



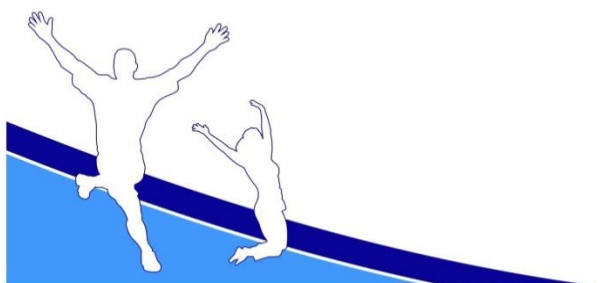
# **Summary of Competition Rules and Formats**

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The rules and formats in this document are provided by the National Governing Bodies of Sport and are for the recommended level of competition for primary school age pupils. These rules can be subject to change due to time, space and facilities available. If you are unsure about any details, please contact your SSCO or SGO for further information. Your SSCO will provide you with all competition details, along with a copy of your local SSP Competition Calendar and relevant entry forms.

Please contact your SSCO for rules and formats relating to events specific to your cluster.



# Cross Country

## Age Category

Fun Run - Years 1,2,3,      Qualifying pathway - 4, 5 & 6

## Pathway (ONLY FOR YRS 4-6)

PSP competitions → Kirklees Final → West Yorkshire School Games →

National Final (individuals)

The 1<sup>st</sup> place team from each PSP competition plus the best 2<sup>nd</sup> place in each Y4-6 category as well as any outstanding individuals will be invited to the Kirklees final.

## Team Requirements -

**KS1- Mixed 'teams'**

**KS2 - Separate Boys and Girls teams**

**PSP** – Unlimited runners in all categories allowed

**Kirklees Final** – limited to 5 runners per qualifying team

**All competitions** – first 4 runners make up your team score (Finishing positions will be added together for the team time score – the lowest score wins)

## Race Distances:

Year 1 & 2 - Approx. distance 600 metres

Year 3 – 4 - Approx. distance 900 metres

Year 5 – 6 - Approx. distance 1500 metres

# U11 Sports hall Athletics

- **Age Category** – Year 5/6, 3/4 & KS1
- **Pathway Y5/6 only – Family/Cluster competition** → top 2 to PSP final → top 2 to Kirklees Final → top 2 to West Yorkshire School Games
- **Team requirement** –
  - Teams are made up of a minimum of 9 Boys and 9 Girls and a maximum of 15 Boys and 15 Girls.
  - Each athlete may compete in a maximum of 2 track and 2 field events. (the number of Boys and Girls needed for each are on the attached team sheets). Please make sure that children only take part in a maximum of 1 field event per round.

**Any school with fewer athletes are encouraged to take part. Please inform the event organiser of any athlete competing in more than 2 track or 2 field events as these will not count towards the final points total.**

Please follow the link below for further rules and guidance:

<http://www.sportshall.org/primary/primary-sportshall/primary-sportshall-competition/teachers-downloads?menu-item=menu-item-471>



Sports Hall Athletics Track Events

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

### Girls Team Sheet

Event	Runner 1	Runner 2	Runner 3	Runner 4
Obstacle relay				
1 + 1 Hurdles				
1 + 1 Relay				
2 + 2 Relay				
6 lap paarlauf				
4 + 1 relay				

### Boys Team Sheet

Event	Runner 1	Runner 2	Runner 3	Runner 4
Obstacle relay				
1 + 1 Hurdles				
1 + 1 Relay				
2 + 2 Relay				
6 lap paarlauf				
4 + 1 relay				

## Sports Hall Athletics Field Events (Round-by-Round)

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

### Girls Team Sheet

Event	Round One	Round Two	Round Three
Chest Push			
Standing Long Jump			
Standing Triple Jump			
Vertical Jump			
Speed Bounce			
Soft Javelin			

### Boys Team Sheet

Event	Round One	Round Two	Round Three
Chest Push			
Standing Long Jump			
Standing Triple Jump			
Vertical Jump			
Speed Bounce			
Soft Javelin			

