



# Competition Pack 2011-2012

## Primary & Secondary



[www.learningsouthleicestershire.org.uk](http://www.learningsouthleicestershire.org.uk)





# Contents

SSP Staff Contact Info

Competition Info and Rules

*Inclusive Events*

*Primary*

- ⇒ Girls Football
- ⇒ Golf
- ⇒ Gymnastics
- ⇒ Kwik Cricket
- ⇒ Mini Tennis Red
- ⇒ Netball
- ⇒ Quicksticks Hockey
- ⇒ Swim Gala
- ⇒ Sportshall Athletics
- ⇒ TAG Rugby

*Secondary*

- ⇒ Badminton
- ⇒ Basketball
- ⇒ Cheerleading
- ⇒ Indoor Cricket
- ⇒ Indoor Rowing
- ⇒ Netball
- ⇒ Swim Gala
- ⇒ Sportshall Athletics
- ⇒ Table Tennis
- ⇒ Tennis
- ⇒ Volleyball

Other Useful Information and Contacts



## SSP Staff Contact Info

### *School Games Organisers*

Anne Clarke & Ruth Mann

e: aclarke@southwigston.leics.sch.uk

t: 0116 277 4575 opt.1

e: rmann@countesthorpe.leics.sch.uk

### *Admin Support*

Jenny Sugarman

e: ls1ssp.sugarman@gmail.com

### *School Liaison Officers*

*Abington* - Alyson Dakin

e: alysond@abington.leics.sch.uk

t: 0116 288 1228

*Beauchamp* - Jim Ardley

e: jwa@beauchamp.org.uk

t: 0116 272 9123

*Brockington* - Jo Wyeth

e: jowyeth67@hotmail.co.uk

t: 0116 286 3722

*Bushloe* - Paul Flax

e: pflax@bushloe.com

t: 0116 288 1692

*Countesthorpe* - Simon Seal

e: simonsports@hotmail.co.uk

t: 0116 277 1555

*Gartree* - Kelly Jones

(Maternity Cover for Anna Ife)

e: ksmith@gartree.leics.sch.uk

t: 0116 271 7421

*Guthlaxton* - Ollie Quail

e: quailo1@guth.org.uk

t: 0116 288 1611

*Kibworth* - Darren Edwards

e: edwar@kibworthhigh.leics.sch.uk

t: 0116 279 2238

*Leysland* - Dave Bullivant

e: dbullivant@leysland.leics.sch.uk

t: 0116 277 1841

*Lutterworth College* - Mike Skubala

e: m.skubala@lc.leics.sch.uk

t: 01455 205107

*Lutterworth High* - Zoe Tur-Ribas

e: zoet4@lutterworthhigh.leics.sch.uk

t: 01455 552710

*Manor* - Vic Chapman

e: vchapman@manorhigh.leics.sch.uk

t: 0116 271 4941

*Robert Smyth* - Mike Scully

e: mscully@robertsmyth.leics.sch.uk

t: 01858 440770

*South Wigston* - Anne Clarke

(Maternity Cover for Vikki Platt)

e: aclarke@southwigston.leics.sch.uk

t: 0116 277 4575

*Thomas Estley* - Nick Robinson /  
*Sarah Kavanagh*

e: nrobinson@thomestcc.leics.sch.uk

e: skavanagh@thomestcc.leics.sch.uk

t: 01455 283263

*Welland Park* - Marise Taylor

e: taylor3@wellandpark.leics.sch.uk

t: 01858 464795

What is the School Games?



**The School Games is the Government's new structure for competitive school sport and a key strategy for creating a meaningful sporting legacy from the 2012 Olympic and Paralympic Games. It will involve all young people in Years 3 to 13, with a range of opportunities to ensure the inclusion of young people with all abilities and backgrounds through:**

*Intra-School Competition:* within a school environment, house teams or form groups competing in varied and regular competition throughout the year.

*Inter-School Competition:* regular leagues taking place between schools at a local level throughout the year, with the best school teams qualifying to take part at the county level School Games Festival. This inter-school competition will be driven by the new School Games Organisers.

*National Event:* a major multi-sport event for the most talented young people of school age. The event will provide a showcase for our best sporting talent. In 2012, this will include the use of some venues in the Olympic Park



REGISTER YOUR SCHOOL FOR THE SCHOOL GAMES AT: [www.yourschoolgames.com](http://www.yourschoolgames.com)

## School Games Level 2

In Learning South Leicestershire, a calendar of Level 2 School Games competitions has been developed and schools are able to enter events throughout the year. Winners of the Level 2 events in both Blaby and Harborough and Oadby and Wigston will qualify to represent their area at Level 3 of the School Games.

In this booklet, you will find information on all the competitions and events happening locally as part of the School Games and how your school can get involved.

The sports and age groups we will be delivering at Level 2 are as follows:

Sport	Primary Age Groups	Sport	Secondary Age Groups
Tag Rugby	Yr 5/6	Table Tennis	U11,U13, U16, U19
Tri Golf	Yr 3-6	Basketball	U14
Kwik Cricket	Yr 5/6	Cricket Girls	U13, U15
Sportshall Athletics	Yr 5/6	Indoor Rowing	KS3/4/5
Netball High 5	Yr 5/6	Volleyball	Yr 9/10
Tennis	Yr 3/4	Netball	Yr 7/8
Football girls	Yr 5/6	Tennis	Yr 7/8
Swimming	Yr 5/6	Football girls	Yr 7
Gymnastics	KS 1/2	Badminton	KS3 / 4
Hockey Quicksticks	Yr 4/5		

Our aim is to make access to the School Games for children with disabilities as inclusive as possible. The following sports will be offered to children with special education needs and disabilities:

Disability Sport	Age group
New Age Kurling	All ages
Outdoor Athletics	All ages
Sportshall Athletics	All ages
Swimming	Year 5/6
Gymnastics	KS 1/2
Boccia	All ages
Football	All ages
Sitting Volleyball	TBC
Zone Basketball	TBC
Table Tennis	TBC

