



Windsor School Sport Partnership

Partnership Competition Handbook

2016/2017



Inspiring the next generation

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INTRODUCTION

As a School Sport Partnership we aim to create a varied programme of opportunities and support to engage ALL young people in physical activity, PE and School Sport. We work with 1 secondary school, 2 upper schools, 4 middle schools, 2 primary schools, 12 first schools and 1 Independent school. We work with schools to ensure that we provide our young people with the opportunity to take part in 3 hours of PE and school sport **every week**, as part of the wider 5 hour offer. Simply we want **more young people, more active, more often!**

We are always looking for new ways to make entry into competitions more accessible to schools. Each competition has been summarised:

- ❖ **Event details** for SSP and County competitions (Date, venue,time,age)
- ❖ **Key Information** (Squad size, team size, gender specifications, rules)
- ❖ **Developmental support** (CPD, leadership opportunities)

How to enter competitions

We want to make entry into competitions as easy as possible so we have included a generic event entry sheet (at the back of this pack) which can be used for every competition.

In addition to this you will receive competition details prior to the event which will include rule updates and team numbers. Your SGO will send out relevant information.



CONTACTS

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CODE OF CONDUCT

The Windsor Sports College are committed to offering a wide array of sporting opportunities to all schools and pupils, whether this is participation at events or leadership and officiating opportunities for the young leaders. To create a safe and fun environment for all we ask that participants, officials, teachers, schools and parents adhere to the code of conduct guide:

We thank you for your support.

Fair play for PLAYERS
Be ready to start each match promptly Try your hardest at all times Set a positive example Play by the rules and never argue with the officials Treat everyone with respect Do not use inappropriate language
Fair play for TEACHERS & COACHES
Set a positive example Put the enjoyment of the pupils first Make sure you have the correct paper work for the event Respect the officials and young leaders Always be positive and support all participants
Fair play for PARENTS & SUPPORTERS
Participating and enjoyment are more important than winning Encourage fair play and support all players Be a positive role model Do not argue with officials. If you have a concern speak to one of the SSP team Make sure your child is dressed accordingly and has plenty of water
Fair play for OFFICIALS
Take pride in your appearance and be a positive role model to all Be confident in the decisions you make Ensure participants show fair play and respect for one another Be consistent in your decisions Help players understand the rules



BASKETBALL

Key Information

Team size: 5 a side (max squad size 10)

Gender: Mixed

Basic rule / format

- Half court
- Half court press (can't defend in the opponent's half)
- Jump ball – centre circle



BENCHBALL

Key Information

- Team size of 10
- Players must throw the ball to their team mate on the opposite bench
- If a ball is caught by the player on the bench the team mate who threw it can join them
- No player can cross the half way line
- The first team to have all their players on the bench win



BISI BADMINTON

Key Information

Team size: 8 participants in each team

Gender: 4 boys and 4 girls

Basic rule / format

- All children will complete 8 BISI badminton activity stations
- Points collected by each team on each station will be added to their team total score for all 8 stations
- The team gathering the highest number of points will be declared the winners
- No previous Badminton experience is required to participate in this event.



BOCCIA

Key Information

Team size: 3 participants in each team

Gender: Mixed – no specific gender restrictions

Basic rule / format

- A ball can be propelled by rolling, throwing or kicking
- If a player is unable to throw or kick it, they can use a ramp
- If they are unable to release the ball with their hands players can use a head pointer
- All players must be seated during the game
- Singles and pair matches are four ends and team matches are six ends
- One point is awarded for every ball of the same colour, which is closest to the jack



CHALLENGE RUN

Key Information

Team size: Max squad size 1 class

Gender: Mixed

Basic rule / format

- 1 ½ lap of stovell
- Year 3 boys competition
- Year 3 girls competition
- Year 4 boys competition
- Year 4 girls competition



CYCLING

Key Information

Team size: 8 participants in each team

Gender: 4 boys and 4 girls

Basic rule / format

- Short sprint type race up to 100m
- An endurance race up to two minutes
- Team race



DODGEBALL

Key Information

Team size: 2 opposing teams of 6 – 10 players (6 players per team with up to 4 alternates. Alternates may only enter the game during timeouts or in the case of injury).

