.
- Games to be 15 minutes one half running clock.
- FIBA rules to be applied in all games.

NORTH EAST LONDON 8-a-SIDE INDOOR CRICKET LEAGUE RULES

Under 13 Competition

COMPETITION RULES

- * **Matches are 10 overs per side**
- * **Batters retire at 25**
- * **No bowler may bowl more than 2 overs per innings**

Scoring

1. **A ball struck to hit the boundary wall behind the bowler without touching the floor or any other wall or ceiling shall count 6 runs. If however, the ball touches the floor but does not touch any of the other walls or the ceiling and hits the boundary wall, then it shall count as 4 runs.**
2. A ball struck to hit the ceiling or one or more of the side or back walls shall count 1 run, even if the ball subsequently hits the boundary wall. Two additional runs shall be scored if the batter complete a run. (If the ball is struck to hit the ceiling or side or back wall and a batter is then run out 1 run shall be scored.)
3. **Two runs shall be scored if the striker plays the ball and it does not hit a wall direct and the batters complete a run.**
4. A bye shall count as 1 run if the ball hits a wall; a leg-bye shall count as 1 run if the ball hits a wall. In each case if the batters complete a run, 2 additional runs shall be scored.
5. **2 byes or 2 leg-byes shall be scored if the batters complete a run without hitting a wall.**
6. *No Ball*
If the batters do not run when a No Ball is called, 1 run shall be credited under extras. This shall apply even though the ball hits the ceiling a side or back wall. The bowler will bowl an extra ball. A 'free hit' will be called for a front foot No Ball only
7. **Wide**
As for above. If the batters do not run when a wide is called, 2 runs shall be credited under extras. This shall apply even though the ball hits the ceiling a side or back wall. The bowler will not bowl an extra ball, except in the last over of each innings.
8. An overthrow hitting any wall shall count as 1 run to the batter. (The batters shall not change ends.)
9. **No runs shall be scored if a batter is out caught off the walls or ceiling.**

Methods of Dismissal

Apart from the normal methods of dismissal contained in the Laws of Cricket the following variations shall apply.

1. The batter shall be caught out by a fielder after the ball has hit the ceiling, the netting or any wall except directly from the boundary wall, provided the ball has not touched the floor or has come to rest in any netting.
2. The batter or the non-striker shall be given not out if the ball rebounds from a wall or ceiling and hits a wicket without being touched by a fielder.

NORTH EAST LONDON 8-a-SIDE INDOOR CRICKET LEAGUE RULES
Under 11 Competition

COMPETITION RULES

- * **Matches are 10 overs per side**
- * **Batters retire at 25**
- * **No bowler may bowl more than 2 overs per innings**

Scoring

1. **A ball struck to hit the boundary wall behind the bowler without touching the floor or any other wall or ceiling shall count 6 runs. If however, the ball touches the floor but does not touch any of the other walls or the ceiling and hits the boundary wall, then it shall count as 4 runs.**
2. A ball struck to hit the ceiling or one or more of the side or back walls shall count 1 run, even if the ball subsequently hits the boundary wall. Two additional runs shall be scored if the batter completes a run. (If the ball is struck to hit the ceiling or side or back wall and a batter is then run out 1 run shall be scored.)
3. **Two runs shall be scored if the striker plays the ball and it does not hit a wall direct and the batters complete a run.**
4. A bye shall count as 1 run if the ball hits a wall; a leg-bye shall count as 1 run if the ball hits a wall. In each case if the batters complete a run, 2 additional runs shall be scored.
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7. *Wide*
As for above. If the batters do not run when a wide is called, 2 runs shall be credited under extras. This shall apply even though the ball hits the ceiling a side or back wall. The bowler will not bowl an extra ball, except in the last over of each innings.
8. An overthrow hitting any wall shall count as 1 run to the batter. (The batters shall not change ends.)
9. **No runs shall be scored if a batter is out caught off the walls or ceiling.**

Methods of Dismissal

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2. The batter shall be caught out by a fielder after the ball has hit the ceiling, the netting or any wall except directly from the boundary wall, provided the ball has not touched the floor or has come to rest in any netting.
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LADY TAVERNERS

U13 & U15 GIRLS' INDOOR COMPETITION

RULES 2007

1) TITLE

The title of the competition shall be the Lady Taverners U13 / U15 Indoor Competition

2) COMPETITION STRUCTURE

The competition shall be organised on a county basis and each County Board shall organise their own competition to determine a winner to enter the regional and national stages of the Competition. All arrangements for county competitions shall be the responsibility of each County Board and must be completed at least 2 weeks prior to the relevant regional final. The name and contact of the winning team in each county competition must be immediately notified to the ECB regional co-ordinators.

Regional and National Finals: All arrangements shall be made by the E.C.B.

3) CRICKET BALLS

An Inter Cricket ball or similar shall be used for all matches in the competition. These will be supplied by E.C.B. for the Regional finals and the National Final only.

