

# SUSSEX SCHOOL GAMES 2018



## COMPETITION FORMATS AND RULES

WEDNESDAY 27 JUNE 2018, K2, CRAWLEY

[www.sussexschoolgames.org](http://www.sussexschoolgames.org)



Corporate partner:



# COMPETITION INFORMATION

## Sports

Each sport has its own specific sport rules and programme with different age groups. Sport-specific event organisers have the right to query or stop any competitor from competing if they feel they are in breach of these regulations or deduct the participant's team points. An outline of each sport is in the competition section. A risk assessment for each sport can be found in the risk assessment section.

## Penalties

The aim of the Games is for the competitors to have a positive experience of a multi-sports competition in a safe and secure environment. Whilst we want everyone to have fun and to enjoy the event, there is an expectation that the specified sports rules will be adhered to, and only those children of the correct age will be entered for the different competitions. If rules are deliberately broken, teams may subsequently be penalised. If on the day of the Games, participants who are in breach of the rules are found to have been entered, then they will be asked to retire from the team and the team disqualified. The overall rule is one participant one sport. Children are not allowed to compete in multiple sports. The overall event referee's decision is final.

## Adjudication of disputes

Sports Organisers have total responsibility for the interpretation and enforcement of their own governing body's rules and regulations.

In the event of a sports competition discrepancy, please refer to the Event Referee's Jo Ashworth and Ed Bartram.

## Awards

Awards will be made to the 1st, 2nd and 3rd placed teams or individuals in all events. Each winning team in each sport will be awarded medals.

## Talent Identification

The School Games is operating a National Governing Body Talent Identification programme at the event. Scouts will be observing teams and should a child show a particular talent for their sport they will speak to team manager.

## 12 COMPETITION INFORMATION

Each Sport Lead is your point of contact for sport specific enquiries. Any sport specific communications, for example orders of play, will be sent by these contacts by Wednesday 20 June.

These are as follows:

Sport	School Games Organiser
Athletics	Siobhan Nicol/Becca Harman siobhan.nicol@thomasbennett-tkat.org
Cricket	Barry Meaney bmeaney@theweald.org.uk
Football	Jade Harker jade.harker@sussexfa.com
Golf	Liz Price PriceE@hccat.net
Gymnastics	Emma Greenough emma.greenough@brighton-hove.gov.uk
Hockey	Sean O'Connor Sean.O'Connor@theregisschool.co.uk
Netball	Dan Jenner djenner@theangmeringschool.co.uk
Sportshall Parrallel	Mike Hart mhart@stpaulscc.co.uk
Stoolball	Rachel Virgo r.virgo@beacon-academy.org
Change 4 Life	Teresa Bennett t.bennett@hasla.org.uk

## Sport Rules and Formats

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## Street 20 Cricket

<b>Age/Gender</b>	Year 7 Mixed
<b>Team Format</b>	Team of 6 – max squad size = 8
<b>Competition Format</b>	<ul style="list-style-type: none"> <li>• Each game must have a winner. If scores are level then the team losing fewer wickets will win. If still a tie, then a sudden death bowl off will decide places.</li> <li>• Each game lasts a maximum of 20 legal balls per team.</li> <li>• The batting team recycles if they get bowled out. Batters have to retire if they score 20 runs but they can bat again when recycling.</li> <li>• Everyone on the fielding team except the wicket keeper must bowl four balls. If they don't, 6 runs are added to the batting teams score for each ball not bowled</li> <li>• All the bowling is from one end and the pitch is 18 yards long.</li> <li>• You cannot be out LBW unless batsman deliberately kicks ball before striking with bat</li> <li>• Sixes and fours are scored the same way as normal Cricket; boundaries are the fences/walls surrounding the playing area. A hit over the fence results in Six and Out.</li> <li>• Byes, leg byes must be run</li> <li>• Wides and no balls score 4 runs with no extra ball except when the last bowler is bowling.</li> <li>• It is also a no ball if a bouncer goes above shoulder height or a full toss goes above waist height</li> <li>• The ball is dead at the umpire's discretion.</li> <li>• In-coming batsmen have 10 seconds to get to the wicket before the bowler is allowed to bowl.</li> <li>• Apart from the rules above the normal rules of cricket apply</li> </ul>
<b>Scoring</b>	Winning teams will be awarded 2 points, losing teams 0 points.

