

**WEST NORFOLK
VILLAGE GAMES**

**EVENT RULES
&
SPORTS RULES**

**Edition 4
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WEST NORFOLK VILLAGE GAMES

FULL EVENT RULES

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1. **General Competition Rules**

1.1 **Sections**

- Section 1 - Small villages
- (i) parishes/villages with an electoral roll population of 1,250 or under.
 - (ii) adjoining parishes/villages within the same district with a combined electoral roll population of 1,250 or under.
- Section 2 - Medium villages
- (i) parishes/villages with an electoral roll population of 1,251 – 4250.
 - (ii) adjoining parishes/villages within the same district with a combined electoral roll population of 1,251 – 4,250.

1.2 **Teams/Player Eligibility**

- 1.2.1 Each 'village' team must be selected from those resident with the parish/village.
- 1.2.2 The event is open to rural villages in the borough which are parished (i.e. have a parish council). A parish is defined according to Civil Parish Boundaries. If an entry is received from an area of the borough which is not parished but can still claim clear rural characteristics then the Borough Council with advice from the Inter Village Games Managers shall decide whether that entry may be accepted.
- 1.2.3 A person may not compete in more than one competition except in the case of the Fitness Triathlon where teams may be formed from players from other sports (NB see substitutes below at 1.3.6).

- 1.2.4 Eligibility may be proved by participants' names and addresses, plus ages for juniors being submitted if requested. Participants' addresses must be their permanent home which must be within the parish/village on the date of the event. People with 'second homes' in a village may claim residency and participate in the Games providing that the house holder pays the appropriate council tax to the Borough Council. RAF personnel living on a base within the village/parish are eligible to take part but an electoral roll value will be added to the village's electoral roll figure.
- 1.2.5 If special circumstances appertain to the residency of any participant, then villages should apply for dispensation in writing to the Games Organiser before the event.
- 1.2.6 Should an ineligible player take part in the Games, his/her sports team will be removed from the competition concerned.
- 1.2.7 In cases where doubt remains, the Games Organiser will decide.

1.3 **Form of Competition**

- 1.3.1 Age restrictions for Senior and Junior teams are as follows:

Seniors must be 16 years and over **as of midnight 31st August/1 September of the previous year**; Juniors must be under 16 years and over 8 years **as at midnight 31st August/1st September of the previous year to the current games**. (For guidance, a young person currently in year 11 at school should be in the under 16 category).

- 1.3.2 Junior age categories are defined by dates of birth corresponding to school years (i.e. as at 1st September of last year). Age restrictions may be detailed in each individual sport rules. Governing Body guidelines are maintained wherever possible, usually for reasons of safety and fairness. In some events juniors may play in senior competition (see individual sport rules). But at all times a player may only play in one event (except in the case of the Fitness Triathlon).
- 1.3.3 Villages may enter as many or as few events as they wish.
- 1.3.4 The sports entered by a village's juniors do not have to be the same as those entered by its seniors (except for Athletics and Fitness Triathlon where entries are invited for a combined team).
- 1.3.5 In the case of bad weather or other extenuating circumstances, the organisers reserve the right to change the format and programme.
- 1.3.6 Use of substitutes is explained for football and netball in their own sports rules. Should a substitute be required (and only in the event of a genuine injury) for a sports team and one is not in attendance, then one may be acquired from the village's other teams providing that this move is sanctioned by the Games Organiser and does not disrupt the programme of the sport from which the participant has been removed. That participant will then remain totally with his/her new sport (i.e. he/she can not go back and play for the original team). Substitutes outside of those registered to play on the day may be allowed but only in the event of a bona-fide dropout/injury and with the Organisers permission.

1.4 **Scoring**

- 1.4.1 Points will be allocated to junior and senior teams towards the Inter-Village Trophy according to the places gained in each sport: 7 points for first place; 6 points for second place, 5 for third etc.
- 1.4.2 The best six results will be used to calculate the village's total score. The village with the highest score will win. In the event of a tie, the following method will be used to decide places:
- (a) Highest number of first places attained (all results combined).
 - (b) If still a tie, the number of second places etc.
 - (c) If still a tie, a relay involving the combined senior and junior teams will be run between the tied teams.

1.4.3 The method of deciding the places for each individual sport is set out in the separate sports rules.

1.5 **Rules for Sports**

The rules of all sports are governed by the appropriate governing body except where modified to suit the form of competition. The individual rules for all sports are detailed below. Normal disciplinary rules of each sport will apply.

1.6 **Team Uniforms**

For team sports each village will wear a team uniform which is clearly identifiable and have an alternative strip in the event of a colour clash.

For other sports the colour of clothing specified in the sports rules should be worn.