4) CLOTHING AND EQUIPMENT

All players must wear either cricket whites, or their school PE kit. Wicket keepers **may** wear pads and gloves if they choose to. Inter cricket pads and gloves **may** also be worn if the school or club choose to.

PLAYING CONDITIONS

TEAM REQUIREMENTS

A team may consist of 10 players, with 8 playing at any one time.

LAWS

The laws of cricket (2000) code shall apply together with the experimental rules and conditions laid down by the E.C.B. for recreational cricket for the preceding cricket season, with the exception of the following playing regulations.

- 1.1 Each match shall consist of one innings.
- 1.2 Each innings shall consist of a maximum of eight 6 ball overs
- 1.3 No more than two overs shall be bowled by any individual. At the Regional stage of the competition all bowlers MUST bowl overarm.
- 1.4 There shall be a 5 minute interval between innings
- 1.5 Two batters shall be at the wicket at all times during an innings. In the event of a team losing 7 wickets within the permitted 8 overs, the last batters shall continue batting, with the last batter out remaining at the wicket as a non-striker.
- 1.6 When a batter reaches or passes a personal total of 15 she shall retire, but may return to the crease on the departure of the 7th batters. Retired batters must return in order of their retirement. Two

'live' batters shall be at the wicket until such time as the 7th wicket has fallen. The batters shall retire again when she scores an additional 15 runs.

- 1.7 WIDES & NO BALLS – all umpires shall be strict on the interpretation of wides and no balls, paying particular attention to balls that bounce more than twice. If a mat is used in certain indoor centres any ball that does not pitch on the mat will be deemed a wide.

RESULTS

The team scoring the most runs in its innings shall be the winner. If the scores of both teams are equal, then the team taking the greater number of wickets shall be the winner. If the teams are still equal, the following form of 'bowl out' contest will be held to achieve a winner. Four players from each side will bowl two overarm deliveries at a wicket (conforming to Law 8) from a set of stumps pitched at a distance of 22 yards. The side, which bowls down the wicket (as defined in Law 28.1(a)) the most times, shall be the winner. If the scores are equal, the same bowlers will bowl one ball each alternatively to achieve a result on a 'sudden death' basis. If circumstances make the contest impossible, the match shall be decided by the toss of a coin.

The following shall also apply in respect of 'bowl outs'.

- The same suitably acceptable ball (not a new one) will be used by both teams.
- If a bowler bowls a 'no ball' it will count as one of her two deliveries but will not count towards the score of the team.
- Any wicket keeper must stand where she cannot reach the stumps.

SCORING

The scoring for Indoor Cricket shall take place as follows: -

2.1 A ball struck to hit the boundary wall behind the bowler without touching the floor or any other wall or ceiling shall count boundary 6 runs. If however, the ball touches the floor but does not touch any of the other walls or the ceiling and hits the boundary wall, then it shall count as boundary 4 runs.

2.1.1. Before the toss, the umpires shall agree with both captains the exact interpretation of 'boundary wall' or 'ceiling' 'side wall' or 'back wall'.

2.1.2. If a ball is struck into an open gallery along a wall that is not a boundary wall, the ball becomes dead and the striker credited with one run.

2.2 A ball struck to hit the ceiling or one or more of the side or back walls shall count 1 run, even if the ball subsequently hits the boundary wall in which case it remains in play. Two additional runs shall be scored if the batters complete a run (if the ball is struck to hit the ceiling or side or back wall and a batter is run out then 1 run shall be scored).

2.3 Two runs shall be scored if the striker plays the ball and it does not hit a wall and the batters complete a run.

2.4 A bye shall count as 1 extra if the ball hits a wall (including the boundary wall); a leg bye shall count as 1 extra if the ball hits a wall (including the boundary wall). In each case if the batters complete a run 2 additional runs shall be scored.

2.5 Two byes or 2 leg byes shall be scored if the batters complete a run without the ball hitting a wall.

2.6 *No Ball and Wides*

2.6.1 A No ball shall score 2 penalty runs, recorded as a no ball extra, in addition to any other runs scored under 2.2, 2.3 and 2.4

2.6.2 From a No ball struck by the batter, runs shall be scored as in scoring regulations 2.2 and 2.3; these shall be accredited to the striker. If the batters do not run and the ball does not touch any wall or ceiling, then just the penalty shall be scored.

2.6.3 A wide ball shall score 2 penalty runs, recorded as a wide, in addition any contact with the ceiling or wall, plus any completed runs will be added to the Wide extras total.

2.6.4 Law 25.7, stating that a wide or no ball shall not count as one of the over, shall only be applicable in the 8th over of any innings.

- 3.8 An overthrow hitting any wall or walls shall count as only one run to the batters or to the total of extras as appropriate. Additional overthrows can only ensue from each additional throw which goes on to hit a wall or walls. Overthrows should only be awarded if the throw is a genuine attempt to break the stumps in trying for a run out.
- 3.9 No runs shall be scored if a batter is out caught off the walls or ceilings.
- 3.10 If in the opinion of the umpire the ball becomes lodged in netting or in any obstacle, then the umpire shall call and signal 'dead ball' and award one run. The batters shall return to their original ends.
- 3.11 Fielding runs – The fielding team will be awarded three runs each time they take a wicket.