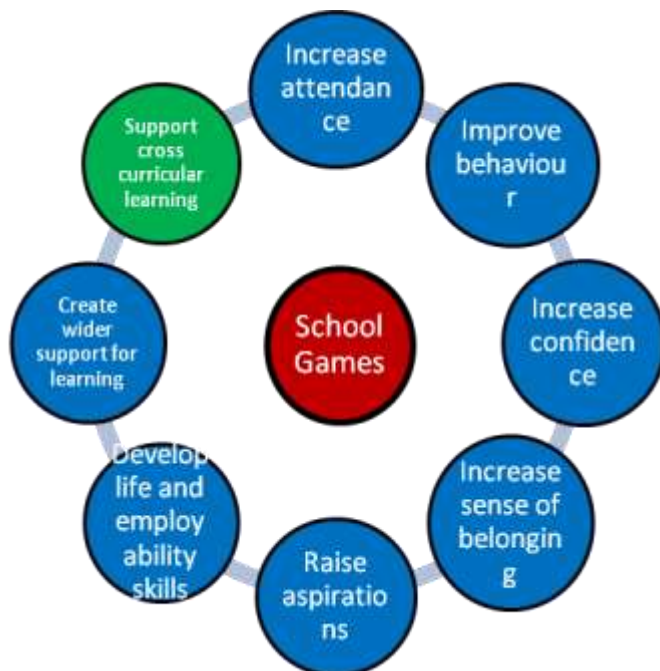
### School Games Level 3

**Level 3 of the School Games in Leicester, Leicestershire and Rutland will take place as both 'Super Series' events taking place throughout the year and a 'Multi Sports Final' on July 10<sup>th</sup> 2012 at Leicester Grammar School.** The breakdown of these activities is as follows

Super Series Events	Multi Sport Finals – 10 <sup>th</sup> July 2012
Tag Rugby	Indoor Rowing
Table Tennis	Volleyball
Tri Golf	Gymnastics incl disability
Kwik Cricket	Swimming incl disability
Sportshall Athletics	Netball & High 5 Netball
Badminton	Hockey Quicksticks
Cricket girls	Football girls / disability
Basketball	Sitting Volleyball
Boccia	Tennis
New Age Kurling	Boccia
Disability Outdoor Athletics	Disability Table Tennis
Disability Sportshall Athletics	

## The wider impact of the School Games

Participation in school sport, competitive sport and the School Games can have an impact in the following ways on the wider school agenda:



## 2012 School Games Curriculum Competitions

In support of the whole school engagement with the School Games, a number of competitions are being run with a particular spotlight on the programmes being run at Levels 1-3. These competitions, designed to complement learning delivered through the school curriculum, are centred on the sporting spirit values of passion, belief, respect, honesty and teamwork. Entries to the competitions will be inspired by the activity at intra and inter sport level.



The competitions include an exciting range of cross curricular opportunities including Young reporter, photographer, statistician, announcer, musician and artist. To find out more about the competitions go to the School Games Curriculum Competitions Channel [www.radiowaves.co.uk/sg2012](http://www.radiowaves.co.uk/sg2012)

Successful submissions will receive recognition at a regional and national level, with the overall winners contributing to the Level 4 School Games being held at the Olympic Park in London in May 2012.

The deadline for competition entries is early 2012. To enter, schools must have registered on the School Games website, [www.yourschoolgames.com](http://www.yourschoolgames.com). For more information contact : [matt.pauling@youthsporttrust](mailto:matt.pauling@youthsporttrust).

In Leicestershire, some locally developed competitions and activities with a cultural focus will be launched in the New Year, linking to the Level 3 School Games. More information will be sent out to schools about these opportunities as we get it.

Other ways to get your school involved in the Olympic and Paralympic

Register your school at [www.getset.london2012.com](http://www.getset.london2012.com) for loads of ideas and resources linked to the Olympics and Paralympics. Become a 2012 Get Set Network School and get special access to visits and competitions etc plus use of the Olympic Education logo and a plaque for your school.

## Learning South Leicestershire SSP 2012 Values Challenge – **‘Can you live like an Olympian?’**

The 2012 Values Challenge is aimed at pupils in years 4 – 9 and is designed to encourage them to think about what each value means, how an Olympian embodies each value in their lives, and how the values can be important in the lives of each and every one of us.

We hope that the Challenge will be an interesting way for your school to explore the Olympics, and could be a project for your Sporting Ambassadors to get involved with, for example by introducing it in assembly.

The Values Challenge works in the following way:

- **Pupils are given a ‘Can you live like an Olympian?’ booklet containing 7 Challenge pages linked to each value.** An example of the booklet is enclosed with this letter.
- Pupils complete a challenge linked to each value (some ideas are listed on each page) and on completion of each page asks their teacher to sign it and put a sticker at the top of the page.

On completion of all 7 values pupils will be awarded with a certificate to show they have completed the 2012 Values Challenge.

To download the resource go to [www.learningsouthleicestershiressp.org.uk](http://www.learningsouthleicestershiressp.org.uk) and click find resources.

## Learning South Leicestershire SSP Sporting Ambassadors

Throughout 2011 and 2012 schools will be invited to train their pupils as Sporting Ambassadors.

The Sporting Ambassador programme is an initiative which empowers youngsters around the country to inspire their friends and peers and will form a key part of the London 2012 activities in schools in the run up to the Games

As part of this programme, each school will be invited to train their young people within their family of schools, led by secondary aged Sporting Ambassadors, to inspire their fellow pupils to take part in PE and school sport.