# Hockey – Quicksticks

**Pathway** – Family/Cluster competition ➡ Kirklees Final ➡ Top 4 to West Yorkshire School Games

**Age Category** – Year 5/6

**Team requirements:**

- Teams of 4 with maximum of 6 in squad
- Teams can be mixed or single sex
- No goalkeepers

In depth rules can be found at [http://www.playquicksticks.co.uk/?cat\\_id=35&level=1](http://www.playquicksticks.co.uk/?cat_id=35&level=1)

# Netball Hi 5

**Pathway** – Family/Cluster competition ➡ Top team to PSP Final ➡ Top 2 to Kirklees Final ➡ Top 2 to West Yorkshire School Games

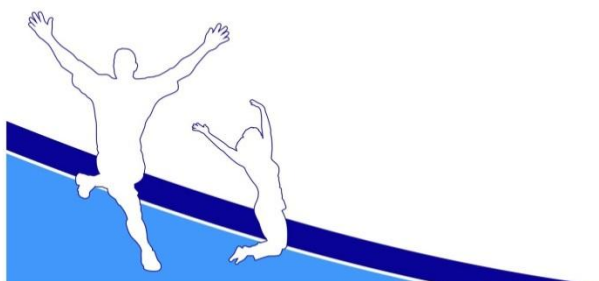
**Age Category** – Year 5/6

**Team requirements:**

- Squad of 7-9 players
- 5 players on court
- Maximum of 3 Boys allowed (there should never be more than 2 boys on the court)
- Teams must follow the correct rotations sheet depending on the number of players in the squad. Rotations take place at the half time and the start of each match.

In depth rules will be sent to you closer to your qualifier and can be found at

<https://www.englandnetball.co.uk/high5/>



**TEAM ROTATION SHEET**  
Squad of 7

To avoid 3 boys on court after rotation 6 go back to rotation 1



	NAME	SCORER	GA	GD	TK	C	GS	GK
1	BOY/GIRL							
2	GIRL	GA	GD	TK	C	GS	GK	SCORER
3	GIRL	GD	TK	C	GS	GK	SCORER	GA
4	GIRL	TK	C	GS	GK	SCORER	GA	GD
5	GIRL	C	GS	GK	SCORER	GA	GD	TK
6	BOY/GIRL	GS	GK	SCORER	GA	GD	TK	C
7	BOY/GIRL	GK	SCORER	GA	GD	TK	C	GS

**TEAM ROTATION SHEET**  
Squad of 8

After rotation 8 go back to rotation 1



	NAME	SCORER	C	GA	TK	GD	CPM	GS	GK
1	BOY/GIRL								
2	GIRL	C	GA	TK	GD	CPM	GS	GK	SCORER
3	GIRL	GA	TK	GD	CPM	GS	GK	SCORER	C
4	GIRL	TK	GD	CPM	GS	GK	SCORER	C	GA
5	GIRL	GD	CPM	GS	GK	SCORER	C	GA	TK
6	GIRL	CPM	GS	GK	SCORER	C	GA	TK	GD
7	BOY/GIRL	GS	GK	SCORER	C	GA	TK	GD	CPM
8	BOY/GIRL	GK	SCORER	C	GA	TK	GD	CPM	GS

**TEAM ROTATION SHEET**  
Squad of 9

After rotation 9 go back to rotation 1



	NAME	SCORER	GA	TK	GD	SCORER	C	GS	CPM	GK
1	GIRL									
2	GIRL	GA	TK	GD	SCORER	C	GS	CPM	GK	SCORER
3	GIRL	TK	GD	SCORER	C	GS	CPM	GK	SCORER	GA
4	GIRL	GD	SCORER	C	GS	CPM	GK	SCORER	GA	TK
5	GIRL	SCORER	C	GS	CPM	GK	SCORER	GA	TK	GD
6	GIRL	C	GS	CPM	GK	SCORER	GA	TK	GD	SCORER
7	BOY/GIRL	GS	CPM	GK	SCORER	GA	TK	GD	SCORER	C
8	BOY/GIRL	CPM	GK	SCORER	GA	TK	GD	SCORER	C	GS
9	BOY/GIRL	GK	SCORER	GA	TK	GD	SCORER	C	GS	CPM

# Gymnastics – Key Step

**Pathway** – PSP Competition ➡ top 2 from each category to Kirklees Final ➡ Top team from each category to West Yorkshire School Games

**Age Groups** - 3/4 Foundation and Advanced & 5/6 Foundation and Advanced

- Teams must enter the Advanced competition if 1 or more competitors trains for more than 2 hours a week in Gymnastics.