METHODS OF DISMISSAL

Apart from the normal methods of dismissal contained in the Laws of Cricket, the following variations shall apply: -

- 4.1 The batters can be caught out by a fielder after the ball has hit the ceiling, the netting or any wall except directly from the boundary wall, provided the ball has not touched the floor.
- 4.2 The last not out batter shall be given out if the non-striker running with her is given out.
- 4.3 LBW's will only be given if the batter deliberately blocks the ball to stop it hitting the stumps.

ORGANISER'S DECISION

In all matters relating to the competition the organiser's decision shall be final and binding

Secondary Cross Country

- Schools are entitled to enter as many competitors as they wish in each event, with the first 6 finishers in each team scoring points in boys races and the first 4 finishers in each team scoring points in the girls races.
- In the event of a tie the team whose last scoring member finished nearer to first, shall determine the result.
- Schools unable to field a full team in any age group may enter individual runners.
- Entries must be made using the online entry system.
- Numbers and pins will be supplied on the day from the Race HQ which will be near the Track.
- Score sheets will be supplied on the day from the Start Area. Schools MUST ensure students hand in their finish tickets. Team Managers please make sure you write all your competitors placings on the results sheet legibly.
- Changing rooms and toilets will be available for use at Finsbury Park Track. However, it is advisable for competitors to arrive already in their running gear. Staff MUST supervise changing rooms when their students are using them.
- Trophies will be awarded for overall girls and overall boys winning schools. Medals will be awarded to the first three finishers in each race. Certificates will be awarded to all scoring team members.
- Vehicle parking is available near the Track by entering the Park Gate from Endymion Road. It is pay and display parking.

Timetable of races:

1:30pm	Junior Girls (Year 8 & 9)	3000 metres
1:50pm	Junior Boys (Year 8 &9)	3500 metres
2:10pm	Year 7 Girls	2500 metres
2:30pm	Year 7 Boys	3000 metres
2:45pm	Inter Girls (Year 10 & 11)	3500 metres
3:05pm	Inter Boys (Year 10 & 11)	5000 metres

Girls 7-a-side football rules

1. Maximum of 7 players on the pitch at any one time.
2. Matches will be two periods of 8 minutes each way, though this may change depending on time available and number of teams.
3. Goalkeepers can leave their goal area but cannot pick up the ball outside the area. Players can enter the area.
4. The back-pass rule does apply e.g. Players can pass the ball back to the goalkeeper but the goalkeeper cannot pick it up.
5. Corners are played as normal.
6. Re-starts from the sideline can either be thrown in, football style over-head, or rolled in under-arm.
7. Substitutions can be made anytime throughout the match, the player being substituted must leave the playing area before the new player enters.
8. Goalkeepers may not drop kick the ball from their hands. If done so, an indirect free kick is awarded.
9. The game is started with a drop-ball.
10. After a goal is scored, the game re-starts with a centre.
11. Any players booked during a game will miss the next match.
12. Any players dismissed during a game will not be able to play for the remainder of the day.
13. Any player, who does not comply with these rules, faces the possibility of having their team eliminated from the competition.
14. During any knockout phase, any match that ends in a draw will be followed by two periods of 4 minutes and then, if needed, five penalties for each team, and then, if needed, sudden-death penalties.

Under 14 mini-hockey rules (INDOOR)

- ❑ **5-aside:** 4 field players and one (1) Goal Keeper. Kicking backs are not permitted in mini hockey, the Goalkeeper must wear goalkeeper kit.
- ❑ Substitutes are allowed at any time.
- ❑ Game duration will be **10 minutes one way (the time duration of the game could change depending on how many teams & time)**. There will be group matches and finals.
- ❑ School should bring own hockey sticks and goalkeeper kit.
- ❑ The game is started with a push from the centre line and after a goal is scored. At start each team must be positioned in their own half of the field.
- ❑ To score a goal the ball is struck or deflected off an attacker while the ball is in the circle and crosses completely over the goal line.

- ❑ **Ball outside field of play.**
 - Over the side-line: When the ball passes completely over the side-line it shall be put into play along the ground in any direction by a hit or a push by an opponent of the player who last touched it. This is called a **hit-in**. Until the hit-in is taken, no opposition player shall be within 5 metres of the ball. If the hit-in is awarded on the sideline within 5 metres of the circle edge, all the players except the taker must be a minimum of 5 metres from the ball until it is played.
 - Over the back-line by an attacker: When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is restarted with a hit to the defence which is taken level with the top of the shooting circle and opposite the place where it crossed over the back-line.
 - Over the back-line by a defender: If the ball is **accidentally** played over the back-line by a defender and no goal is scored, the game is re-started with a **corner** to the attacking team. The corner is taken on the sideline, 3 metres from the corner of the pitch. No player, other than the taker, shall be within 5 metres of the ball until it is played.
 - Rough or dangerous play shall not be allowed: Players must not intentionally use any part of their body to play the ball. Players must not play any high ball with the stick held at above shoulder height. Players must not use rounded side of stick. Players must not kick the ball. Players must not obstruct by running between an opponent and the ball.