The aims of the programme are:

- To advocate the ethos and values of the Olympic and Paralympic movement
- To champion sport within local communities
- To create role models for other young people
- To aspire to inspire participation



## Learning South Leicestershire Torch Relay Challenge

During National School Sports Week 2012 (25<sup>th</sup> – 29<sup>th</sup> June 2012) schools in will be invited to take part in the LSLSSP Torch Relay Challenge. The event will engage as many schools as possible across the area to challenge their pupils to take part in a relay event for 2012 metres each – in many innovative ways. The event could happen across family of schools as part of an Olympic themed event or in individual schools. More information will be sent out to schools about how to get involved in this mass participation challenge.

## Inclusive Events

### Pan Disability Football

*Age Group: Key Stage 3 Boys and Key Stage 4 Girls*

*Date: Wednesday 30th May 2012*

*Venue: Harborough Town FC*

*Time: TBC*

*Format: Mini Soccer*

*Pathway: Inter SSP Final, Tuesday 10th July at Leicester Grammar School*

*Club Links: Mary Rudkin [mary.rudkin@leicestershirefa.com](mailto:mary.rudkin@leicestershirefa.com)*

### Pan Disability Athletics (Outdoor)

*Age Group: Year 4-13*

*Date: Wednesday 25th April 2012*

*Venue: Saffron Lane*

*Time:*

*Format:*

*Pathway:*

*Club Links:*

### Pan Disability Gymnastics

*Age Group:*

*Date: Tuesday 13th March 2012*

*Venue: Countesthorpe College*

*Time: 3.30– 5.30pm*

*Format: Key Steps*

*Pathway: Inter SSP Final, Tuesday 10th July at Leicester Grammar School*

*Club Links: Leicester Leys Gymnastics Club*

### Pan Disability Swimming

*Age Group: Year 6-11*

*Date: Individuals go straight through to Finals.*

*Venue: n/a*

*Time: n/a*

*Format:*

*Pathway: Inter SSP Final, Tuesday 10th July at Leicester Grammar School*

*Club Links: Ibstock Swimming Club*

### Inclusive Zone Basketball

*Age Group: Key Stage 3/4/5*

*Date:*

*Venue:*

*Time:*

*Format:*

*Pathway: Inter SSP Final, Tuesday 10th July at Leicester Grammar School*

*Club Links:*

For more info contact Kate Scott

## Girls Football

*Age Group: Players selected from years 5/6*

*Date: Events run through local schools leagues*

*Venue: n/a*

*Time: n/a*

*Format: Mini Soccer*

*Pathway: Inter SSP Final, 10th July School Games Championships at Leicester Grammar School*

*Club Links: \*Oadby & Wigston Girls FC\* [www.oadbyandwigstongirls.co.uk](http://www.oadbyandwigstongirls.co.uk) Lesley Batchelor, 0116 2752580 [lesley@the-batchelors.co.uk](mailto:lesley@the-batchelors.co.uk). Oadby Owls FC, Rob Farrar 07833 431945, [www.oadbyowls.com](http://www.oadbyowls.com)*

### Rules

A kick off is taken from the centre to start the game and to restart after every goal.

Substitutes may be made on a rolling basis and at anytime with the permission of the referee.

A free Kick will be awarded to the opposition after committing a foul.

Fouls include:

Hand ball; using any part of the arm from finger tip to shoulder.

Tripping, kicking or pushing an opponent

Obstruction of a player or the ball

All free kicks are direct and opponents must be 5 yards from the ball.

A penalty will be awarded when a foul is committed by the defending team in their penalty area.

A throw in is awarded to the opposite team when the ball crosses the sidelines.

Throw-ins should be taken with both hands from behind the head and with both feet on the floor when the ball is released.

A corner is awarded when the defending team kicks the ball across the goal line.

A goal kick is awarded when the attacking team kicks the ball across the goal line. Goal kicks are taken from anywhere inside the penalty area, from the floor and the ball cannot be rolling.

The goalkeeper may only use their hands in their penalty area.

A goal is scored when the ball crosses the goal line between the posts.

## Tri Golf Roots

*Age Group: Players selected from years 3/4 and 5/6*

*Date: TBC*

*Venue: TBC*

*Time: TBC*

*Format: TBC*

*Pathway: Inter SSP Final, TBC*

*Club Links: Kilworth Springs GC-Michael Bent 07966714824 [mike@michaelbent.co.uk](mailto:mike@michaelbent.co.uk). Ullesthorpe GC-Kieran Thomas [kthomasgolf@hotmail.co.uk](mailto:kthomasgolf@hotmail.co.uk).*

### Rules

Further information to follow.

## Key Steps Gymnastics

*Age Group: Players selected from years 1-6*

*Date: Tuesday 13th March*

*Venue: Countesthorpe College*

*Time: 3.30-5.30pm*

*Format: 4in a team, Key Step 1 for years 1/2, Key Step 2 for years 3/4, Key Step 3 for years 5/6*

*Pathway: Inter SSP Final, 10th July School Games Championships at Leicester Grammar School*

*Club Links: Oadby and Leicester Gymnastic Club-Jon Mutch 07813 205852, e-mail:*

*[mutchie19@hotmail.co.uk](mailto:mutchie19@hotmail.co.uk). Huncote Gym and Trampoline Club, Kelly Smith, Huncote Pavilion, 0789 4851426, Kelly--leigh@hotmail.com*

# Key Steps Gymnastics Continued...

## Rules

Gymnasts who have competed in any NDP competition in any discipline are NOT eligible

Gymnasts should NOT have competitive affiliation to British Gymnastics

The vault height should be approximately 100cm, with suitable landing mats, springboard and matted run up

Matted area for floor exercises should be at least 200cm x 800cm x 3.5cm

Matted area for conditioning exercises should be at least 200cm x 400cm x 3.5cm

No Gymnasts to wear jewellery.

Gymnasts can be prompted by a teacher, if needed during their routine but may receive point deductions.