## Team Requirements

- 5 in a team top 4 results in each discipline count towards team score
- Teams can be mixed or single sex

**Format** – The competition consists of Floor, Vault and Body Management routines with the top 4 results to count towards your team score. **Please see below for the routines, diagrams can be found in the Key Step competition folder or by searching Google images.**

## Year 3/4 Foundation and Advance routines:

### Floor

- Step forwards, bring feet together, forward roll to stand
- Step hop, step hop, step forwards into arabesque
- Bring feet together, 180° jump
- Backward roll to kneel
- Front support position, one press up
- Turn through side support into back support
- sit, shoulder stand, roll to stand
- Quarter turn and cartwheel

### Vault Level 2

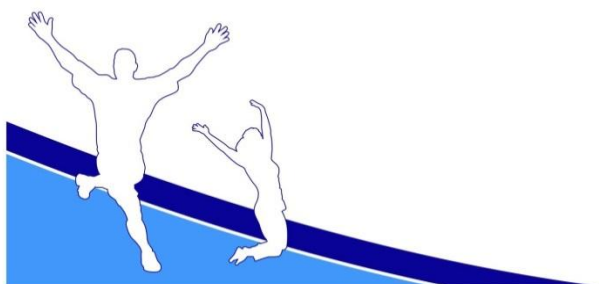
Perform 2 vaults. The same vault can be performed twice or one of each:

- a) Squat onto vault lengthways, stand up, walk to end, stretch jump off
- b) Squat onto vault lengthways, stand up, walk to end, tuck jump off

N.B Level 2 vaults may be performed with or without a springboard and may use a vaulting box or trestle table.

### Body Management

- 5 x bounces with a skipping rope
- Lay down, Dish shape with 1 leg extended at a time
- Sit up and press towards ½ lever
- Straddle legs and lean towards Japana fold (back must be flat)
- Lay down, roll over and lift into Arch
- Show front support and lower to floor
- Kneel up and show splits position all 3 ways (as low as ability allows)
- Shoulder flexibility
- Stand up, standing broad jump



## Floor

1. Round off OR Fast cartwheel (starting facing forward and landing facing backwards 1 foot at a time joining second foot to first foot)
2. Side scale balance (towards Y balance or if preferred full Y balance, but this doesn't get any more marks)
3. Backward roll to straddle
4. Half turn stretch jump OR full turn stretch jump
5. Two consecutive cartwheels OR Handstand forward roll
6. Bridge (return to the floor) OR Splits OR Half lever (not full lever)

## Vault Level 3

Perform 2 vaults. The same vault can be performed twice or one of each:

- a) Squat onto vault width ways, stretch jump off
- b) Through vault

N.B Level 3 vaults may be performed with or without a springboard and may use a vaulting box or trestle table.

## Body Management Routines

- 10 x bounces with a skipping rope
- Lay down, Dish shape
- Roll over into arch shape and back into dish shape
- Sit up and press towards  $\frac{1}{2}$  lever lifting 1 leg off and then the other.
- Straddle legs and Japana fold (back must be flat)
- Push to back support, turn into front support, lower to floor and push back up again
- Show right leg splits, box splits then left leg splits (in an upright position)
- Lay flat and push to bridge (head must be off the floor)
- Rock backward and forwards to stand, standing broad jump