## Disability Sportshall Athletics

<b>Age/Gender</b>	Years 5 to 8 Mixed																																			
<b>Team Format</b>	Teams consist of a minimum of 8 young people, with a maximum of 12 being permitted. There are no restrictions on the split between girls and boys or the number of athletes participating from each of the four groups, subject to the total number of athletes not exceeding 12. Years 5-8																																			
<b>Competition Format</b>	<p>All athletes will compete in each of the events as detailed below. Those events annotated with an asterisk will be adapted as detailed within the accompanying notes.</p> <table border="1"> <thead> <tr> <th>Event</th> <th>(Group 1) Manual Wheelchair User</th> <th>(Group 2) Ambulant Moderate Impairment</th> <th>(Group 3) Ambulant Moderate Impairment</th> <th>(Group 4) Ambulant Minimal Impairment</th> </tr> </thead> <tbody> <tr> <td>Standing Long Jump</td> <td colspan="2">Overhead Heave provided as an alternative.</td> <td>√</td> <td>√</td> </tr> <tr> <td>Speed Bounce</td> <td>√*</td> <td>√*</td> <td>√*</td> <td>√</td> </tr> <tr> <td>Target Throw</td> <td>√*</td> <td>√</td> <td>√</td> <td>√</td> </tr> <tr> <td>Hi-Stepper</td> <td>√*</td> <td>√*</td> <td>√*</td> <td>√</td> </tr> <tr> <td>Chest Push</td> <td>√*</td> <td>√</td> <td>√</td> <td>√</td> </tr> <tr> <td>Javelin</td> <td>√*</td> <td>√*</td> <td>√</td> <td>√</td> </tr> </tbody> </table> <p>All athletes will complete a rotation around the six events scheduled above. These events provide the basis for the scoring of individual awards and team competition. We recommend that a short series of track events is staged providing opportunity for every athlete to contest at least one event as follows:</p> <p>Primary teams will usually contest a 4 x 1 lap Relay and an Over and Under Relay.</p> <p>Secondary teams will usually contest a 4 x 1 lap Relay and an Obstacle Relay.</p> <p>The provision of track events should be flexible to ensure that each child has opportunity to race and that the events are tailored to suit individual needs. Where appropriate a small number of individual races might be included.</p>	Event	(Group 1) Manual Wheelchair User	(Group 2) Ambulant Moderate Impairment	(Group 3) Ambulant Moderate Impairment	(Group 4) Ambulant Minimal Impairment	Standing Long Jump	Overhead Heave provided as an alternative.		√	√	Speed Bounce	√*	√*	√*	√	Target Throw	√*	√	√	√	Hi-Stepper	√*	√*	√*	√	Chest Push	√*	√	√	√	Javelin	√*	√*	√	√
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<b>Scoring</b>	An individual's Sportshall Award is based on the accumulation of an athlete's four highest scores from the rotation of events. Separate factors are applied to each of the groupings enabling broad comparison. Team competition utilises these individual awards, with each team's score being the summation of their leading eight athletes' scores.																																			

<p><b>Additional Info</b></p>	<p><b>Event Adaptations</b></p> <p>The Sportshall Handbook and the All Abilities activity card set provide a detailed guide to each of the events along with the relevant adaptations that may be required to ensure that every child is able to access the events and develop Sportshall Skills. The following adaptations are recommended for all Sportshall Awards and Competition activity.</p> <p><b>Speed Bounce Adaptations</b></p> <ul style="list-style-type: none"> <li>• Groups 1 and 2 should attempt to alternately touch the sleeping policemen (placed 20cm either side of each wheel) either side of their chair as many times as possible in 20 seconds</li> <li>• Group 3 should have the standard wedge replaced with a sleeping policeman and clear it as many times as possible in 20 seconds.</li> </ul> <p><b>Target Throw Adaptations</b></p> <ul style="list-style-type: none"> <li>• Group 1 should work with the Rainbow Target Throw.</li> </ul> <p><b>Hi-Stepper Adaptations</b></p> <ul style="list-style-type: none"> <li>• Groups 1 and 2 should complete a 4 x 8m slalom around cones placed at 2, 4 and 6 metres.</li> <li>• Group 3 should complete the 4 x 8m Hi-Stepper with sleeping policemen in the place of wedges.</li> </ul> <p><b>Chest Push Adaptations</b></p> <ul style="list-style-type: none"> <li>• Group 1 should replace a 1kg Med Ball with a Size 4 Football.</li> </ul> <p><b>Javelin Adaptations</b></p> <ul style="list-style-type: none"> <li>• Groups 1 and 2 should use a mini-javelin.</li> </ul>
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# 16 COMPETITION MANUAL