- ❑ **Free Hits:**
 - Free hits are to be taken **close to** where the offence occurred.
 - The ball must be **stationary** at a free hit and it must move a minimum of **1 metre** before being played by a member of the same team.
 - Until the free hit is taken, all opposition players must be a minimum of 5 metres from the ball and if the free hit is within 5 metres of the circle, **all players** except the taker must be a minimum of 5 metres from the ball.
 - If the taker accidentally misses the ball when attempting to take the free hit, it shall be taken again.
 - After taking the free hit the taker shall not play the ball or remain within playing distance, until it has been touched or played by another player.

- ❑ **Penalty corners** will **not** be played. If any infringement by the defending team occurs in the circle, then a free-hit from the sideline will be awarded.

- ❑ **Incident:** If the game is temporarily suspended because of an accident or an injury the game will be re-started with a **bully**.

Netball

Starting or Restarting the Game: The Players are responsible at the start and restart of play. Centre passes are taken alternately by the Centre, after a goal has been scored. All players must start in the goal thirds except the two Centres. The Centre with the ball starts with either one or both feet in the Centre Circle (if on one foot then the other must not have contact with the ground outside the Centre Circle) and must obey the footwork rule after the whistle has been blown. The opposing Centre stands anywhere within the Centre Third and is free to move. The Centre pass must be caught or touched by a player in or landing in or jumping from a stance in the Centre third.

Playing the Ball:

- A player who has caught or the ball shall play it or shoot for goal within three seconds
- A player may bounce or bat the ball once to gain control
- Once released, the ball must next be touched by another player
- There must be room for a third player between hands of thrower and catcher
- A player on the ground must stand up before playing ball

Footwork

Having caught the ball, a player may land or stand on:

- One foot – while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re-grounded until the ball is released.
- Two feet (simultaneously) – once one foot is moved, the other is considered to be the landing foot, as above. Hopping or dragging the landing foot is not allowed.

Scoring a Goal: Only GS or GA can score – they must be completely within the circle when the ball is received in order to shoot for goal.

Toss up: This is administered for all simultaneous infringements. The two players stand facing each other at their own shooting ends with hands by their sides and the umpire flicks the ball upwards not more than 600m (2ft) in the air as the whistle is blown.

A **FREE PASS** is awarded for infringement of any of the preceding rules. It may be taken by any player allowed in that area, as soon as they have taken up a stationary position. (A player may not shoot from a free pass in the shooting circle).

Obstruction:

- Player with ball: the nearer foot of the defender must be 0.9m (3ft) feet from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 0.9m (3ft) feet distance
- Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action. Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.
- Intimidation: of any kind, is classed as obstruction
- A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player

Contact: No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

A **PENALTY PASS** (or **PENALTY PASS/ PENALTY SHOT** if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty. **Discipline Rule 19:** Players and Team Officials must ensure that they are fully conversant with the rules covering "Breaking the Rules" and "Deliberate Delaying of Play" (including setting of Penalties).

Rounders Rules Simplified (abridged version)

Teams

1. Games shall be played between 2 teams.
2. A team consisting of a maximum of 15 players and a minimum of 6 of whom no more than 9 may be on the field at one time.

Batter:

1. Wait in the backward area well away from 4th Post.
2. If out, wait in the backward area well away from 1st Post.
3. You will have one good ball bowled to you.

No Ball if:

1. Not smooth underarm action.
 2. Ball is above head or below knee.
 3. Ball bounces on way to you.
 4. Is wide or straight at body.
 5. The bowler's foot is outside the square during the bowling action.
- You can take a normal run on a no ball, but once you reach 1st Post you cannot return. You score in the normal way.

Scoring:

- 1 runder if 4th Post reached and touched before next ball is bowled.
- 1 runder if 4th Post reached on no ball (you cannot be caught out).
- 1/2 runder if 4th Post reached without hitting the ball.
- 1/2 runder if 2nd Post reached after hitting the ball (you stay at 1st whilst ball is in the backward area).
- Penalty 1/2 runder for an obstruction by a fielder.
- Penalty 1/2 runder for 2 consecutive no balls (to the same batter).
- 1 runder for a backward hit if 4th Post reached (you stay at 1st whilst ball is in the backward area).

Out When:

1. Caught.
2. Foot over front/back line of batting square before missing or hitting a good ball.
3. Running inside Post (unless obstructed).
4. The Post you are running to is stumped.
5. You lose contact with the post during bowler's action when he has possession in his square.
6. You overtake.
7. You obstruct (you have right of way on track only).

Running Around The Track - Please Carry The Bat!