# Tri Golf

Pathway – PSP Competition ➡ Top team to West Yorkshire School Games

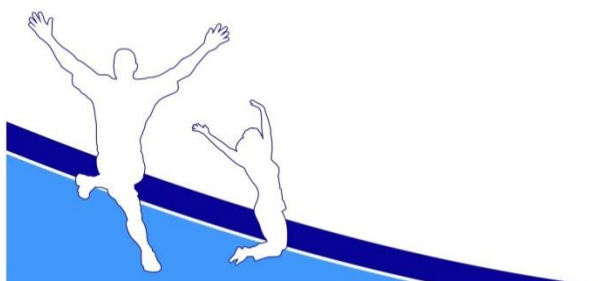
Age Group – KS2

## Team Requirements

- 10 in a team, 5 Boys & 5 Girls

## Basic Rules:

- Participants will take part in 8 games (as below) and a bunker rest stop
- 2 tees per games station
- 5 pupils per tea
- 2 mins practice time and 5 mins scoring time on each game



## 1) Dominoes

**Instructions** Team of 5 on each tee (white cones). 10 cones of the same colour are in a straight line from the player. Players try to roll the ball with the putter to hit the cone nearest to them, if the player hits the cone they collect it. 2 minutes practice (if time allows), 5 minutes play.

## 2) Drive for show put for dough.

**Instructions** Team of 5 on each tee (white cones). Chip the ball over the river and score by putting the ball into the hoop. 2 minutes practice (if time allows), 5 minutes play

## 3) Finders Keepers

**Instructions** Team of 5 on each tee (white cones). Putt the ball towards the cones, the first cone the ball hits, the player collects with the ball and returns it to the team. If all cones are hit within the time limit scatter again and continue. 2 minutes practice (if time allows), 5 minutes play.

## 4) Grand National

**Instructions** Team of 5 on each tee (white cones). Chip the ball in the air over the 'fences' made from cones in turn to score points. 2 minutes practice (if time allows), 5 minutes play.

## 5) Tunnel Ball

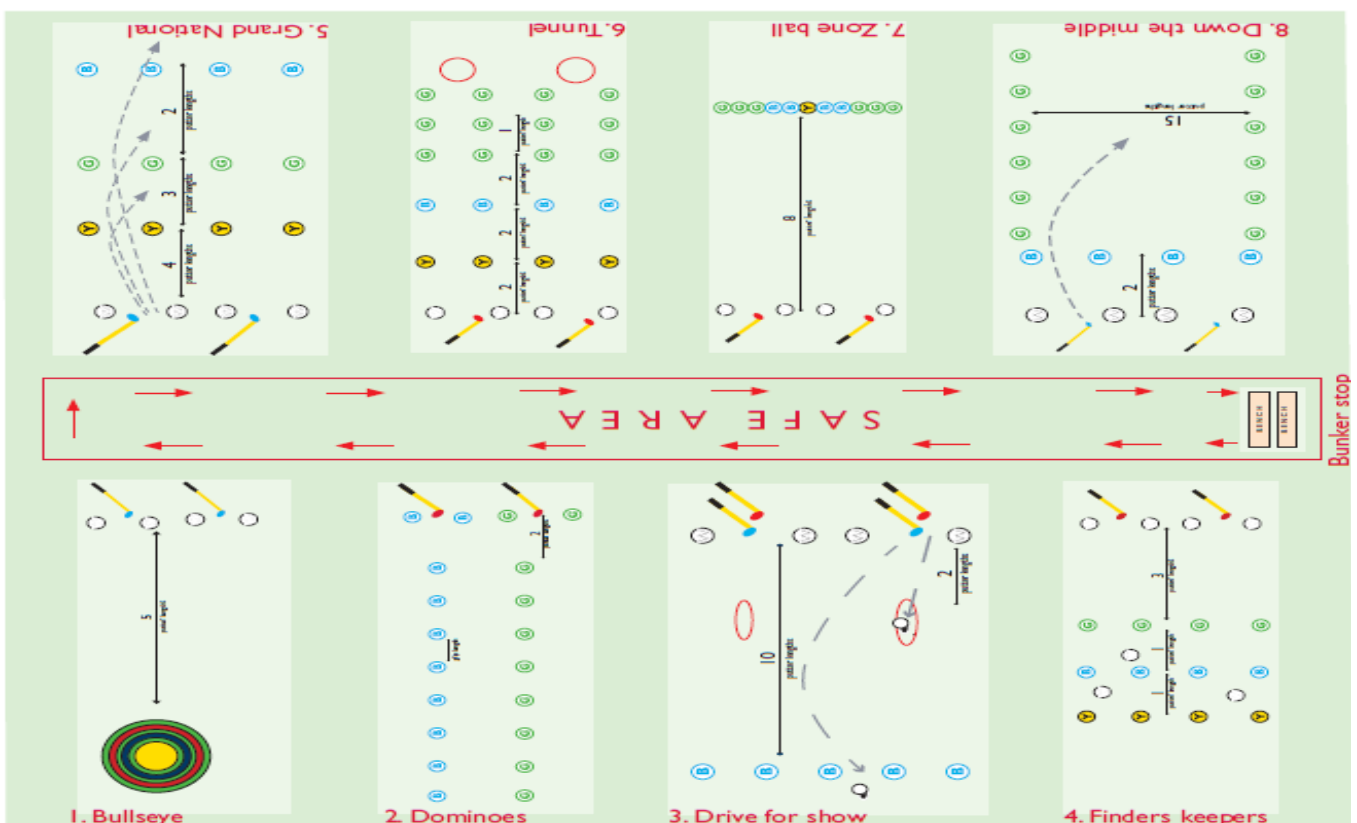
**Instructions** Team of 5 on each tee (white cones). Putt the ball down the tunnel towards the hoop without hitting any cones. Choose which tee you would like to play from – blue, yellow or white. The furthest tees will reward you with more points. 2 minutes practice (if time allows), 5 minutes play.