Gender: Mixed

Basic rule / format

Players start the game at the end line with one foot in the rectangle. At the whistle teams rush toward the middle and grab the balls only to the right side of the marker on the center line. Team members throw balls at the opposite team only after they have crossed back over their own “attack” line. Players may never cross the middle line or step out of bounds.

Players who are hit with the balls are out of the game.

If you catch a ball thrown at you (before it hit’s the ground) then the thrower is out.

** Bonus: After catching the ball an eliminated player from your team gets to come back.

Hitting a player in the face eliminates the thrower.



FOOTBALL

Key Information

Team size: 7 on a pitch with max squad of 10

Gender: Mixed

Basic rule / format – Mini soccer rules

- All players must wear shin pads
- No studded football boots to be worn
- Games will be played on 1/3 of astro/pitch
- There will be throw ins and corners
- Goal kicks must be taken from the edge of the area
- Goal keepers may kick from their hands
- There will be no offside rule played
- The pass back rule applies
- Rolling substitutes are allowed



FUTSAL

Key Information

Team size: 5 players in a team, max 8 in a squad

Gender: Boys

Basic rule / format

- Games will 10 minutes one way
- Size 3 ball
- Substitutions must be made at the half way line
- Rolling substitutions are permitted
- No over head passes
- Defenders stand back 1m from a free kick
- Goalkeepers are not allowed out the 'd'
- Goalkeepers must roll the ball out (no kicking)



GOALBALL

Key Information

Team size: 3 v 3

Gender: Mixed (no gender restrictions)

Basic rule / format

Mod Goalball is a 3v3 game that is a modified version of the Paralympic game. It can be played on a badminton-sized court or similar space. The aim of the game is to score a goal by throwing/rolling the ball across the opponent's goal line. The game is non-invasive, and players must stay within their team zone and wear eyeshades at all times during a match.



GYM AND DANCE SHOW

Key Information

- Max 2 dances per school
- Staging Area Depth is 7m and Width is 7m
- The show will be taking place on the stage so the audience will be sat at the front.
- The show will be in two halves
- Please can each school provide at least 2 members of staff to accompany their children. These members of staff will be responsible for their children the whole time during the rehearsal and the show. Please ensure you have the correct number of staff for children you are bringing.
- We will shortly let you know whether tickets will be sold at the door or if an allocation will be sent to your schools. Tickets will be £2 per adult, £1 per child (under 16) and concessions, FREE for under 5s
- We would like to take photographs of the event to go on our website and for the local press. Please can you let men know if any of your children DO NOT have photo permission.



HIGH 5 NETBALL

- Games are played on full size courts with 9ft posts and a size 4 ball
- Players must shoot or pass the ball within 4 seconds
- Only GS, GA, C, GD and GK positions will be utilised
- Players should rotate, according to the appropriate squad rotation sheet after each half of a match



HOCKEY

Key Information

- 4 players on the pitch at any one time – 2 males + 2 females.
- No Goal Keepers
- A goal is scored if the ball crosses the line after being struck by any stick within the shooting circle. A penalty goal is given if a defender deliberately prevents the ball crossing the line using their feet or body.
- A free-pass is given when an offence occurs. It is to be taken from where the offence occurred and all opposing players must move away 3 metres. The free-pass taker can only touch the ball once. (see below for more detail about free-passes)
- A foot foul is only applicable if deliberate or if it breaks down play too much



KEY STEPS GYMNASTICS

Key Information

Squad size: Schools may enter as many teams and individuals as they wish

Team size: 4 pupils per team

Gender: Mixed – any combination is permitted

Basic rule / format

- Each age group will have 2 categories
- Only school based Gymnasts allowed (NO club gymnasts)
- All gymnasts will perform Body management, Floor and Vault routines



KWIK CRICKET

Key Information

Team size: Min 8 and Max 12

Gender: No gender specific requirements

Basic rule / format

- 8 players on pitch at any one time
- 2 wickets , 16 yards apart
- One 8 over innings per team
- Batting side should split into 4 pairs, with each pair batting for 2 overs
- Each team starts with 200 runs. When a batter is out, 5 points will be deducted and the next ball is faced by the other batter of the pair
- A batter can be given out, bowled, caught, run out, stumped or hit wicket. There are no LBWs unless the batter deliberately blocks the ball with a leg or foot
- 2 points will be awarded for each wide or no ball but no extra ball will be bowled except in the final over.