	Group	Description	Brief description of some athletes and impairments in this group.	Additional information
	1	Power chair user	Athlete with cerebral palsy – electric wheelchair user – quadriplegic – severe to moderate involvement in all 4 limbs	
	2	Manual wheelchair user	Athlete with cerebral palsy. Athlete with a spinal cord injury. Quadraplegic and paraplegic athletes	All athletes in this group CANNOT run unaided. They MAY be able to stand and walk with support and MIGHT not regularly use a wheelchair
	3	Ambulant - Moderate Impairment	Athlete with cerebral palsy – Ataxic/Athetoid – affected in three or four limbs. Athlete with cerebral palsy – Diplegic –functionally affected in both legs. Athlete with a double above knee amputation. Dwarf Athletes	Blind and visually impaired athletes running with a guide. All athletes in this group CAN run unaided EXCEPT for blind and visually impaired athletes who need the support of a guide runner.
	4	Ambulant – Minimal Impairment	Athlete who is deaf or with a hearing impairment. Athlete with single or double arm amputation or physical impairment allowing similar movement. Athlete with cerebral palsy - Hemiplegic functionally affected on one side. Athlete with single above knee amputation or physical impairment allowing similar movement. Athlete with single or double below knee amputation or physical impairment allowing similar movement. Athlete with a learning disability * IQ of 75 or less, limited social adaptation in day to day abilities and their learning disability must be evident during 0 – 18 years.	ALL athletes in this group can run unaided



## Football

<b>Age/Gender</b>	Year 5/6 Mixed		
<b>Team Format</b>	7v7 with a maximum of 3 subs (10 players in total)		
	<b>Question</b>	<b>Answer</b>	<b>Notes</b>
	<b>What Disability Impairments are eligible?</b>	<ul style="list-style-type: none"> <li>• Amputee</li> <li>• Cerebral Palsy</li> <li>• Partially Sighted</li> <li>• Deaf</li> <li>• Learning Disabilities</li> <li>• Mental Health</li> <li>• Dwarf</li> </ul>	See classification page for a more detailed explanation
	<b>What other medical conditions are eligible?</b>	Learning impairment or medical conditions which impacts on their sporting performance	Poor attention and concentration, ADHD, Asperger's Syndrome/Autism spectrum, dyslexia, dyspraxia and learning disabilities.
	<b>Who can make up a team?</b>	Teams can be made up of 10 players with various different disabilities (Pan Disability)	The team should <b>aim</b> to have a maximum of 50% of players with learning difficulty and/or learning impairment which impacts on their sporting performance (5 players in a team of 10).
<b>What academic Level do participants need to be?</b>	Amputee Cerebral Palsy Partially Sighted Deaf Learning Difficulties Mental Health Dwarf	Any academic level.	

Impairment	Criteria Explanation
Amputee	An amputee is someone who is 'abbreviated' at or above (proximal) to the wrist or ankle.
Partially Sighted	A person who is visually impaired
Cerebral Palsy	Players must have a neurological impairment with motor control or power impairments originating from the brain with spasticity, ataxia or athetosis causing permanent and verifiable activity limitation.
Deaf	<p>Players eligible for the <b>School Games</b> must have as a minimum, moderate deafness.</p> <p>Moderate: between 41dB or above (91dB+)</p>
Learning Difficulty	Players must be on their school's SEND register.
Learning impairment which impacts on their sporting performance	<p>It includes conditions such as poor attention and concentration, ADHD, Asperger's Syndrome/Autism spectrum, dyslexia, dyspraxia and learning disabilities.</p> <p>A learning impairment does not always affect someone's performance in sport.</p> <p>In order to be eligible for the <b>School Games</b> an athlete's learning impairment <u>must affect their sports performance</u>.</p> <p>The athlete's learning impairment will disadvantage them as far as competing in mainstream sport is concerned.</p>

	Mental Health	The <b>School Games</b> should be open to all individuals who have experienced acute or enduring mental health problems
	Dwarf (Restricted Growth Conditions)	The <b>School Games</b> should be open to all athletes with a recognised restricted growth condition.
	Medical Conditions	The <b>School Games</b> should be open to athletes with an impairment or a medical condition which <u>impacts on their sporting performance</u> temporarily or permanently e.g. cancer or arthritis
<b>Competition Format</b>	<p>Played to mini-soccer rules (7v7): Rules of Mini Soccer.</p> <p><a href="http://www.sussexschoolgames.org/wp-content/uploads/2014/05/Laws-of-mini-soccer-as-will-be-applied-to-Sussex-School-Games-2014.pdf">http://www.sussexschoolgames.org/wp-content/uploads/2014/05/Laws-of-mini-soccer-as-will-be-applied-to-Sussex-School-Games-2014.pdf</a></p>	
<b>Scoring</b>	<p>Scores will be recorded after each match with points awarded as follows:</p> <p>3 points Win 1 point Draw 0 points Loss</p> <p>If points are equal at the end of all games the following will determine final placing's:</p> <p>(i) Result between the two teams when they played during the group stages, if that was a draw then, (ii) goal difference, if that is equal then (iii) the most goals scored, if that is equal then (iv) a Penalty shootout will be organised (each team will get 3 kicks, and then sudden death) *no children will be physically harmed!</p>	
<b>Additional Info</b>	<p>Players MUST wear shin pads. All jewellery must be removed.</p>	