## Kwik Cricket

*Age Group: Players selected from years 5/6 Mixed competition and Girls only competition*

*Date: Wednesday 13th June 2012*

*Venue: Kibworth CC*

*Time: 9.30am-3pm*

*Format: 8 players in a team*

*Pathway: Inter SSP Final, Girls only 20th June at Uppingham CC, Mixed 21st June at Kibworth CC*

*Club Links: Kibworth CC. Stoughton & Thurnby CC-Mr Simon Gilford , [www.sandtcc.play-cricket.com](http://www.sandtcc.play-cricket.com)*

## Rules

*Batting & scoring:* The batting side shall be divided into pairs, each pair batting 2 overs, with a new pair starting at the end of the second, fourth and sixth overs.

Each team starts batting with a score of 200 runs.

Each time a batter is out, 5 runs are deducted and the other batter of the pair faces the next ball.

A batter may be out bowled, caught, run out, stumped, hit wicket.

There is no LBW law unless the batter deliberately blocks the ball with a leg/foot.

Runs will be scored in the normal way, and if a batter misses the ball or if it hits their body they may still run and score byes.

A ball that is too far from the batter to strike will be called a wide. A ball will not be called a wide if the batter manages to hit it.

If a ball bounces more than once before reaching the batsman, or above shoulder height without bouncing, it will be called a no ball.

2 runs will be awarded to the batting team for each wide ball and no-ball bowled, but no extra ball will be allocated, except in the final over of each innings when, in addition to the 2 runs, an extra ball will be bowled.

At the end of the first 2 overs, the first pair of batters retires and is replaced by the second pair until all 4 pairs have batted for 2 overs each. The second team then bats for its 8 overs.

*Bowling and fielding:* Each player on the fielding side must bowl 1 over.

Bowling will take place from one end only, and should be over arm where possible

Players on the fielding side DO NOT need to rotate fielding positions.

With the exception of the wicketkeeper, no fielder is allowed within 10 yards of the batter until the ball is played by the batter.

No fielder may field within 10 yards of the wicket, measured from the middle stump except behind the wicket on the off-side. A fielder may move into the restricted area to make a catch or field a ball provided he/she was outside the area when the stroke was made.

*The result:* The team with the highest score wins. In the event of a tie the teams taking more wickets will be the winner. If it is equal, each player bowls 1 ball at the wickets (no batter) with the team scoring the highest number of strikes the winner.

## Mini Tennis Red

*Age Group: Players selected from years 3/4*

*Date: Wednesday 20th June 2012*

*Venue: Lutterworth College*

*Time: after-school*

*Format: 2 boys and 2 girls in a team*

*Pathway: Inter SSP Final, 10th July School Games Championships at Leicester Grammar School*

*Club Links: \*Oadby TC\*-George Milne 0116 2883815 [info@oadbytennis.co.uk](mailto:info@oadbytennis.co.uk) [www.oadbytennis.co.uk](http://www.oadbytennis.co.uk).*

*Wigston TC-Robert Humberstone 0116 2915829 [hxf@ntlworld.com](mailto:hxf@ntlworld.com). Kibworth TC-Paul Bradfield 07753 862436.*

### Rules

Mini Tennis Scoring does not use traditional tennis scoring i.e. 15, 30, 40 etc.

Instead, simple numbered scoring is used, i.e. 1, 2, 3, 4 etc.

Several possible options can be adopted for tournaments:

**'First to 10':** This is called a Match Tie Break. A benefit of this option is that it is most realistic to a real match situation.

On average, a Match Tie Break (with 1 or 2 point clear gap) takes 10 minutes to play.

**'Timed':** Players play for a set period of time, until the whistle blows. The length of matches depends on time available and amount of entries. A benefit of this option is that you can plan exactly how long matches will last and therefore, the overall time your competition will take.

**The serve is decided by a 'toss' at the start of the match.**

The nominated person serves for the first point; it then alternates every 2 points.

When serving, players should stand behind the inner back tramline.

When serving, the ball must not be bounced before being hit.

**The serve must be hit 'under-arm'.**

Serves should be hit diagonally, landing anywhere in the opposite diagonal quarter of the court.

Players stay at the same end of the court for the entire match.

Each court should have a helper/scorer, who calls out the scores and helps out with decisions (the use of a tennis leader is great here).

## Netball High 5

*Age Group: Players selected from years 5/6*

*Date: Wednesday 14th March 2012 for BH schools, Wednesday 25th April for OW schools*

*Venue: Brockington College (BH), South Wigston High School (OW)*

*Time: After School*

*Format: 7-9 players in a squad*

*Pathway: Inter SSP Final, 10th July School Games Championships at Leicester Grammar School*

*Club Links: \*Knighton Netball Club\*-Mrs Julie Hunt 0116 2129387 / 07932 776549 e-mail:*

*david.hunt18@ntlworld.com, Summer Venue - Bushloe High School/Winter Venue - Sir Jonathan North Community College*

### Rules

On-court positions: GS, GA, C, GD, GK.

Off-court positions: Scorers (S), Time Keeper (TK), Centre Pass Marker (CPM).

Players must rotate positions and play at least two quarters, in two different

*Start of play:* Centre pass is taken alternately—ball must be thrown within 4 seconds

All players must be in their own area, except centre, until the whistle blows

The ball must be caught or touched in the centre third

Obey the Footwork rule—no moving feet once in the centre circle.

*Playing the Ball (Do Not):* Deliberately kick the ball. Bounce the ball more than once. Roll the ball to another player, throw the ball while sitting /lying on the ground. Use the goalpost as support in receiving the ball going out of court or to gain balance, Throw a ball over a complete third without it being touched or caught by another player in that third. Regain possession of the ball, having dropped or thrown it, before it has been touched by another player.

## Netball High 5 Continued...

*Footwork:* When receiving the ball - land 1 foot then the next foot (2) but the first foot that touches the ground must remain grounded until they release the ball their foot 2 may be moved to help them pivot and face the way they are going to throw

A player in possession of the ball may not – Drag or slide the landing foot, hop or jump from both feet and land without releasing the ball before landing.