1.7 **Disputes**

- (a) During any game the referee/umpire's decision is final.
- (b) Any disputes arising from a particular game should be referred to the technical co-ordinator for the sport concerned.
- (c) Any disputes that cannot be settled by the officials of the individual sports should be referred to the Games Organiser for a decision.
- (d) Complaints/disputes should be referred to the Games Organiser in writing by Team Managers only. The Games Organiser will refer to the Team Managers concerned before making a decision.
- (e) A village team manager still has the right of appeal. An Appeals Committee will be formed consisting of 3 managers for the other section. Any village lodging such an appeal must pay a £5 deposit which may be returned at the discretion of the Appeals Committee.

2. **Further Rules/Guidance**

Inter Village Fitness Triathlon

This is now a counting event and villages may enter a team including players who are competing in other inter-village sports events or bring along a separate team to enter. Teams shall consist of 4 people – 2 seniors (one male, one female) and 2 juniors (one male, one female). They shall compete by timed sessions on running, stepping and rowing machines with distances accumulated being added together to calculate team scores.

NB. Juniors must be under 16 and over 12 years of age as at midnight 31st August/1st September of the previous year.

It is anticipated that this will be a short event therefore allowing participants for the inter-village games sports to enter if the village wishes. Participants are recommended to book their times to participate in this event very early in the day and so as to not disrupt the programme of play of the sporting competition they may be involved in. If the time slots run out for participants then their teams may be withdrawn from the Fitness Triathlon; it is the participant's responsibility to ensure they compete at a suitable time before the end of play.

Disability

Please encourage people with disabilities to play in this event. They may easily integrate in Table Tennis, Darts and Indoor Bowls Events.

Date of Birth

To assist with dates of birth the following maybe helpful: (See Appendix A too)

Age Category	Usual School Years
Under 16 and Over 14	10 & 11
Under 16 and Over 12	8, 9, 10 & 11
Under 16 and Over 11	7, 8, 9, 10 & 11

Under 14 and Over 11 7, 8 & 9

Under 13 and Over 11 7 & 8

Under 11 and Over 8 4, 5 & 6

Under 11 and Over 9 5 & 6

NB. Sometimes children are placed in a school year above or below their age. Do not rely purely on school years; school years are a guide and it is ages and dates of birth that must comply with event rules.

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Each village may choose from the following events which involve the following numbers of participants:-

	Junior		Senior	
	Male	Female	Male	Female
Badminton Mixed doubles	1	1	1	1
Table Tennis Mixed doubles and singles	1	1	1	1
Five-a-Side Football 5 & up to 2 substitutes (Juniors must be Under 16 and Over 14)	5 + 2		5 + 2	
Netball 7 & up to 5 substitutes (Juniors must be Under 16 and Over 11)		7 + 5		7 + 5
Indoor Bowls Team of 4 (any gender) & up to 2 substitutes	4 + 2		4 + 2	
Darts Team of 4 (any gender)	-	-	4	
Squash Team of 3 (any gender)	-	-	3	
Mini Athletics Mixed and combined Junior + Senior team of 4 – 8 people; up to 4 seniors (2 male, 2 female) and up to 4 Juniors (2 male, 2 female). (NB Juniors must be Under 16 and Over 11)	1 or 2 to compete in : 1 x long jump 1 x 100m 1 x shot putt 1 x 200m 1 x relay	1 or 2 to compete in: 1 x shot putt 1 x 100m 1 x long jump 1 x 200m 1 x relay	1 or 2 to compete in : 1 x long jump 1 x 100m 1 x shot putt 1 x 400m 1 x relay	1 or 2 to compete in: 1 x shot putt 1 x 100m 1 x long jump 1 x 400m 1 x relay
Gymnasticators Team of 4 (any gender) Under 11 and Over 8	4 Events disclosed on the day			
Mini-Soccer 7 and up to 3 substitutes (Boys and/or girls any composition) Under 11 and Over 9	7 + 3			
Fitness Triathlon 1 Man, 1 Women, 1 Boy, 1 Girl (NB Juniors must be under 16 and Over 12)	1	1	1	1
Archery 1 Male and 1 Female	1	1	1	1
Rounders Combined Senior/Junior teams	Squads of up to 15 (any gender); teams of 9 which must consist of at least 3 juniors			

NOTES

(i) For athletics a squad system will operate and Team Captains will nominate one competitor from the squad for each event.

(ii) Above ages must be as at 1st September of the previous calendar year to the one in which the event is taking place in order to conform with school years.

3. INDIVIDUAL SPORTS RULES

3.1 BOWLS

1. TEAMS

Each village may provide a senior and/or junior team. From a nominated squad of up to 6, a team taking to the rink shall consist of four players of any gender composition. If required juniors over 11 as at 1st September of the previous year may play in the senior event.