MINI TENNIS

Key Information

Team size: 8 participants in each team

Gender: 4 boys and 4 girls



NEW AGE KURLING

Key Information

Team size: Teams of 2

Gender: Mixed

Basic rule / format

Each player delivers stones corresponding to their team colour, red or blue, towards the target at the opposite end of the court. Stones can be propelled using any part of the body or using a pusher, providing that the player is behind the delivery line on releasing the stone. Individuals/teams take it in turns to deliver the first stone of an end. The individual/team going first in the first end being determined by a toss of a coin. Each game consists of either four or six ends. An end is completed when all eight stones have been played. A team scores one point for each stone that is closer to the centre than any opposition stone. At the completion of four / six ends, the points scored on each end are added together. The individual / team with the highest total score wins.



ORIENTEERING

Key Information

Team size: 12

Gender: 4 boys and 4 girls

Basic rule / format

- 1 circuit / 2 circuit
- Children work in pairs



ROUNDERS

Key Information

Team size: Min of 9 players and Max of 15 players

Gender: Mixed – Year 3 and 4

Gender : Mixed – (Year 5 and 6) a maximum of 5 boys per squad is allowed

Basic rule / format

- One team bats while the other team fields and bowls
- The bowler bowls the ball to the batter who hits the ball anywhere on a rounders pitch. The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for
- If the batter reaches the 2nd or 3rd post in one hit, the batting team scores ½ rounder. If the batter reaches 4th post in one hit, the batting team scores a rounder
- A batter can be out if the fielding team catch the ball hit by the batter before it touches the ground or by touching the post the batter is heading to with the ball before the batter reaches it



SKIPPING

Key Information

Teams of 4:

Individual comp – skips for 45 secs. Best score out of 3 attempts 1 pt per jump
– continue counting even if pupil has breaks

Team comp – max 4 kids jumping at same time 1 pt per jump per kid – best
continuous record – have 5 minutes to compete.

Eg. 3 kids jump 8 jumps in a row – $3 \times 8 = 24$ pts .Yr 4 leaders are skipping the
ropes



SPORTSHALL ATHLETICS

Key Information

Team size: 8 boys and 8 girls

Gender: Mixed

Basic rule / format

They will compete in events such as:

- Chest Pass
- Standing long jump
- Standing triple jump
- Vertical standing jump
- Obstacle relay
- Relay races
- Parlauf relay



SWIMMING

Key Information

Team size: TBC

Gender: Boys and Girls

Basic rule / format

Each child may swim an individual race and 2 relays each. The following races will take place:

- Front crawl
- Breast stroke
- Backstroke
- Butterfly
- Freestyle relay

Mixed relays for each year will also take place



TAG RUGBY 3/4

Key Information

Team size: Min 8 and Max 12 in a squad

Gender: Mixed – minimum of 2 girls on the pitch at all times

Basic rule / format

- After 6 tags, turnover is awarded
- No kicking, hand offs, lineouts or scrums
- Tagger must hand back the tag to the tagged individual
- Games can be one way or two halves



TAG RUGBY 5/6

Key Information

Team size: Min 8 and Max 12 in a squad

Gender: Mixed – minimum of 2 girls on the pitch at all times

Basic rule / format

- After 6 tags, turnover is awarded
- No kicking, hand offs, lineouts or scrums
- Tagger must hand back the tag to the tagged individual
- Games can be one way or two halves



TRI GOLF

Key Information

Team size: 10 participants in each team

Gender: Mixed – 5 boy and 5 girls

Basic rule / format

- Teams will rotate around 8 fun and innovative golfing challenges
- Using standard Tri-golf equipment players will have approximately 2 minutes to practice each challenge followed by approximately 5 minutes to score as many points as possible

ULTIMATE FRISBEE

Key Information

Team size: 5 a side (squad size up to 8)

Gender: Mixed – no requirements

Basic rule / format

- **Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defence throws ("pulls") the disc to the offense. 5 a side.
- **Scoring:** Each time the offense completes a pass in the defence's end zone, the offense scores a point. The scoring team stays in that end zone and initiates play again.
- **Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not move with the disc (they may pivot).
- **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defence immediately takes possession of the disc and becomes the offense.
- **Fouls:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