1. If you stop at a post you must keep contact with the Post, hand or bat.
If you do not, the fielding side can stump the following Post to put you out.
2. You can run on to a post even if it has been previously stumped.
(You do not score if you do it on 4th Post).
3. When the bowler has the ball in his square, you cannot move on, but if you are between Posts, you can carry on to the next.
4. You cannot have two batters at a Post. The umpire will ask the first to run on when second one makes contact.
5. At a Post, you do not have to move on for every ball bowled.
6. You can move on as soon as the ball leaves the bowler's hand, this includes no balls.
7. You must touch 4th Post on getting home.

Boys Rugby Festival Format & Rules (U12s & U13s)

Pitch & Team

Teams will be 10-a-side

Safety

All players are strongly advised to wear a gum shield to take part in the festival

Boots must be worn and studs must be kite marked.

Can all teachers please ensure that your pupils are properly equipped

Format

Schools will play all other schools in a league format.

The winning school will be the school with the most points at the end (Win = 5 point, Draw =3, Losing = 1).

If schools are level on points, the school with the most tries will win, if this is drawn the try difference will come into play

[U12s \(Yr 7\) Rules. The RFU Continuum may be found at \[www.rfu.com\]\(http://www.rfu.com\) or in Schools' & Youth Handbook](#)

As per RFU Continuum with the following **exceptions:-**

No Kicking out of hand, to touch, or fly hacking. Start of play via scrummage (to create space in open field).

Scrummage will be uncontested – team putting in will win scrum – no pushing

Back row cannot pick ball up from scrum, must be passed out by scrum-half

Restarts will be a scrummage to side that would have kicked off. (Team who conceded try)

Penalties may be 'tap & run' or scrum

Lineout will be 2 man and will be contested.

Games will be 1 half only – the time of which to be confirmed

No conversions

In all games the decision of the referee is final.

Tag Rugby (GIRLS)

- Teams shall be 7 – a – side
- Games shall be 7 minutes in duration, with no half time break*
- The festival shall be run in a league format with the top teams from each league playing in a semi final then final*
- Substitutes are unlimited and can be made at any time, with the referees permission
- In the event of a draw in the semi's or final, the 'golden try' rule applies, i.e. the first team to score a try in 'extra time' will be the winners.

*This depends on the number of teams attending

BASIC TAG RUGBY RULES

- The object is to score a try by placing the ball down in the opponents try area, by evasive skills or passing the ball backwards (i.e. towards their own try line). There is no kicking or contact in TAG rugby.
- Each player wears a belt with 2 TAG's (one on either side), to make a tackle a defender pulls off one of the TAG's of the ball carrier and shouts TAG.
- After being TAGGED, the ball carrier must stop (within 3 steps), and pass the ball to a team mate immediately; they then collect their TAG from the tackler and continues with the game.
- A ball carrier must not prevent being TAGGED buy hiding their belt, or knocking a would be tacklers arm away.
- The TAGGER is out of the game until they **give** the TAG back to the tackled player. They must not interfere, TAG or try to stop a pass until the TAG has been returned. TAG's must not be thrown on the floor
- If a TAG is made whilst a player is scoring a try the TRY is allowed.
- After a TAG all players on the defending team must get their side of the ball and not interfere with an attempted pass.
- For any infringement, or after a try or the ball has gone out the non-offending / scoring team start with a free pass. Opponents must be 7m back from the ball to allow this pass.

Swimming

1. One competitor or team per event
2. In the school team gala, a competitor may enter a maximum of two individual events and one relay event
3. In the open section a competitor may enter as many events as they wish
4. A competitor in the school team gala may NOT enter the Open event.
5. In both the school team gala and the Open section there will be NO diving at the start of the individual races or in any relays
6. In the school team gala, in order to encourage swimmers, there will be NO disqualifications. A swimmer using an incorrect stroke or incorrect touch at the finish or incorrect start will be placed last, as will the team in the relay event.
7. In the Open events, FINA rules apply
8. All events will start at the deep end
9. Please enter the gala by completing the booking form in the PE and Sport Development booklet and fax to Sarah Fretwell or contact Marc Thornley on 07789263347
10. The age categories are in order of participation: year 9, year 8, year 7. (Open years 10 to 13 and Club swimmers)
11. The events to be competed are: Butterfly, Breaststroke, Backstroke, Frontcrawl, Medley relay, Freestyle relay.
12. There will be two galas on separate days. The boy's gala on one day and girl's gala on the other.
13. Please ensure that your pupils are wearing appropriate swimming attire for racing and are not chewing gum or wearing ANY jewellery.

N.B. This is very much a development gala where the emphasis is on encouraging participation not winning medals or trophies. Club swimmers in any age group should be entered in the Open events.

TENNIS

YEARS 7/8 COMPETITION

There will be separate boys and girls competitions.

Matches will be played on mini-tennis courts (about Badminton size) with zig nets.

Orange pressure-less balls will be used.

The competition will be a singles only competition.

Each school can enter two players in the boys competition and two in the girls.

Players must wear appropriate PE kit and proper footwear for the competition.

All games will be the best of three tie-breaks up to seven points. This may vary according to the number of pupils entered.

If the score reaches 6-6 all then it is sudden death up to seven points.

YEARS 9/10 COMPETITION

There will be a separate boys and girls competition.