2. FORMAT

Each team will play each other at least once during the tournament. Teams will be allocated a number by the organisers and correspond to the playing schedule which will be displayed in the Bowls Hall after every team has registered and before the start of the tournament.

3. DURATION OF THE GAMES

Each game will consist of **4 ends or a half-hour of play**, whichever is achieved first.

The start of each session will be indicated by a horn. The jack may be cast before this sounds but not the bowls.

The horn will be sounded **8 minutes** before the half-hour playing time is reached. No jack may be cast after this point.

The horn will sound again to indicate the end of play. **At this point play must cease.**

Teams must clear the rink as soon as possible to allow the next session to commence on time.

4. SCORING

Each "home" team will be provided with a score card for the match before play commences. It will be the responsibility of the No 2 player to record points scored, for and against, in each end. At the completion of the game each team "skip" will agree and sign the opposing teams score. (NB. the "home team" is the team named first on the card/sheet)

A tied end is an end where a bowl from each side is equal distance from the jack, therefore no shots are scored but it is an end played.

All bowls nearer to the jack than the nearest bowl of the opponent will count as shots. The team with the highest number of shots at the end of the game shall be the winner. If the shots are equal, then the game is drawn. The actual scores of each game must be recorded.

Two points will be awarded to a winner, one point to each side in a drawn game and No points to a losing side.

The winner of the competition will be the team with the highest number of POINTS. In the event of a tie the following order of solutions will be applied until a winner emerges:

- Shots difference.
- If still a tie one extra end will be played.

5. RULES OF PLAY

At the start of play the Captains or Skips shall toss a coin to decide who shall play first, ie cast the jack. The winner of the toss will have the option of decision. In all subsequent ends the winner of the previous end shall play first. The side playing first will cast the jack and position it centrally not less than 25 yards from the mat. Should the jack not reach the minimum length, enter the front ditch or go beyond the side limits of the rink, the opposing Skip will position the jack to their preference. The mat should be positioned centrally and have its front edge at least 6 feet from the rear ditch for all ends.

Time does not permit trial ends. If required the feel of the green may be obtained prior to the day's play.

Each of the four players in a team will bowl two woods each alternately and in turn. The order of play must not be changed after the first end. In the event of the illness of a player or other emergency a substitute is allowed. No player shall play until the opponent's bowl has come to rest.

If a player plays before their turn the opposing Skip may either allow the head to remain as it is after the bowl so played has come to rest OR have the end begun anew.

Should the jack be driven by a bowl wholly beyond the limits of the rink, the end will be counted but a shot will be awarded to the opposing team and a new end will start.

Bowls that touch the jack should be marked with chalk to indicate "a toucher".

Bowls that have touched the jack ("a toucher") and finish play in the ditch remain "live" and should be left in the ditch. Any "toucher" on the green which is driven into the ditch during play by other bowls also remains "live" and should be left in the ditch. The red disc should be placed to indicate where the bowls lie and they shall be included in the count at the finish of the end, if applicable.

If a wood, whilst in motion or at rest in the head, be interfered with or displaced by one of the players, the opposing Skip shall have the option of restoring the bowl as near as possible to its original position, letting it remain where it rests or declaring the end dead and replay.

If, during the course of play, the position of the jack or the bowls are disturbed by a neutral object, the end shall be replayed unless the Skips are agreed as to the replacement of the jack or bowls.

Any neutral bowl in motion, not returning to its own rink shall be stopped, picked up and declared dead.

The last player of an end may choose not to play the last bowl but must clearly inform the opposing Skip of their intention not to play it before determining the result of an end.

6. DELIVERY

Each player when delivering their bowl, must have one foot on or over the mat. Persistent infringement of this rule could result in a bowl being stopped and removed from the green.

7. MEASURING

When measuring is to be done, the jack may be held if necessary. If it is accidentally moved the jack shall be replaced as accurately as possible. All measuring should be made to the nearest point of each object. If a bowl to be measured is resting on another bowl which prevents its measurement, the best possible means should be taken to secure its position, whereupon the other bowl shall be removed.

Skips will have sole charge of their respective teams and no other team member will visit the head during an end.

8. LATENESS - TEAM SHORT - ABSENTEE TEAMS

If a team is not ready to play on time then 3 shots will be awarded to the opponent for each end short of 4 at the end of the game.

Where a team can only raise three players, the 1st and 2nd players of the short side **can** play 3 bowls each but will suffer a reduction of 25% of their shots.

The opponent of an absent team will receive 2 points + 4 shots.