A player is off-side by entering an area of the court they are not allowed

*Out of court:* Players touching the ball with a foot outside the court (on the line is in) or the ball goes out of court Throw in is taken from where the ball left the court and can only be taken by the player allowed in that area.

*Defending, Obstruction & Contact:* **Defending the ball in a player's hands by out stretching the arms is not permitted.** The defending player is allowed one jump to intercept from at least 1m (Jumping up and down in front of a player is not allowed) Netball is a non-contact sport no players shall knock/push or interfere with play.

*Scoring a Goal:* A goal is scored when the ball passes completely through the ring from top to bottom and can only be scored by Goal Shooter (GS) or Goal

Attack (GA) within the shooting circle. If goal is scored by any other player the game continues.

*Free Pass –* Awarded when there is an infringement of the playing the ball rule, footwork rule, offside rule and is awarded to the team any on that is allowed in the area can take the free pass

*Penalty Pass/Shot –* Awarded when obstruction/contact occurs if in the shooting circle then GS/GA may shoot for goal or pass, if outside the circle the player must pass. The player that infringed must stand by the side of the player taking the penalty until they have released the ball.

## Quicksticks Hockey

*Age Group:* Players selected from years 4/5

*Date:* Wednesday 18th April 2012

*Venue:* Leicester Grammar School

*Time:* TBC

*Format:* 4 a-side plus substitutes

*Pathway:* Inter SSP Final, 10th July School Games Championships at Leicester Grammar School

*Club Links:* \*South Leicester Youth Hockey\*-David Hogg 0116 2478728 e-mail: [davidhogg@lineone.net](mailto:davidhogg@lineone.net)

*Training—Guthlaxton College. Leicester Ladies HC-Sarah Treanor.*

### Rules

A Centre Pass starts a game alternating between the teams and at the start of each period, with all players in their own half, 3 meters away from the ball.

After a goal is scored the Centre Pass is given to the non scoring team.

A goal is scored when the ball completely crosses the goal line from within the attacking half. A penalty goal is awarded if a defending player deliberately stops the ball crossing the goal-line with their feet or body.

A Free Pass is taken from where the offence occurs, opposing players must be 3 meters away from the ball. The Free Pass taker can only touch the ball once before it is touched by another player.

*A Free Pass is awarded when;*

The ball crosses the side line; taken from where the ball left the pitch.

The ball crosses the back line by the attacking team; taken from the top of the shooting circle in line with the centre spot, attacking team in defending third of pitch.

The ball crosses the back line by the defending team; taken from corner on the side of the goal the ball crossed the line.

A player kicks, propels, picks up, throws or carries the ball (it is not an offence if the ball touches the players foot, only if it breaks down play or creates a disadvantage.)

A player attempts to play a ball above the knee with their stick.

A player uses the (rounded) back side of the stick.

Whilst striking the ball, causes any actual or possible danger to themselves or other players.

A player obstructs by running between the ball and opponent.

Holds, charges, kicks, pushes intentionally trips or strikes any player or umpire.

Plays the ball dangerously.

Players can be sent to the sin bin for a 2 minute suspension if they persist in breaking the rules.

# Sportshall Athletics Primary

*Age Group: Athletes selected from years 5/6*

*Date: Thursday 15th March 2012, Tuesday 6th March*

*Venue: Beauchamp College, Countesthorpe College*

*Time: 3-5pm, 3.45-5.30pm*

*Format: Minimum squad of 9 Boys and 9 Girls, Maximum of 15 Boys and 15 Girls.*

*Pathway: Inter SSP Final, Thursday 22nd March 2012 at Braunston LC*

*Club Links: Owls Athletics Club Wayne Walker 07973 824638 e-mail: [waynejwalker@hotmail.com](mailto:waynejwalker@hotmail.com), [www.owlsac.org.uk](http://www.owlsac.org.uk)*

## Rules

Track events include:

Obstacle Relay

1+1 Lap Relay

2+2 Lap Relay

6 Lap Paarlauf

Over/Under Relay

4x1 Lap Relay

Field events include:

Indoor Javelin

Chest Push

Standing Long Jump

Standing Triple Jump

Vertical Jump

Speed Bounce

Each competitor may compete in a maximum of two track and two field events each.

# TAG Rugby

*Age Group: Players selected from years 5/6*

*Date: Wednesday 28th March*

*Venue: Market Harborough RFC*

*Time: 1-4.30pm*

*Format: 8 a-side plus substitutes (Any mix of boys and girls)*

*Pathway: Inter SSP Final, w/b 21st May 2012 TBC*

*Club Links: Oadby Wyggestonian RFC-Andy Beevers 0116 2883480, e-mail: [andy@beevs.fsnet.co.uk](mailto:andy@beevs.fsnet.co.uk), [www.owrfc.com](http://www.owrfc.com), Oval Park. \*South Leicester RFC\*-Brian Kirkpatrick 07967 936339 / 0116 2403234, Club House: 0116 2882066, Welford Road*

## Rules

*Free pass* A free pass from the centre of the pitch is used to start the game, and after every time a try is scored. It is also used at the side of the pitch when the ball goes in touch and from where the referee makes a mark after an infringement has been made.

Free passes cannot be taken nearer than 7m from the goal line. The pass must go backwards to a member of the team starting 2m away from the taker.

Opponents must be 7m away.

*Scoring* **To score a try the ball must be placed down behind the opponents scoring line (no diving). Try's are worth 5 points.**

*Passing* Passes must be made sideways or backwards. If the ball is passed forward or handed to a team mate the opposition is awarded a free pass. Also if the ball is grabbed from the hands a free pass is awarded.

## TAG Rugby Continued...

*The Tag* The tag is the removal of one of the tags from the ball carriers belt. The ball carrier can dodge but not prevent their tags being taken. Players must have 2 tags to be part of the game.