## High 5 Netball

<b>Age/Gender</b>	Year 5 and 6 Mixed
<b>Team Format</b>	Each squad MUST consist of 7 or 8 players with a maximum of 3 boys. Each competing school should bring a set of High 5 netball bibs. Teams with less than 7 active players will not be eligible to win. Therefore, it is strongly recommended that you bring a squad of 8 to cater for illness/injury.
<b>Competition Format</b>	Rules: Full England Netball High 5 rules ( <a href="http://bit.ly/14rDXsX">http://bit.ly/14rDXsX</a> ) will apply with the exception of games being split into two halves rather than four quarters.
<b>Scoring</b>	Win: 5 points Draw: 3 points Loss: 2 points (with 50% and over of opposition score) Loss: 1 point (with less than 50% of opposition score)
<b>Additional Info</b>	IF schools have boys in their team then the national High 5 rules regarding boys apply- max three boys in a squad with no more than two boys on court at any one time. Schools will need to ensure this in their rotations and submit their team declaration and rotations before the start of the competition. Schools DO NOT have to have boys in their squads.

## Year 7 Netball

<b>Age/Gender</b>	Year 7 Girls
<b>Team Format</b>	Teams of 7 – max squad of 9
<b>Competition Format</b>	Rules: Full England Netball 7v7 rules ( <a href="http://bit.ly/1vXL4Pw">http://bit.ly/1vXL4Pw</a> ) will apply with games being split into two halves rather than four quarters.
<b>Scoring</b>	Win: 5 points Draw: 3 points Loss: 2 points (with 50% and over of opposition score) Loss: 1 point (with less than 50% of opposition score)

## Stoolball

<b>Age/Gender</b>	Year to 9 and 10 Girls
<b>Team Format</b>	Squads of up to 11 with 8 on the field at any one time Normal stoolball rules apply apart from any noted below.
<b>Competition Format</b>	Each match will consist of 4 x 8 ball overs. Any Wides or No Balls will score 3 runs, but there will not be an extra ball for these, except for the last over.
<b>Scoring</b>	2 points for a win, 1 for a draw. In the event of a tie on points in a group, the result between the two tied teams will be used, and if still a tie, then runs scored will be used. If there is still a tie, there will be a 3 ball 'bowl off' between the two teams.
<b>Additional Info</b>	Competition to take place on school field. Competitors need to wear trainers and appropriate outdoor clothing.

## Keysteps Gymnastics

<b>Age/Gender</b>	Year 5 and 6 Mixed
<b>Team Format</b>	<p>Teams are to be comprised of a minimum of 6 maximum of 8. The highest scoring 6 will count. Teams can be the same gender or mixed.</p> <p>This competition is <b>NOT</b> appropriate for pupils who attend school based extra-curricular clubs or Community Club recreational class programmes for more than 1 hour per week, or who are in any type of development squad or discipline specific squad – including Floor and Vault. This also includes cheerleading/stunting/acrobatic/trampolining clubs.</p>
<b>Competition Format</b>	<p>The competition will comprise of three areas, Floor, Vault and Body Management, with practice areas for each. Each team member will all compete in all areas. Routines are from British Gymnastics Key Steps 3</p> <ul style="list-style-type: none"> <li>• Floor – set routine of 6 skills (with several options for performers to choose). This is scored out of 10.</li> <li>• Body Management – Set routine of 9 skills scored out of 10.</li> <li>• Vault – Performers to show 2 vaults. Best scoring vault will count. Through vault scored out of 10 (more difficult). Vault onto scored out of 9.</li> </ul> <p>The competition will be run in accordance with the English Gymnastics Key Step Programme.</p>
<b>Scoring</b>	<p>All competitors will score out of a maximum of 10 on each piece, but the teams will be placed in order of the best 6 scores added together. We encourage boys to be a part of each team and including boys can gain you a maximum of 0.5 each for up to 2 boys taking part. Therefore max of 1pt additional for a team with at least 2 boys.</p>
<b>Additional Info</b>	<p>No jewellery permitted. T-shirts and shorts or leotards should be worn, and no shoes or socks. Long hair must be tied back.</p> <p>Please note that space in the gymnasium for the level 3 event is limited, and exact dimensions will be communicated before the event.</p>

