



## Competition rules.

Use these to prepare your teams and for the tournaments.

In all instances, the referee's decision is final and must be respected.

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### FOOTBALL YEAR 3 RULES

All players must be in school year 3

Squads should include 8 players

Teams will have 7 players on the pitch at one time (1 goalkeeper and 6 outfield players)

Teams to have 1 substitute and substitutions can be made at any time the ball is out of play

Substitutions are rolling (players can come off and go back on)

Pitches will be 45.75m x 27.45m

Games will be played with a size 3 football

The time of the game will be flexible depending on the number of teams on the day

No offsides, no back passes (keepers can pick up back passes)

All players can go in the penalty box, but only goalkeepers can use their hands inside their own penalty area.

If the ball goes off the side of the pitch games will be restarted with a throw in

If the ball goes off the ends of the pitch the game will restart with either a corner or goal kick (depending which team touched the ball last).

At the start of each half, and following each goal, the game will restart with a centre kick off.

If there is a kit clash one team will wear bibs (decided by a coin toss)

### TAG RUGBY Y4 RULES

All players must be in school year 4

Teams will be made up of 8 players

The aim of the game is to ground the ball over your opponent's try line, to score a try. The team with the most tries at the end of the game wins. The recommended ball size for under 14's is Size 4. Each player must also wear a tag rugby belt with 2 tags.



The team who has been chosen to play first, has the choice of choosing the direction they wish to play, and the opposing team will use a kicking tee to start the game from the centre of the pitch.

The attacking team has 6 plays to try get the ball over the try line. After these 6 plays, the attacking team changes to the defending team for another 6 plays.

When an attacker is holding the ball, they can be tagged by an opposing player. When a player has been tagged, the attacker is only allowed to take a maximum of 3 strides and must pass the ball to another player on their team.

The ball must be passed within 3 seconds of being tagged, if this takes longer or takes more than 3 strides, the referee must award a free pass to the opposing team.

After the ball has been passed after being tagged, the player must return to the tagger and retrieve their tag and replace it back on to their tag belt. The swapping of the teams continues until the game finishes, the team with the most tries scored, wins.

## DODGEBALL Y5 RULES

All players must be in school year 5

Squads should include 8 players

Teams will have 6 players on the court at one time

Games will be played on a marked badminton court

Games will be played with UK official dodgeballs

Dodgeballs start in the middle, all players start at the back of their side of the court

To start the game the dodgeballs must first go back to the end of the court before they can be thrown.

No throws in the safety zone

Players can only handle 1 ball at a time

If players get struck by a dodgeball below the neck they are out

If a player catches your throw (with no bounce) then the person who threw it is out

You can block a ball with a dodgeball in your hand

If the ball bounces first before striking a player that person is NOT out

If a player is out they must go stand (in the order they were out) next to the referee

If a player catches a thrown ball, the first player in the out line on their team comes back it to the game.

If a player gets hit by a dodgeball but another player on their team catches the ball before it bounces, they are saved.

Players MUST stay on the court during the game if they are not out.

Games last 3 minutes. The winning team is the one with most players on the court at the end of the game. If all the players from one team are out at the same time, that team automatically loses the game (irrespective of the time passed).



## NETBALL Y6 RULES

All players must be in school year 6

There is no limit to the number of substitutions that a team can make.

There are seven playing positions in a team. Each has an important role to play for their team:

Goal Shooter - To score goals and to work in and around the circle with the GA

Goal Attack - To feed and work with GS and to score goals

Wing Attack - To feed the circle players giving them shooting opportunities

Centre - To take the centre pass and to link the defence and the attack

Wing Defence - To look for interceptions and prevent the WA from feeding the circle

Goal Defence - To win the ball and reduce the effectiveness of the GA

Goal Keeper - To work with the GD and to prevent the GA/GS from scoring goals

### Starting the game – centre pass

The first centre pass is decided between the two captains by the toss of a coin. The centre passes then alternate between the teams, regardless of which team has scored.

Before the whistle, all players must start in the goal thirds except the two Centres. The Centre with the ball must step wholly into the Centre Circle with at least one foot 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.

After the whistle the Centre pass must be caught or touched by a player standing in or landing wholly within the Centre third.

A player must not 'break' at the centre pass, which is moving into the Centre third before the whistle is blown for the Centre pass.

A free pass would be awarded to the opposing team in any of these instances above.

Players must get onside quickly at the centre pass. The Centre with the ball must hurry back to the centre circle and step straight in. If she waits for her players to get back onside, this is called "**delaying play**".

This would result in the Centre receiving a caution, a penalty being given and advanced up the court.

### Footwork in the centre circle

The footwork rule still applies in the centre circle. As soon as the Centre steps into the circle, their leading leg becomes their landing foot and the footwork rule then applies. That is, if they lift or move their landing foot and place it back down again, a free pass will be awarded to the opposing team due to footwork.

The umpire will blow the whistle to start play once the Centre has placed one foot wholly in the circle. **Offside rule**

A player with or without the ball cannot move into an area of the court that isn't designated for their position.

This will result in a free pass being awarded to the opposing team.

### Footwork

A player can receive the ball:



With both feet grounded or jump to catch the ball and land on two feet simultaneously. You may then take a step in any direction with one foot (but not both) and pivot on the spot with the other foot. Once one foot is moved, the other is considered to be the landing foot.

With one foot grounded or jump to catch the ball and land on one foot. The landing foot cannot be moved, other than to pivot on the spot, whilst the other foot can be moved in any direction. Once the landing foot is lifted, it must not be re-grounded until the ball is released.