When the ball carrier is tagged they must pass the ball within 3 seconds, the ball carrier has 1 step to score a try once tagged.

After being tagged the player must retrieve and re-attach their tag before re-joining the game. The player making the tag must give the tag back to the player it came from and must not throw it on the floor.

*Knock on* A knock on occurs when a player attempting to catch the ball fumbles or drops it forwards, a free pass is awarded.

*Offside* When a tagged player is passing the ball all opposition players must return to behind the ball and cannot interfere with pass unless they have started behind the ball. If this does occur, a free pass will be given.

## Badminton

*Age Group: Key Stage 3, Key Stage 4*

*Date: Thursday 25<sup>th</sup> November for Key Stage 4, Thursday 2<sup>nd</sup> December 2010 for Key Stage 3.*

*Venue: Beauchamp College*

*Time: After School*

*Format: 4 boys in a team and 4 girls in a team.*

*Pathway: Inter SSP Final, Monday 24<sup>th</sup> January 2011 for KS 3 Girls, Wednesday 26<sup>th</sup> January 2011 for KS 4 Boys and Girls, Thursday 27<sup>th</sup> January for KS 3 Boys. [Centre Parcs National Cup]*

*Club Links: Guthlaxton Junior Badminton-Mac Dodge on 07762332367, Friday 5pm to 6pm, Guthlaxton College.*

### Rules

Teams will consist of 4 players, ranked in order of singles playing ability

Teams may bring a 5th player as a reserve but only 4 can play in any one match.

Matches will consist of 5 games: 2 x singles and 3 x doubles, with each player playing 2 games. The playing format for a match is below;

1st Game: Singles (highest 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 the non-singles players)

5th Game: Doubles (second singles player & the other non-singles player)

Each game will be 1 set to 21 points, using Rally points scoring system, with no extended scoring or setting

**If teams are tied, the winners will be decided according to Badminton England's National Schools Championship rules.**

## Basketball

*Age Group: U14*

*Date: Monday 15th December 2011*

*Venue: Bushloe*

*Time: 3.30-5.30*

*Format: Separate Boys and Girls Competition*

*Pathway: Inter SSP Final, Girls Thursday 2nd February, Boys Friday 3rd February at @ Beauchamp*

*Club Links: \*Beauchamp Leicester Cannons\*-Mandy Pollard 07956 211168 mandy.pollard@btinternet.com  
www.leicestercannons.co.uk*

### Rules

Each squad on the day is encouraged to field up to 10 players, one of whom shall be the captain. Each team should also have a coach.

Five players from each team shall be on the court during playing time and be substituted within the provisions contained in these rules.

Half court Man to Man defences only will be permitted.

Each team shall have one time out per half (lasting approximately 30 seconds).

#### *Play*

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.

## Basketball Continued...

One step while holding ball.

One dribble – a dribble is a continuous bouncing action.

### *Violations*

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

### *Violations Include:*

*Deliberately* kicking the ball or striking it with a fist.

Knocking the ball out of the court.

Dribbling with two hands on the ball at once or letting the ball come to rest then continuing to dribble (Double Dribble).

Running with the ball (Travelling).

### *Fouls*

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

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

Each team is allowed 5 team fouls in each period, ie. the penalty will apply on the 6th team foul, with the opposing team receiving 1 foul throw for 2 points.

## Cheerleading

Age Group: Players selected from years 7-9

Date: Tuesday 22nd May 2012

Venue: South Wigston High School

Time: After School

Format:

Pathway: None

Club Links: Huncote Gym and Trampoline Club, Kelly Jones, Huncote Pavilion, 0789 4851426, Kelly--leigh@hotmail.com

### Rules

More information to follow.

# Indoor Cricket—Girls

*Age Group: U13, U15*

*Date: w/b 14th February*

*Venue: Robert Smyth School*

*Time: After School*

*Format: Lady Taverners(8 a-side)/Inter Cricket (6 a-side)*

*Pathway: Inter SSP Final, Tuesday 15th March U13 Girls, Wednesday 16th March U15 Girls, Thursday 17th March U13 Boys, Friday 18th March U15 Boys*

*Club Links: Kibworth CC. Stoughton & Thurnby CC-Mr Simon Gilford [www.sandtcc.play-cricket.com](http://www.sandtcc.play-cricket.com)*

## Rules

It will be the responsibility of the Competition Organiser to set the allocated number of overs per match – 6 overs minimum and 12 overs maximum per innings.

### *Batting*

Batters may run on any ball whether it is hit or not

Batters must retire when their total has passed 25 (all runs will count, i.e. A batter is on 20 and hits a 6 they retire on 26)

Retired batters can continue their innings if only 1 batter remains

A single batter may remain with the support of a runner – who can be run out

The innings will be declared closed when:

All batters are out

The allocated number of overs has been bowled by the fielding team.

For the second innings all overs will be bowled unless the all the batters are out

The LBW law will not be applied unless the batter deliberately blocks the ball from hitting the wicket

Batters can be caught out off of any wall or the ceiling except for the boundary wall

### *Bowling*

The wicket keeper will be the only player who cannot bowl.

All bowlers must bowl overarm. Only 6 balls to be bowled in any over.

2 Runs will be awarded to the batting team for each wide ball and no ball bowled but no extra ball will be allocated, except in the final over of each innings when in addition to the 2 runs an extra ball will be bowled.

At least 50% of the team must bowl. No bowler may bowl more than 3 overs.

All bowling to be bowled from one end only.

ECB Fast Bowling Directives will NOT apply to this competition

### *Fielding*

Fielders in front of the batter must stand at least 8 yards from the batter or against the wall, whichever is closer.

The umpire must stop the game in the event of rule 11.1 being broken and must ensure the fielder is further than 8 yards away from the batter before play resumes.