## Super Sixes Golf

<b>Age/Gender</b>	Year 7 to 11 Mixed
<b>Team Format</b>	Team of 6 (3 pairs)  Teams can have a maximum of 2 players (1 pair) with a handicap.
<b>Competition Format</b>	Super Sixes is a new competition format using the adapted Golf Xtreme equipment Each pair will play with a Golf Xtreme iron and putter (these will be provided by the organiser). Ball rule - standard golf balls will be used at this County Final (not lighter, 'almost golf' balls). Each pair will be scored over 9 holes. The pairs will play in a Texas Scramble format. This is a team format which lets both players tee off their balls; they pick the ball in the best position and play BOTH balls from that position. They both play their next shot and once again pick the ball in the best position and both play their balls. This continues until a ball has been holed. The pair counts their strokes as they play each hole.
<b>Scoring</b>	A stroke play scoring format will be used. The pair count the amount of shots it takes them to get the ball from the tee to the hole. Using a simple score card, at the end of each hole, they will note down how many shots it took them as a pair. The school with the combined lowest score counting all 3 pairs will be the winning school. The maximum score per hole is 10. Air shots (where a player misses the ball) will not count.
<b>Additional Info</b>	Participants will need to wear sports kit and trainers.

## Tri Golf

<b>Age/Gender</b>	Year 3 and 4 Mixed
<b>Team Format</b>	Team of 10 (5 boys and 5 girls) from Year 3 and/or 4
<b>Competition Format</b>	8 game Tri-Golf Skills Festival
<b>Scoring</b>	<p>2 tees per game station                      5 pupils per tee                      Each team will play for 5 minutes on each game station before rotating to the next game.                      2 minutes practice time and 5 minutes scoring time on each game                      Individual scoring system for each of the 8 games                      Total score for all 8 skill games determine positions.                      Teams can also receive a score out of 10 for each game using our 'Skills for Life' system.</p>
<b>Additional Info</b>	<p>A description and layout of all 8 of the Tri-Golf skill games can be found at <a href="https://www.golf-foundation.org/schools/school-games/">https://www.golf-foundation.org/schools/school-games/</a>                      Tri Golf is taking place outdoors on astroturf area.                      (All equipment including balls, putters and chippers will be provided by event organiser)                      Competitors to ensure appropriate clothing for the weather and trainers.</p>



## Quicksticks Hockey

<b>Age/Gender</b>	Year 5 and 6 Mixed
<b>Team Format</b>	<p>Team of 4 Squad of 6 (subs can only be used if injury occurs during a game, they must rotate throughout the tournament not matches)</p> <p>A squad must consist of at least 1 girl or 1 boy. During a game there must be a mix of gender on the pitch. e.g. 1 girls &amp; 3 boys.</p> <p>If a squad has for example one girl &amp; 5 boys she must play every game. If she became injured- your scores without her in the team would not count having no mix or gender on the pitch.</p>
<b>Competition Format</b>	The full rules and advisory guidance for Quicksticks can be found at <a href="http://www.playquicksticks.co.uk">www.playquicksticks.co.uk</a>
<b>Scoring</b>	<p>Win: 5 points, Draw: 3 points Lose: 1 point.</p> <p>If a there are teams with equal point's goal difference will come into play.</p>
<b>Additional Info</b>	<p>Children are recommended but not required to wear gum shields and shinpads.</p> <p>Schools should bring their own sticks. These must be wooden.</p>

## Quadkids Athletics

<b>Age/Gender</b>	Year 5 and 6 Mixed
<b>Team Format</b>	Each team to consist of up to 10 children (5 x boys and 5 x girls) each athlete to compete in all 5 events. The scores of the best 4 in each event will count towards the team score.
<b>Competition Format</b>	75m Sprint 600m Run Vortex Howler Throw Standing Broad Jump 8X50m Shuttle Relay
<b>Scoring</b>	The Quadkids scoring system will be used. See <a href="http://www.quadkids.org">www.quadkids.org</a> to download a copy should you wish. You will need to register and login. NB select Quadkids Primary.
<b>Additional Info</b>	This event will take place outdoors on the athletics track and field