Hopping or dragging the landing foot is not allowed.

If you break the footwork rule, a free pass will be awarded to the opposing team

**Obstruction**

A player attempting to intercept or defend the ball must be at least 3ft (0.9m) away from the player with the ball. This distance is measured from the landing foot of the player in possession of the ball. The defender may jump to intercept or defend the ball from this 0.9m (3ft) feet distance but you must ensure if you do jump to defend a ball, you don't land any nearer that 3ft or this is obstruction (i.e. shortening your distance).

A penalty pass will be awarded if you obstruct a player as described above.

**Obstruction of a player not in possession of the ball**

Your arms can be outstretched when you are a marking your player off the ball if you are trying to:

Catch, deflect or intercept a pass

Obtain a rebound from an unsuccessful shot at goal

Momentarily signal for a pass or indicate the intended direction of movement

These instances are not classed as obstruction but you will be penalised if you mark a player with your arms out or potentially if you stand under the post with your arms up whilst waiting for a rebound (although the umpire may choose to play advantage if the opposition isn't being impeded).

**Contact and Contest**

'When attacking, defending or playing the ball, opposing players may come into physical contact with each other. Provided the players do not interfere with each other's play or use their bodies to gain an unfair advantage over their opponent, it is deemed to be 'contest' and play continues'. 'Contact' occurs when a player's actions interfere with an opponent's play whether these are accidental or deliberate.

Interference may occur in the following ways:

Physical contact using any part of the body to limit an opponent's ability to move freely (this includes, but is not limited to, pushing, tripping, holding or leaning on an opponent)

Knocking or hitting a player including when shooting for goal

Placing hand/s on the ball held by an opponent

Hitting the ball held by an opponent or removing it from an opponent's possession

While holding the ball, pushing it into an opponent

A player **causes contact** by:

Landing in a place already occupied by an opponent before the movement began

Moving into the path of an opponent who's committed to a particular landing space

Generally, an attacker is moving into a space to receive the ball and a defender is drawn into causing contact when trying to intercept. If the attacker was in that space first, the decision goes their way and against the defender. A defender must be able to intercept the ball cleanly.



However, no contact is allowed off the ball. This includes attackers pushing off, backing into or pushing through a defender to get into space to receive the ball. If the defender was in that space first, then the decision goes their way and against the attacker.

**Inevitable contact** is described as:

Player/s, whether moving or stationary, may not position so closely to an opponent that this player is unable to move without contacting

**Simultaneous contact** is described as:

If two opposing players contact simultaneously a toss up is taken between the two players concerned.

The umpire's role is to watch the game and determine what is 'contact' and what is 'contest' . It may not always seem obvious to you as a player why a particular decision has been made or why advantage has been played but please respect the decisions that they make.

If interference occurs, the umpire will state:

which player the penalty is against

that a penalty pass has been awarded to the opposition

The umpire should stand at the position at the side of the court where they want the penalty to be taken from. If you're ever unsure where to take the penalty from, you need to look at the positioning of the umpire for guidance.

Failure to set the penalty correctly in this way will result in a reversal of the penalty and a free pass to the opposing team.

A lot of contact disrupts the flow of the game. It also puts your team at a tactical disadvantage because when a player is taken out of play on a penalty, they are not able to contribute to the team's defence. It's far better to pull out of a challenge if you think you're going to contact the player and concentrate on defending the next pass instead.

#### **Penalties against a player**

The infringer must stand out of play. This means the infringer must:

Move quickly to the position indicated

Stand beside but away from the player taking the penalty so as not to impede that player

Remain in this position and not move or take any part in play (including verbal comments) until the ball has been released.

Once the player taking the penalty pass is in the correct position, the player may choose either to play the ball immediately or to wait for the infringer to stand out of play. If the player chooses to play the ball immediately:

The infringer may not take part in play until the ball has been released or make any attempt to intercept the penalty pass

The penalty pass will be retaken if the infringer interferes with it

Please observe the above rule if a penalty is given against you!

#### **Taking free passes and penalties**

You have 3 seconds from setting the free pass/penalty in which to take it. If you decide that another player would be better taking it, you must place the ball back on the floor.

Do not walk towards the other player to pass it to them (footwork) or hand it to them (short pass).

Any player allowed in that area may take the free pass/penalty.

#### **Shooting**



Only the GS and GA are able to score goals for your team. They must be wholly inside the goal circle to shoot.

**Throw in**

The ball is thrown back into play from the point where it went off the court. It is out of court when it contacts anything outside the court area (except the goalpost).

When taking a throw in, a player places her foot up to but not on the sideline or backline of the court. The lines are part of the court. If any part of your foot is touching the line or you step into the court in the process of taking the throw in, this is deemed to be a foul throw. At least one foot must be within 15cm (6in) of the line though.

This includes walking on the court to pass the ball to another player if you decide that they should take the throw in. In this instance, you should leave the ball on the floor outside the court for the player to then pick up.

You have 3 seconds from when you take up your position at the side of the court in which to throw the ball.

You must also wait until all players are back on the court before taking the throw in.

If any of the above occurs, a throw in to the opposing team will be awarded.

**Over a third**

The ball cannot be thrown over a complete third of the court without being touched or caught by a player (i.e. it cannot cross two transverse lines).

A free pass shall be taken from the area where the ball crossed the second transverse line (i.e. where the ball shouldn't have been).

**Replayed ball**

A player may not replay the ball. Specifically you can't:

lose control of the ball and pick it up again if it has not been touched by another player

catch a rebound from a shot on goal if the ball has not touched the post or another player

toss the ball into the air and catch it again without it being touched by another player.