### *Scoring*

Add 2 extra runs to the team score for each no ball or wide bowled by the opposing team.

Extras should not be added to the batters score except no balls where additional runs are scored (example – a no ball is bowled, 2 runs are added to extras, the batter hit it for 4 – this goes on the batters score and the team score – overall team runs scored for this delivery is 6).

1 run will be awarded if the ball hits the wall and the batters do not run. The ceiling counts as a wall

2 runs will be awarded if the ball does not hit the wall and the batters complete a run

3 runs will be awarded if the ball hits the wall and the batters complete a run. The ceiling counts as a wall

4 runs will be awarded if the ball hits the back wall without hitting the wall but bounces.

6 runs will be awarded if the ball hits the back wall without hitting the wall but does not bounce

Score sheets will be provided by the Competition Manager

1 run shall be awarded if the ball is thrown by a fielder following fielding the ball and the ball hits any wall or the ceiling. This rule can apply more than once during the same delivery.

## Indoor Rowing

*Age Group: Key Stage 3, Key Stage 4*

*Date: Tuesday 25th October 2011*

*Venue: South Wigston High School*

*Time: 3.30-5pm*

*Format: Team of 4 boys and 4 girls per Key Stage*

*Pathway: Inter SSP Final, Tuesday 10th July at Leicester Grammar School*

*National Schools League [www.concept2.co.uk](http://www.concept2.co.uk)*

*Club Links: None*

### Rules

Races will include:

8 minute boys race, 8 minute girls and 16minute mixed race. All distances will be added together to get a total team distance.

Individual races will also take place to identify the top 4 boys and girls to qualify for county finals.

Year 9—4 minutes

Year 10—5 minutes

Year 11—6 minutes

## Netball

*Age Group: Players selected from year 7*

*Date: Wednesday 21st March 2012*

*Venue: Thomas Estley*

*Time: After School*

*Format:*

*Pathway: Inter SSP Final, 10th July School Games Championships at Leicester Grammar School*

*Club Links: \*Knighton Netball Club\*-Mrs Julie Hunt 0116 2129387 / 07932 776549 e-mail:*

*david.hunt18@ntlworld.com, Summer Venue - Bushloe High School/Winter Venue - Sir Jonathan North Community College*

### Rules

*Starting or Restarting the Game:*

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.

## Netball Continued...

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.

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.

## Swim Gala

*Age Group: Key Stage 4/5, Key Stage 3*

*Date: Wednesday 7<sup>th</sup> December 2010, Wednesday 7<sup>th</sup> March 2011*

*Venue: Leicester Grammar School*

*Time: After School*

*Format: 5 boys, 5 girls*

*Pathway: None*

*Club Links:*

### Rules

All competitors must be from school years 7 to 9.

Pupils may compete in a maximum of 5 events.

Event will be swum to A.S.A. law and technical rules.

The swimming competition will consist of:

#### INDIVIDUAL EVENTS

25m and 50m in each of the following strokes- butterfly, backstroke, breaststroke, freestyle.

100m Individual Medley which will consist of equal distances of 4 strokes in the following order: Butterfly, back-stroke, breaststroke, freestyle

#### TEAM EVENTS

Freestyle team and medley team (backstroke, breaststroke, butterfly and freestyle). Each team consists of 4 swimmers.

Mixed relay should have four female and 4 male swimmers.

All competitors must be competent at a shallow racing dive to start a race from a dive.

AWARDS – Points for each team will be awarded as follows

1<sup>st</sup> – 6 points, 2<sup>nd</sup> – 5 points, 3<sup>rd</sup> -4 points, 4<sup>th</sup> – 3 points, 5<sup>th</sup> -2 points, 6<sup>th</sup> -1 point.

## Swim Gala Continued...

**RESPONSIBILITY** –Each school must bring at least two adults one of which must be a teacher. One adult must be present on poolside to supervise their team and the other to help to officiate.

**WARM UP** – the warm up will take place between 4p.m. and 4.30p.m. Each school will be allocated a lane. There must be no diving in the warm up until sprint lanes have been announced. The team manager must supervise the warm up from behind the blocks at the deep end.

**CHANGING** –Pupils to get changed in the changing room allocated to their team. No valuables should be left in the changing rooms. Valuables should be collected by the teacher in charge in a clearly marked box and they will be able to place them in them in a locked safe.

Space on poolside is limited so please bring a small bag for your belongings.

**POOLSIDE** – There should be no big bags taken onto poolside. No outdoor footwear to be worn on poolside. Pupils should be a t-shirt etc to wear on poolside and a towel. (Can be kept in a small bag). No food to eaten on poolside.

## Sportshall Athletics Secondary

*Age Group: Athletes selected from years 7 and 8*

*Date: Thursday 22nd March 2012*

*Venue: Beauchamp College*

*Time: 3-5pm*

*Format: Minimum squad of 5 Boys and 5 Girls, Maximum of 8 Boys and 8 Girls for each year group.*

*Pathway: Inter SSP Final, Thursday 29th March 2012 at Braunston LC*

*Club Links: Owls Athletics Club Wayne Walker 07973 824638 e-mail: [waynejwalker@hotmail.com](mailto:waynejwalker@hotmail.com), [www.owlsac.org.uk](http://www.owlsac.org.uk)*

### Rules

To ensure the ethics of Fair Play, time penalties, rather than disqualification will be enforced on any athlete/ team breaking the rules.

Each athlete may compete in a maximum of three track events and two field events.

Each team must be accompanied by at least one teacher or team manager, who will be fully responsible for the team at all times.