Matches will be played on a full sized court with pressure-less balls.

The competition will be a singles only competition.

Each school can enter two players in the boys competition and two in the girls.

Players must wear appropriate clothing and footwear for all matches.

All games will be the best of three tie-breaks up to seven points. This may vary according to the number of pupils entered.

Normal tie break serve rules apply ie: first person serves for one point, opponent serves for two, then two again etc until one person reaches seven points.

PLEASE NOTE THIS IS THE INAUGURAL EVENT AND THE EMPHASIS WILL THEREFORE BE ON ENSURING PUPILS PLAY AS MANY MATCHES AS POSSIBLE!

TABLE-TENNIS RULES

Competition Format:

- Boys and girls are in separate competitions.
- Years 7/8 and 9/10/11 are the two age groups.
- A match against another team consists of two singles rubbers and a doubles. (If turnout is low then the two reverse singles may be played as well)
- Each team can then have a minimum of two and maximum of four players. (Small teams are encouraged to give pupils the chance to play singles and doubles.)
- Each rubber is the best of three games up to 11 points. If the score gets to 10 all then players have a single serve each until a player gains a two point advantage.eg: 12-10, 15-13 etc
- A match score is based on the total number of games a team wins (up to 11 points) after the two singles and one doubles rubber.

Serving:

- A player has two serves after which their opponent serves twice and so on...
- The ball must be served from behind the edge of the table and thrown at least 6 inches in the air before it is served.
- The ball must be released from an open palm.
- If the ball touches the top of the net and goes over and bounces on the other side a "net" is called and the serve is replayed.

Equipment:

- All players must wear trainers and a dark coloured top. (Players are to wear bibs if necessary to cover a white shirt / blouse background)
- All bats must have different coloured sides. (usually red and black)

RULES OF ISLINGTON SECONDARY ATHLETICS COMPETITION

1. Competitors **MUST** wear their allotted number in ALL EVENTS ON THEIR FRONT. Failure to do so will result in disqualification. Schools will be allocated numbers prior to the start of the event. PLEASE ENSURE THAT YOU PROVIDE ENOUGH PINS PER CHILD PER SCHOOL.
2. Schools are entitled to enter ONE athlete per event.
3. Competitors **MUST** report to the marshalling area for all track events 10 minutes before their event. TRACK EVENTS ALWAYS take priority over Field Events. If a competitor is competing in both Track and Field events at similar times a `BUDDY` can be sent to sit in their place in the Marshalling Area or to register for a Field event. If a competitor is on the track and misses jumps or throws these can be taken when they return to the Field event. N.B IN HIGH JUMP THE BAR CANNOT BE LOWERED, SO COMPETITORS MUST RE-ENTER AT THE HEIGHT THAT THE BAR IS AT.
4. THE RESPONSIBILITY FOR BEING AT THE START OF EVENTS RESTS ENTIRELY WITH COMPETITORS.
5. ONLY OFFICIALS AND THEIR ASSISTANTS are permitted on the inside of the track. ATHLETES having completed their events should return to their team in the allocated area in the covered stand.
6. Scoring for all events shall be:

1st - 8pts	2nd - 7pts	3rd - 6pts	4th - 5pts
5th - 4pts	6th - 3pts	7th - 2pts	8th - 1pt
7. Competitors may compete in TWO events only, plus a RELAY. In Years 7, 8 & 9 athletes may not compete in both 800m and 1500m.
8. Spikes should not exceed 6mm in length.
9. All schools are responsible for the behaviour of their own competitors. Any damage to areas, equipment will be charged to the responsible school.
10. Competing Schools race number allocation.

1 - 65	Central Foundation
66 - 130	Elizabeth Garrett Anderson
131 - 195	Highbury Fields
196 - 320	Highbury Grove
321 - 445	Holloway
446 - 572	Islington Arts and Media School
573 - 697	Islington Green School
698 - 763	Mount Carmel
764 - 828	St. Aloysius
829 - 895	St. Mary Magdalene
11. A Team Manager should make protests to the Referee, as soon as possible after the event concerned. The decision of the Referee shall be final and shall be announced immediately.

TRACK LANE DRAW

The Starters Assistant shall randomly draw lanes for all competitors where needed.

TRACK EVENT TIMETABLE

ALL RACES ARE STRAIGHT FINALS. TIMES ARE APPROXIMATE.