9. UMPIRE

An Umpire will be appointed and their duties will be as follows;

- measure any shot or shots in dispute.
- decide all questions as to distance of jack from mat.
- decide on whether or not a bowl or bowls are in or out of play.
- take action on any of these rules whether or not the matter has been referred to them by either of the two Skips.

The Umpire's decision shall be final.

10. **GENERAL**

Persons not engaged in the game shall be confined to areas clear of the green. They shall preserve an attitude of fair play - and are not allowed to disturb or advise the players on the green.

The Tournament Organiser has the discretion to alter the format and/or rules on the day according to changes in numbers of entries or other extenuating circumstances.

SMOKING OR CONSUMING FOOD IS NOT ALLOWED ON OR NEAR THE GREEN BY ANY PERSON.

3.2 5-A-SIDE FOOTBALL

1. TEAMS

Each village may provide a senior and/or junior team. All players shall be male. A senior team shall consist of players over 16 years of age as at 1st September of the previous year and a junior team shall consist of players under 16 and over 14 as at 1st September of the previous year.

2. COMPETITION

The competition shall be governed in accordance with the Rules and Regulations of The Football Association. Matches will be played in general conformity with the Laws of Five-a-Side Football as issued by The Football Association.

3. PLAYING AREA

The Football Association does not specify any particular length or width for five-a-side football.

3.1 Centre spot - a spot should be made in the exact centre of the playing area on which the ball is dropped to commence a game.

3.2 Goal area - the goal area is a semi-circle of between 15' and 25' radius dependent on the size of the playing area.

3.3 Penalty mark - a penalty mark should be placed at a point 20' from the centre of each goal.

3.4 Goal - the recommended size of the goals is 4' high and between 12' and 18' in length. the goalposts must not extend beyond the goal area.

4. THE BALL

A size 5 match ball will be provided.

5. NUMBER OF PLAYERS

5.1 The match shall be played by two teams each consisting of not more than five players, one of whom shall be the goalkeeper.

5.2 Two substitutes per team shall be permitted at any time during the game to replace any player except a player who has been sent off by the referee.

5.3 Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made during a stoppage in the game.

6. PLAYERS EQUIPMENT

6.1 Clothing - all players should be dressed in clothing that does not clash with that of the opposition and which is acceptable to the referee. THE GOALKEEPERS CLOTHING SHOULD BE DISTINGUISHED FROM THAT OF OTHER PLAYERS AND THE REFEREE. In the event of a clash of colours, the team named second will change.

6.2 Footwear - Suitable footwear for play on a grass surface or on an astro-turf surface (organisers will notify teams of playing surface prior to the tournament) is recommended in accordance with normal FA guidelines.

7. PLAYERS SAFETY

7.1 All players' jewellery (rings, earrings, bracelets, etc) must be removed or taped to the satisfaction of the referee in order to ensure player safety.

7.2 All players must wear shin pads in accordance with FA rules.

7.3 Any player who in the opinion of the competition organiser/referee is deemed to be under the influence of alcohol will exclude themselves from any further participation in the event.

7.4 The referee and/or the organising committee have the power to act on discretion over any matter concerning player safety.

8. REFEREES

Referees will be provided and shall receive a tournament fee.

In all matches the referee's decision shall be final. Any misconduct during a match will be reported by the referee to the appropriate association and to the Competition Co-ordinator. The referee shall record goals scored, act as timekeeper and report the result of each match to the competition organiser or his representative.

9. DURATION OF THE GAME

The duration of the game shall normally be two halves of six minutes (straight round at half time) subject to the following:

- (a) The duration of the game may, if necessary, be altered dependent upon the number of teams involved and the time available.
- (b) Allowance shall be made for time lost through stoppages or time wasting as indicated by the referee.
- (c) Time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period.

10. PLACINGS

10.1 In a league three points will be awarded to the winning team and one point to each team in a drawn match. When teams finish with the same number of points, goal difference will decide. Should goal difference be identical, the team scoring the greatest number of goals will be the winner. Should the goals scored also be identical, the result between the teams in question shall be taken into account. If still a tie, the teams concerned should decide the issue by a sudden death penalty competition.

10.2 Penalties will be taken in turn by each player of each side (including the goalkeeper) until a decision is reached.

10.3 Only 5 players from each team shall take part in the taking of kicks.

10.4 Subject to the terms of 10.3 above, any player who is eligible may change places with his goalkeeper at any time during the taking of the kicks.

10.5 Captains will toss a coin to decide which side takes the first penalty.

11. SCORING

A goal is not allowed if the ball was last played by a player of the attacking side whilst within either goal area. (If the ball is last played by a defending player whilst within either goal area, a goal shall be allowed).