#### *Individual Events*

2 Lap Sprint [Boys x2, Girls x2]

6 Lap middle distance race [Boys x2, Girls x2]

#### *Pairs Events*

8 Lap Paarlauf (each athlete completes a chosen number of laps) [Boys x2, Girls x2]

#### *Relays (4 athletes per team)*

4X1 Lap Sprint Relay (each athlete completes 1 lap) [Boys x4, Girls x4]

4X2 Lap Sprint Relay (each athlete completes 2 laps) [Boys x4, Girls x4]

Hurdles Relay (each athlete completes 1 lap) [Boys x4, Girls x4]

#### *Field Events*

Standing Long Jump [Boys x2, Girls x2]

Standing Triple Jump [Boys x2, Girls x2]

Vertical Jump [Boys x2, Girls x2]

Shot [Boys x2, Girls x2]

Speed Bounce (30 seconds) [Boys x2, Girls x2]

## Team Table Tennis

*Age Group: Players selected from year 6 for U11, years 7/8 for U13, years 9/10/11 for U16 and years 12/13 for U19*

*Date: Monday 14th November 2011*

*Venue: South Wigston High School*

*Time: 3.30-5pm*

*Format: 4 Boys in a team, 4 Girls in a team.*

*Pathway: County Final, Saturday 26<sup>th</sup> November for U11 and U13, Saturday 27<sup>th</sup> November for U16 and U19 at Leicester Grammar School [Open Entry].*

*Club Links: Knighton Table Tennis Club 168-174 Avenue Road Extension, -Shirley Pickering 07766 460277.*

### Rules

A match consists of the best of 5 games eg 3-0, 3-1, 3-2

A game is won by the player scoring 11 points first.

If both players score 10 points, then the game is won when one player has a lead of 2 points e.g. 13-11

The person who wins the toss will serve first in the first game; after 2 points, the receiver becomes the server and so on after each 2 points until the end of the game. If 10-10 is reached, the service is alternate.

For the second game, the initial receiver serves first and in subsequent games it alternates

A good service starts with the ball resting on the palm of the hand with the ball thrown upwards about 6 inches (16 cm); the server hits the ball from behind the end of the table so it bounces on his side of the table and then on the other side.

A good return is made when the receiver hits the ball over the net on to the other side of the table.

A point finishes when the ball is hit by the player so that it does not bounce on the other side of the table – i.e. it goes off the table or into the net

A let service is when the server serves the ball and it touches the net and hits the other side; then the service is repeated until good.

A let will be called by the umpire if a ball comes into the playing area from an adjoining table

The bat will have red on one side and black on other.

## Tennis

*Age Group: Players selected from years 7/8*

*Date: Wednesday 23rd May 2012*

*Venue: Lutterworth College*

*Time: after-school*

*Format: 2 boys and 2 girls in a team*

*Pathway: Inter SSP Final, Tuesday 3rd July 2012 at Lancaster School*

*Club Links: \*Oadby TC\*-George Milne: 0116 2883815 [info@oadbytennis.co.uk](mailto:info@oadbytennis.co.uk) [www.oadbytennis.co.uk](http://www.oadbytennis.co.uk).*

*Wigston TC-Robert Humberstone 0116 2915829 e-mail: [hxf@ntlworld.com](mailto:hxf@ntlworld.com). Kibworth TC-Paul Bradfield 07753 862436.*

### Rules

Each tie will consist of 4 singles games and 2 doubles games:

Boy 1 v Boy 1

Boy 2 v Boy 2

Girl 1 v Girl 1

Girl 2 v Girl 2

Boys Doubles

Girls Doubles

*Scoring* Traditional tennis scoring should be used i.e. 15,30,40 etc

**Players play a 'short set', which is first to 4 games, with a tie break to 7 points if the score reaches 4-4.**

# Volleyball

*Age Group: Year 9/10*

*Date: TBC*

*Venue: TBC*

*Time: TBC*

*Format: 4 in a team (Boys, Girls or Mixed—same competition)*

*Pathway: Inter SSP Final, Tuesday 10th July at Leicester Grammar School*

*Club Links:*

## Rules

More information to follow.

## Other Info and Contacts

### *Oadby & Wigston Primary School Sports Association*

Chairperson—Tim Sutcliff (Glen Hills)

[www.ow-ssa.org.uk](http://www.ow-ssa.org.uk)

### *Blaby & Harborough Primary School Sports Association*

#### Blaby

Chairman—Paul Taylor (Enderby Danemill)

e: [ptaylor08@hotmail.co.uk](mailto:ptaylor08@hotmail.co.uk)

t: 0116 286 2674

#### Harborough

Chairman—Rob Ager (Fleckney)

e: [rager@fleckney.leics.sch.uk](mailto:rager@fleckney.leics.sch.uk)

t: 0116 240 2288

#### Small Schools

Chairperson—Sarah Holmes (North Kilworth St Andrews)

e: [s.holmes@st-andrews.leics.sch.uk](mailto:s.holmes@st-andrews.leics.sch.uk)

t: 01858 880430

### *Oadby & Wigston Borough Council*

Avril Lennox (Sports Development Officer)

e: [avril.lennox@oadby-wigston.gov.uk](mailto:avril.lennox@oadby-wigston.gov.uk)

t: 0116 257 2673

[www.oadby-wigston.gov.uk](http://www.oadby-wigston.gov.uk)

### *Blaby District Council*

Abdul Asghar

e: [abdul.asghar@blaby.gov.uk](mailto:abdul.asghar@blaby.gov.uk)

t: 0116 272 7707

[www.blaby.gov.uk](http://www.blaby.gov.uk)

### *Harborough District Council*

Marianne Boyle (Sports Development Officer)

e: [M.Boyle@harborough.gov.uk](mailto:M.Boyle@harborough.gov.uk)

t: 01858 821289

[www.harborough.gov.uk](http://www.harborough.gov.uk)

[www.harboroughsport.co.uk](http://www.harboroughsport.co.uk)

### *Leicester-Shire & Rutland Sport*

e: [lrsport@lboro.ac.uk](mailto:lrsport@lboro.ac.uk)

t: 01509 564 888

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



*Gold Partner  
2011/12*