TIME

10:30	T1	YR 7 GIRLS 70M HURDLES	FINAL	8 AT 68CM
10:35	T2	YR 7 BOYS 70M HURDLES	FINAL	8 AT 68 CM
10:40	T3	YR 7,8 BOYS 1500M	FINAL	
10:50	T4	YR 8 GIRLS 75 M HURDLES	FINAL	8 AT 76 CM
10:55	T5	YR 9 GIRLS 75M HURDLES	FINAL	8 AT 76 CM
11:00	T6	YR 7,8 GIRLS 1500M	FINAL	
11:10	T7	YR 10 GIRLS 80M HURDLES	FINAL	8 AT 76 CM
11:15	T8	YR 9,10 BOYS 1500M	FINAL	
11:25	T9	YR 8 BOYS 80M HURDLES	FINAL	8 AT 84 CM
11:30	T10	YR 9 BOYS 80M HURDLES	FINAL	8 AT 84 CM
11:35	T11	YR 9,10 GIRLS 1500M	FINAL	
11:45	T12	YR 10 BOYS 100M HURDLES	FINAL	10 AT 91.5 CM
11:50	T13	YR 7 BOYS 200M	FINAL	
11:55	T14	YR 7 GIRLS 200M	FINAL	
12:00	T15	YR 8 BOYS 200M	FINAL	
12:05	T16	YR 8 GIRLS 200M	FINAL	
12:10	T17	YR 9 BOYS 200M	FINAL	
12:15	T18	YR 9 GIRLS 200M	FINAL	
12:20	T19	YR 10 BOYS 200M	FINAL	
12:25	T20	YR 10 GIRLS 200M	FINAL	

12:30 LUNCH BREAK

13:00	T21	YR 7 BOYS 300M	FINAL	
13:05	T22	YR 10 GIRLS 300M	FINAL	
13:10	T23	YR 8 BOYS 400M	FINAL	
13:15	T24	YR 9 BOYS 400M	FINAL	
13:20	T25	YR 10 BOYS 400M	FINAL	
13:25	T26	YR 7 BOYS 100M	FINAL	
13:30	T27	YR 7 GIRLS 100M	FINAL	
13:35	T28	YR 8 BOYS 100M	FINAL	
13:40	T29	YR 8 GIRLS 100M	FINAL	
13:45	T30	YR 9 BOYS 100M	FINAL	
13:50	T31	YR 9 GIRLS 100M	FINAL	
13:55	T32	YR 10 BOYS 100M	FINAL	
14:00	T33	YR 10 GIRLS 100M	FINAL	
14:05	T34	YR 7 BOYS 800M	FINAL	
14:10	T35	YR 7 GIRLS 800M	FINAL	
14:15	T36	YR 8 BOYS 800M	FINAL	
14:20	T37	YR 8 GIRLS 800M	FINAL	
14:25	T38	YR 9 BOYS 800M	FINAL	
14:30	T39	YR 9 GIRLS 800M	FINAL	
14:35	T40	YR 10 BOYS 800M	FINAL	
14:40	T41	YR 10 GIRLS 800M	FINAL	
14:45	T42	YR 7 BOYS 4x100m RELAY	FINAL	

14:50	T43	YR 7 GIRLS 4x100m RELAY	FINAL	
14:55	T44	YR 8 BOYS 4x100m RELAY	FINAL	
15:00	T45	YR 8 GIRLS 4x100m RELAY	FINAL	
15:05	T46	YR 9 BOYS 4x100m RELAY	FINAL	
15:10	T47	YR 9 GIRLS 4x100m RELAY	FINAL	
15:15	T48	YR 10 BOYS 4x100m RELAY	FINAL	
15:20	T49	YR 10 GIRLS 4x100m RELAY		FINAL
15:25		PRESENTATION OF TROPHIES		

FIELD EVENT TIMETABLE

ALL COMPETITIONS ARE STRAIGHT FINALS

10 AM	F1	YR 7,8	BOYS HIGH JUMP (starting height 0.90m)
	F2	YR 7,8	GIRLS LONG JUMP
	F3	YR ,8,9	BOYS SHOT PUT (4Kg)
	F4	YR ,8,9	GIRLS JAVELIN (600gm)
	F5	YR 9,10	BOYS TRIPLE JUMP
	F6	YR 7,10	GIRLS DISCUS (YEAR 7 - 0.75KG & YEAR 10 - 1KG)
11 AM	F7	YR 7,8	GIRLS HIGH JUMP (starting height 0.90m)
	F8	YR 7,8	BOYS LONG JUMP
	F9	YR 7,10	GIRLS SHOT PUT (YEAR 7 – 2.72KG & YEAR 10 -
4Kg)	F10	YR 7,10	BOYS JAVELIN (YR 7 – 400gm & YEAR 10 – 700gm)
	F11	YR 10	GIRLS TRIPLE JUMP
	F12	YR 7,10	BOYS DISCUS (YEAR 7 - 1KG & YEAR 10 1.5KG)
	BREAK		
12.30 PM	F13	YR 8,9	GIRLS SHOT PUT (3.25Kg)
	F14	YR,8,9	BOYS JAVELIN (600gm)
	F15	YR 7,8	BOYS TRIPLE JUMP
	F16	YR ,8,9	BOYS DISCUS (1.25Kg)
	F17	YR 9,10	GIRLS HIGH JUMP (starting height 1.00m)
	F18	YR 9, 10	BOYS LONG JUMP
1.30PM	F19	YR 7,10	GIRLS JAVELIN (YEAR 7 – 400gm & YEAR
10 – 600gm)	F20	YR 9,10	BOYS HIGH JUMP (starting height 1.00m)
	F21	YR 9,10	GIRLS LONG JUMP
	F22	YR 7,10	BOYS SHOT PUT (YEAR 7 - 3.25KG & YEAR 10 –
5kg)	F23	YR ,8,9	GIRLS DISCUS (1Kg)