12. BALL OUT OF PLAY

When the ball goes out of play, a member of the opposing team shall roll the ball into play. When a member of the defending team puts the ball out of play over his own goal-line, the opposing team shall be awarded a roll-in corner. When a member of the attacking team puts the ball out of play over the opponents' goal-line, the goalkeeper shall roll the ball out.

13. **BALL ABOVE HEAD HEIGHT**

The ball must be kept below head height. The referee shall have discretion as to what constitutes "head height" (and will use his discretion as to what constitutes head height in rebounds from the goalkeeper).

Penalty for infringement - indirect free kick at the place where the ball was played.

14. **OFFSIDE**

There is no offside. Players may place themselves in any part of the playing area outside the goal areas.

15. **FOULS AND MISCONDUCT**

15.1 Charging is forbidden and shall be penalised by the awarding of a direct free kick.

15.2 If on astro turf, **slide tackling is forbidden**; any slide tackling will be penalised by the awarding of a direct free kick.

15.3 A player who intentionally obstructs an opponent when not playing the ball shall be penalised by the award of an indirect free kick.

15.4 A player who is cautioned twice in the competition will not take part in his team's next game. A player's continued misconduct will be brought to the attention of the organiser and may result in that player's withdrawal from the event.

15.5 A player who is sent off shall miss his team's next two games and may be withdrawn from the competition at the organiser's discretion.

15.6 The referees must report cases of misconduct to the County FA within 2 working days.

15.7 No substitute is allowed for a player dismissed from the playing area for misconduct during the game in which the offence occurred but a substitute may be played in any ensuing games.

15.8 A team found to be contravening these rules will forfeit any game in which the contravention takes place. The Tournament Co-ordinator's decision is final.

16. **FREE KICK**

All free kicks will be direct. When a player is taking a free kick, all of the opposing players shall be at least 6' from the ball until it is in play.

All free kicks (except penalty kicks) given against the defending side for infringements committed in or near the goal area shall be taken from a distance of not less than 6' outside the goal area at the nearest point to where the offence occurred.

17. **PENALTY KICK**

A penalty kick shall be taken from the penalty spot and except for the defending goalkeeper, only the player taking the kick can enter the goal area and for that purpose only. Whether or not a goal is scored from the kick, the player concerned must leave the goal area immediately and before taking any further part in play.

18. **PLAY WITHIN THE GOAL AREA**

Only the defending goalkeeper is allowed within the goal area, except when a penalty kick has been awarded and then only the player taking the kick can enter the goal area. The goalkeeper is not allowed to leave the goal area. Penalty for infringement:

(i) By the attack - a direct free kick at the point of entry into the goal area.

(ii) By the goalkeeper and defence - a penalty kick.

NOTE : Referees should distinguish between accidental and intentional entry into or exit from the goal area. Only deliberate actions where the player either plays the ball or tries to play the ball should be penalised.

Accidental entry or exit which has no effect on the play should be ignored.

19. **PASS BACK TO GOALKEEPER**

The ball may NOT be played intentionally back by a player to his own goalkeeper. Penalty for infringement - indirect free kick at the place where the offence occurs.

20. **STARTS AND RESTARTS**

Play will be started and restarted following the scoring of a goal by a centre kick whereby the ball may be played in any direction (forwards or backwards) with the opposing side at least 6' from the ball and in their own half.

21. **SENIORS AND JUNIORS**

Each village may provide a senior and/or a junior team. The Senior Competition is for seniors only. In the Junior Competition players must be under 16 and over 14 as at 1 September of the previous year.

22. **FAILURE TO COMPLETE A MATCH/DISQUALIFICATION**

Any team failing to complete a match for whatever reason shall be deemed to have forfeited the points for that match and may, at the discretion of the organiser, be banned from any further part in the competition. Any team that is disqualified from the competition will have all its results made null and void at the discretion of the organiser.

23. **ORGANISER'S DISCRETION**

The event organiser reserves the right to change the format/rules of the competition on the day.

3.3 TABLE TENNIS

1. Matches will be conducted under the laws of the English Table Tennis Association. Clothing should be of plain DARK colour. It is not mandatory for the shirt and shorts/skirt to be of the same colour. White clothing is not permitted (White table tennis balls will be used).
2. Each village may provide a senior and/or junior team, each of two people, i.e. one male and one female. If necessary a junior over 11 years as at 1st September of the previous year may play in the senior event.
3. Only in the event of an injury which prevents any further participation in the remainder of matches can a substitute be allowed. That substitute must comply with the general and table tennis competition rules.
4. Each team will play a match of 3 games against their opponents (i.e. one mixed doubles, one men's singles and one women's singles).
5. Each game will consist of one to three sets with each game up to 11 points, depending on the number of entries and time available. The tournament referee/co-ordinator will advise on the day of the competition.
6. Players will score each other's games. Tournament officials will be provided and their decision on any disputes which arise will be final.
7. The team achieving the highest number of games in the competition will be adjudged the winners.