## 6) Zone Ball

**Instructions** Team of 5 on each tee (white cones). Using a putter, how accurate can you be with a long putt? Try and roll the ball as straight as you can towards the yellow cone. The closer you get to it, the more points you will receive. Once you have hit all the cones, put them back in order and repeat the game. 2 minutes practice (if time allows), 5 minutes play

## 7) Down the middle

**Instructions** Team of 5 on each tee (white cones). Players start from the white cones and try to strike the ball in between the lines of green cones (fairway) and over blue cones (river) in turn. 2 minutes practice (if time allows), 5 minutes play.



# Tennis – Mini Red & Mini Orange

**Pathway** – PSP Competition ➡ Top team to Kirklees Final (in each category) ➡ Top team to West Yorkshire Final

**Age Groups – Red – Year 3/4.** Played with indoor sponge balls



**Orange – Year 5 only.** Played with Mini Orange balls

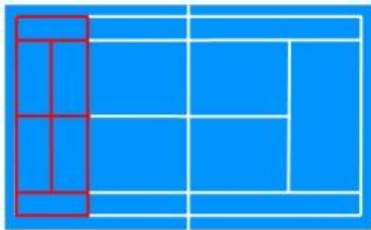


## Team Requirements

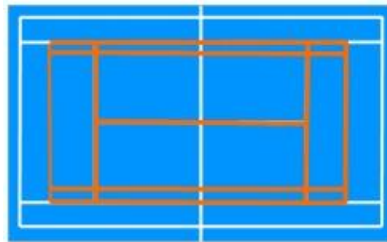
– 2 Boys and 2 Girls (Boys must be ranked 1 & 2 with Girls 3 & 4)

**Format** – A match is made up of 4 singles games 1v1, 2v2, 3v3, 4v4. These can be made up of 1 or 3 tie breaks to 7 or 10 points depending on the time and space available. Each match score will be made up of the 4 games (winner of the most games) with points scored overall deciding the winner in the event of a 2-2 draw. **The West Yorkshire final may also include reverse singles, for example 1v2, 2v1.**

Red Court:



Orange Court:



# Kwik Cricket

(mixed and Girls only)