OFFICIATING GUIDELINES INCLUDING GENERAL HEALTH AND SAFETY FOR THE FIELD EVENTS

- All competitors will have 3 attempts in every field event (except the high jump).
- All competitors have 2 minutes to make their attempt.
- Each attempt will be in a round, following the order on the score cards, therefore each field event will have 3 rounds.
- If competitors leave the field event to compete in a track event, they are allowed to have their missed attempt at the next appropriate time.
- Scorecards should be completed and handed in to the results desk straight after the event has finished.

THE JUMPS

High Jump

- All pupils in years 7, 8 and 9 must clear a starting height of 90cm in order to proceed. The starting height for years 10/11 should be 1m.
- All pupils will be allowed a maximum of 3 jumps at each height. The bar will increase 5cm at a time.
- If two or more pupils go out at the same height the positions will be decided on whom had the least attempts. If the number of attempts at their last height were the same the success at the previous height will then be taken into account.
- If a pupil starts to attempt to jump but then changes their mind or reaches the bed or then stops they will only be allowed to do this twice at each height before a failed jump is recorded.
- Athletes must take off of ONE foot.
- When the bar is knocked off the stands it is a foul jump.
- If the athlete attempts to jump and breaks the 'plane' under the bar, it is a foul jump.
- Three foul jumps in a row and the athlete must leave the competition.
- If the bar falls off the stands after the athlete has left the matting area, it counts as a successful jump

Long and Triple Jump

- **Athletes must take-off behind the plasticine on the white take-off board and land in the sand pit.**
- **If a mark is made in the plasticine it is a foul jump.**
- **The 0cm end of the tape measure will be placed at the mark made by the athlete in the sand pit closest to the take-off board.**
- **The tape measure will be pulled tight towards the take-off board.**
- **The distance between the mark in the sand pit (as described above) and the white take-off board closest to the sand pit, will be the athletes recorded jump.**
- **Athletes should leave the sand pit at the far end to avoid shortening their jumped distance.**

THE THROWING EVENTS

- **Please remind all pupils to only throw when you tell them they may and only collect their implements when they are told to.**
- **Ensure all pupils know the throwing order so that they will know when their turn is coming up and can be prepared.**
- **Remind all pupils that are not throwing at the time that they must stand in the designated area, in discus they should be outside the cage until it is their turn.**
- **Pupils must not deliberately distract anyone who is attempting to throw.**

SPECIFIC RULES FOR SHOT PUT, DISCUS AND JAVELIN

- **The shot should not be brought away from the neck prior to release, as this constitutes a no throw.**
- **Pupils should enter the back of the circle and leave via the back of the circle in shot and discus.**
- **If in any throw the implement lands outside the boundary markings it is a no throw.**
- **If the javelin lands tail first it is a no throw. All other throws will be measured.**
- **In javelin pupils must not cross the white scratch line having released the javelin as this is a no throw.**

FIELD EVENTS OFFICIATING

All events will have one at least Official and two student helpers.

Official 1: To direct the event

- **Register all the competitors.**
- **Call for any missing competitors via the announcer.**
- **REMEMBER that all track events take priority over field events, therefore anyone missing due to a track race, still must have all of their 3 attempts when they return. Students in this situation will be expected to report into their field event before going off to a track race.**
- **Call up each competitor.**
- **You will be LINE JUDGE for when they jump/throw, i.e. if they step over the jump/throw line at any time during or after their jump/throw, that attempt is disqualified.**
- **You call “NO JUMP/THROW.”**
- **Take measurement of throw/jump.**

Student 1:

- **Your job is to take the “zero” end of the tape to where the competitor has landed / their implement has landed.**

Student/s:

- **Acts as “ball girl/boy”, i.e. after the throw, they WALK OUT, retrieve the implement and carry it back, placing it down safely on the ground with the rest of the equipment.**
- **In long/triple jump they rake the sand level between jumps.**
- **After each throw, they hold the reel end of the tape, pulling it tight between the person at the zero end and the 'spot', or in case of long jump the take off board.**
- **In high jump 2 students can be employed to higher and lower the bar when required.**

WEIGHT OF IMPLEMENTS TO BE USED

SHOT PUT	GIRLS	YR 7	2.72 KG
		YR 8 & 9	3.25 KG
		YR 10	4 KG
	BOYS	YR 7	3.25 KG
		YR 8 & 9	4 KG
		YR 10	5 KG
DISCUS	GIRLS	YR 7	0.75KG
		YR 8, 9 & 10	1 KG
	BOYS	YR 7	1KG
		YR 8 & 9	1.25 KG
		YR 10	1.5 KG
	JAVELIN	GIRLS	7
8,9,10			600 G
BOYS		YR 7	400 G
		YR 8 & 9	600 G
		YR 10	700 G