If two or more members of the group have gained the same number of match points their relative positions shall be determined only by the results of the matches between them, by the ratios of wins to losses first in matches then games then points, as far as is necessary to resolve the order. If at any step in the calculations the positions of one or more members of the group have been determined while the others are still equal the results of matches in which those members took part shall be excluded from any further calculations.
8. Players in **wheelchairs** are allowed. When serving to a player in a wheelchair the serve must not go off the side of the table. When wheelchair players are involved in a doubles game the alternate shot rule does not count for the wheelchair player and his/her partner.

3.4 **NETBALL**

1. All teams must arrive and register in the Sports Barn at the appointed time. All Team Captains must then attend the pre-event briefing.
2. The All England Netball Association rules will apply.
3. **All finger nails will be clipped short.**
4. **NO jewellery to be worn including earrings (through ears, nose, eyebrows or any part of the body deemed to be a danger) taped or not. Wedding rings if worn must be taped.**
5. Each village may provide a senior and/or junior female squad. Seniors must be over 16 as at 1 September of previous year. Juniors must be under 16 and over 11 as at 1 September of previous year.
6. Each squad to be up to twelve players with a maximum of seven players on court at any time.
7. Substitutes are allowed for up to five players in any one match in the event of injury or illness.
8. No team may start a match with less than five players.
9. Any team late on court for their appointed game will forfeit the points. These will be awarded to the team present at the correct time. The match can be played but umpires must record on the result slip which team arrived late.
10. Players arriving late may only join in the game after a goal has been scored and in the vacant position.
11. If a reserve starts playing because of the late arrival of a player, she shall continue to play for the whole of that match.
12. Officials and umpires will be provided.
13. Matches will be 9 minutes each way with no stoppage for half time, ie a running clock will continue. There will be no injury time. The duration of matches may be changed depending on the number of teams involved and the time available. There will be central timekeeping but the umpires whistle will determine the start and end of play on court.
14. Bibs marked with playing positions back and front must be worn. Bibs will be provided for those teams unable to provide their own.
15. Match balls (size 5) will be provided. Teams should provide their own practice balls.
16. Start of play - all teams must be on court ready for play at the time and place stated. First centre pass awarded to first named team on fixtures sheet.
17. Result slips - captains should check the scores with both umpires and sign the result slip before taking to the scorer's table.
18. Scoring
 - 5 points for a win
 - 3 points for a draw
 - 1 point for scoring more than 50% of winning team's total
19. Any tied places will be separated by goal average.

3.5 **BADMINTON**

1. Badminton Association of England rules will apply.
2. Each village may provide a senior and/or a junior team each of two people, i.e. one male and one female. If required a junior over 11 years as at 1st September of the previous year may take part in the senior event.
3. Only in the event of an injury which prevents any further participation in the remainder of matches can a substitute be allowed. That substitute must comply with the general and badminton competition rules. (See General Rules 1. 3.6).
4. The competition will be in the form of a round robin tournament with all village teams playing against each other.
5. Each match will consist of 1 game of mixed doubles.
6. Each game will be one set depending on entries.
7. Umpires will be available for Senior matches if requested; for Junior matches umpires will be appointed.
8. Shuttlecocks will be provided.
9. A Tournament Referee/Co-ordinator will be provided.
10. The winner of the competition will be the team winning most matches. In the event of a tie, the following order of solutions will be applied until a winner emerges:
 - (i) the team with the highest points total scored for will win;
 - (ii) the team with the lowest points total scored against will win;
 - (iii) should there still be a tie a play-off will take place with the rules being determined by the Tournament Referee.
11. The Tournament Organiser reserves the right to change the format and/or rules on the day of the competition in light of the number of entries changing or other extenuating circumstances.
12. All teams should register by the appointed time with the event organiser.

3.6 SQUASH

1. Each village **MUST** field a team of 3 players of any gender composition (ie. a team turning up with less than 3 members will not be allowed to take part). Players to be seeded 1, 2 and 3. in order of playing ability and these seedings will remain the same for all matches.

NB. This is a senior event but if required juniors over 11 years as at 1st September of the previous year may take part.