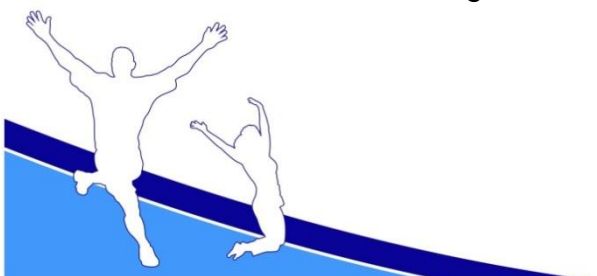
**Pathway** – Family/Cluster competition ➡ Top team to South Kirklees Final ➡ Top team to West Yorkshire Final

**Age Group**- Year 5/6

**Team requirements** - 8 players (can be mixed or single sex in the mixed competition)

## Basic Rules -

- Each player must bowl 1 over (6 balls)
- A batting innings consists of 4 pairs who face 2 overs per pair (8 overs in total)
- Teams start on 200 runs
- If a wicket is taken, or a player is caught out or run out, the team lose 5 runs.
- A wide or no ball counts as 2 runs with an extra ball awarded for any wides/no balls in the final over of the innings.



# Drax Cricket

**Pathway** – Family/Cluster competition ➡ Top team to PSP Final ➡ Top team to West Yorkshire Final

**Age Group-** Year 3/4

**Team requirements** - 8 players (**Teams must include two members of the opposite sex**)

## Basic Rules -

- Each player must bowl 1 over (6 balls) which can be overarm or underarm
- Fielding team must rotate around the field at the start of each over so that each player has a turn at being the wicket keeper.
- A batting innings consists of 4 pairs who face 2 overs per pair (8 overs in total)
- Teams start on 100 runs
- If a wicket is taken, or a player is caught out or run out, the team lose 5 runs.
- A wide or no ball counts as 2 runs with an extra ball awarded for any wides/no balls in the final over of the innings.

# Tag Rugby

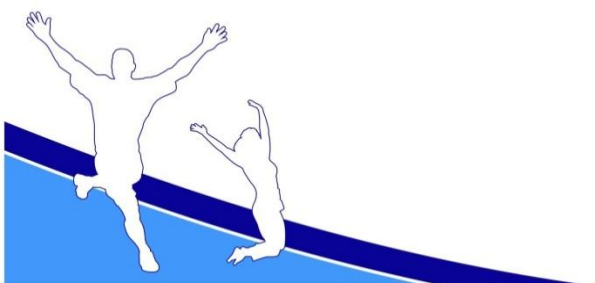
**Pathway** – South Kirklees Final ➡ Top 2 teams to West Yorkshire Final

**Age Group-** Year 5/6

**Teams requirements** - Max squad of 12, at least 3 of who must be girls. 7 players per team on the pitch at one time, at least 2 of the players on the field must be girls **Please Note: Generic tag rugby is based on the evasive and handling skills of rugby league and union.**

## Rules:

1. The toss of a coin will determine who has possession and thereafter the game shall commence with a free pass
2. The object of the game is to score tries. A try is scored by crossing the opposing team's goal line and placing the ball down firmly on the ground with control.
3. No diving or sliding in the act of scoring a try is allowed.
4. The ball must be passed in a backward direction.
5. No kicking the ball is allowed.
6. Fending off, obstructing your own tags or support players preventing the ball carrier being tagged is not allowed.



7. Possession will be turned over in the event of the attacking team:
  - i. Knocking the ball forward (Knocking on)
  - ii. Making a forward pass
  - iii. Running into touch
  - iv. Throwing the ball into touch

The restart will always be at least 2m in from the touchline.

### **Tackling (tagging)**

8. A tackle is made by removing ONE or TWO Tags, located around each player's waist, (on each hip). Only the player carrying the ball is to be tackled (Tagged).
9. The tackling player must shout tagged and raise their hand with the tag (or tags). They must then place the tag on the floor where the tackle (tag) was made and then return to the defensive line, marked back 3m from where the player was tackled (tagged) by the referee. Any defensive player in front of the referee and interfering with play before the game resumes is offside.
10. If the tackling player throws the tag away, a penalty will be awarded.
11. Once tackled (tagged), the player with the ball must return to the place where they were tagged, put their foot on the tag and then pass the ball to another team member. After SIX TACKLES (tags) the ball is handed to the opposition team and the game restarted.