2. Format of games, and order of play, will be decided by the tournament organiser based on the number of entries. All teams to register with tournament organiser by the appointed time. Players must be ready to go on court 5 minutes prior to scheduled times.
3. Where teams are tied on points (in a league) the winner/placings will be determined by the following methods :-
 - a) the team that wins most matches
 - b) if two teams win the same number of matches, the result of the match between the two teams shall count;
 - c) if three or more teams are equal then the teams for which the number of games won minus the number of games lost is greatest will be placed highest;
 - d) if two teams are still equal then the result of the match between these teams will count;
 - e) if three or more teams are still equal then points won minus points lost will decide;
 - f) if two teams are still equal the result of the match between these teams will count;
 - g) if three or more teams are still tied, the referee/tournament organiser will decide a suitable method of separation.
4. If a village is a player short when their match is ready to commence they automatically concede a 2-0 win for that player's match to their opponents. They still however continue in the competition.
5. In the event of injury to any player (sustained during play) a substitute may be allowed in subsequent games.
6. Black soled footwear is not allowed on court
7. The tournament organiser, in liaison with the games organiser reserves the right to change the format and rules governing the competition at his/her discretion.

3.7 MINI ATHLETICS

1. There will be one competition for all village teams.
2. A squad of up to 8 people, (up to 2 men, 2 women, 2 girls and 2 boys), may be selected with one person from the squad participating in the following events:

Senior Men	100 metres, Shot Putt, 400 metres, Long Jump
Senior Women	100 metres, Long Jump, 400 metres, Shot Putt
Junior Boys	100 metres, Shot Putt, 200 metres, Long Jump
Junior Girls	100 metres, Long Jump, 200 metres, Shot Putt
4 x 100 metres Relay	(Senior Man, Senior Woman, Junior Boy, Junior Girl)

NB : A female may not take the place of a male at any time or vice versa; a junior may not take the place of a senior and vice versa.

3. Senior Events are for Seniors only; Juniors must be Under 16 and Over 11 years of age as at 1st September of the previous year.
4. Under no circumstances whatsoever are substitutes allowed.
5. **ORDER OF EVENTS WILL BE AS FOLLOWS:**

- a) 100 metre races
- b) Long Jump/Shot Putt
- c) 200/400 metre races
- d) Long Jump/Shot Putt
- e) 4 x 100 metres relay

In all events junior competitors will compete first followed by senior competitors (in the relay small villages will compete before medium villages).

6. Each competitor **MUST** display his/her number or letter on the **FRONT** of his/her vest at all times throughout the competition. (Numbers will be issued at the start of the competition).
7. Points will be awarded as follows in each event:

1st place	20 points
2nd place	15 points
3rd place	12 points
4th place	10 points
5th place	8 points
6th place	6 points
7th place	4 points
8th place	2 points

Points for each event will be added together to obtain the overall placings for the MINI Athletics.

8. The organisers reserve the right to change the points system and/or the rules in the event of special circumstances developing.

FURTHER GUIDELINES FOR COMPETITORS

9. ALL RACES - INCLUDING RELAY

- a) All competitors are advised to warm up thoroughly before competing in any race. Suitable running shoes or training shoes should be worn. Competitors using spikes please note that 6mm is the maximum spike length allowed. All runners **MUST** run in lane allocated to them.
- b) In the relay four team members combine to take part in the race. Every competitor will run a distance of 100 metres, handing over a baton at each change over. The last runner in every

team must carry the baton over the line. A dropped baton must be picked up during the race for the team to count. Teams **MUST** stay in the lane allocated to them.

- c) If a competitor drops the baton into another teams lane the guilty athlete must wait until other competitors have passed them so as not to impede other athletes in any way. Change overs (of the baton) must be completed within the changeover boxes within the competitors lanes (these boxes will be shown to athletes prior to their race). Changeover judges will watch for improper actions and have the authority to disqualify athletes who break lanes, foul the changeover or impede other athletes.
- d) Depending on the number of entries the 200/400 metre races may be run as TIME TRIALS with the fastest timed team/athlete being placed 1st and the next 2nd and so on.

10. **LONG JUMP AND SHOT PUTT**

- a) Practice time will be allowed for competitors. Every competitor will be allowed three jumps or putts each in the competition with the best jump/throw counting.
- b) In the Shot Putt the following weights will be used:

Senior Men will putt the 6.25kg shot
Senior Women 3.25Kg
Junior Boys 3.25Kg
Junior Girls 2.75Kg

11. **LATE COMPETITORS**

All competitors should be at the start of their event in good time to ensure that the meeting keeps to the schedule. Events will take place on time and any competitor who does not report on time will not be allowed to compete.

THE EVENT WILL BE RUN IN THE SPIRIT OF UKA RULES.

3.8 **FITNESS TRIATHLON**

1. The Fitness Triathlon will be conducted under the rules of Lynnsport and Leisure Park. Each competitor **MUST** book their timed sessions as early as possible at the Fitness Triathlon venue during the day and in any event **no later than 12 noon**. Session times are available from 9.00am to 2.45pm and will be allocated on a first come first served basis.
2. Each village is to provide a team of 4 consisting of 1 Senior Man, 1 Senior Woman and 2 Juniors (one male, one female). Teams may not take part with less than 4 members.
3. Juniors must be under 16 years and **OVER** 12 years of age as at 1 September last year.
4. Teams do not need to take part 'en bloc' but should book their sessions as early as possible with the Bodyworks staff to take place between the appointed times. Failure of an individual team member to arrive in time for his/her booking may result in that individual not taking part in the event.
5. Each team shall compete by timed sessions on the **Summit Trainer**, Concept II Rower and **Treadmill**.

a) **Summit Trainer:**

Men: manual level **4** for 5 minutes
Women/Juniors: manual level **1** for 5 minutes

Scores will be based on the maximum number of metres the individual has climbed in 5 minutes. The total metres climbed will then be multiplied by 4 to yield your score on the **Summit Trainer** in metres.

* There will be a one minute rest interval before moving onto the next piece of equipment.

b) **Concept II Rower:**

Men: Manual level 6 for 5 minutes
Women/Juniors: Manual level 4 for 5 minutes

Scores will be based on the distance in metres travelled in 5 minutes, shown at the end of the programme. This is then added to your **Summit Trainer** metre distance.

* There will be a one minute rest interval before moving onto the next piece of equipment.

c) **Treadmill:**

Each individual sets their own pace.

Scores will be based on the distance in metres travelled within 5 minutes. This is added to your **Summit Trainer**/Rower distance to yield your total metre distance.

NB. Holding. On the **Treadmill** in order to stabilise themselves competitors may wish to hold onto the hand rails. This will only be allowed (without penalty) during the first 30 seconds. If a competitor holds onto the hand rails after the first 30 seconds he/she will incur a 150 metre penalty which will be deducted from the final score (150 metres per hold). The allocation of the penalty is at the sole discretion of the Fitness Triathlon organiser who will distinguish between an accidental touch and a hold of the hand rail.

6. The team achieving the highest number of metres in the Fitness Triathlon will be adjudged the winners.

In the event of a tie, a selected individual from each team will compete on the **Treadmill** -for a further 5 minutes.

The greatest number of metres travelled will be the winner.

In the event of a further tie the same individuals will compete on the Concept II Rower - manual level 6 for a further 2 minutes. Greatest metre distance, winner.

7. It is strongly recommended that each individual is comfortable in the use of the above mentioned machines before the event of the Fitness Triathlon.

NB: This is a physically demanding event and all competitors must be physically fit. A brief induction/assessment will be made prior to commencement of activity - Bodyworks reserve the right to withdraw competitors from the event.

3.9 MINI SOCCER

Except where other provisions in these Laws are made, the Laws of Association Football apply.

1. Teams

Each village will provide a junior team of boys and/or girls Under 11 yrs and over 9 years as at 1st September of the previous year.

2. Playing Area and Goal Size

The playing Area will be in accordance with the FA Laws for Mini Soccer. Goal size will be 3.6m (12ft wide) x 1.88m (6ft) high.

3. The Ball

The ball will be size 4.

4. Number of Players

The number of players per team, including the goalkeeper, is seven. A squad may consist of up to 10 players with 7 playing at any one time.

Substitutes may be used at any time with the permission of the Referee. Entry into the field of play will only be allowed during a stoppage in play. A player who has been replaced may return to the playing area as a substitute for another player.

5. Playing Equipment

Players must wear shin guards and goalkeepers must wear a distinguishing playing strip. Shin guards must be covered entirely by the stockings.

6. Referees

Each match is controlled by a Referee who has full authority to enforce the Laws of the Game in connection with the match to which they have been appointed.

7. Duration, Start and Restart of Play

Duration of play will be advised by the tournament organiser. A kick-off is taken at the centre of the playing area to start the game and after a goal has been scored, opponents must be 4.5m (5 yards) away from the ball, and in their own half of the field. The ball must be played forward.

8. Ball in and out of Play

The ball is out of play when it has wholly crossed the goal line or touch line whether on the ground or in the air or when play has been stopped by the Referee

The ball is in play at all other times, including when it rebounds from a goal post, crossbar or corner flag post and remains in the field of play or when it rebounds from either the Referee or an Assistant Referee when they are on the field of play

9. Method of Scoring

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

10. Offside

There is no offside.

11. Fouls and Misconduct

In Mini Soccer all free kicks are direct.

A free kick is awarded to the opposing team if a player commits any of the following offences in a manner considered to be careless, reckless or using excessive force :-

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent

A free kick is awarded to the opposing team if a player commits any of the following offences:-

- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his/her own penalty area)
- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his/her hands
- Commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player

A penalty kick is awarded if any of the above offences is committed by a player inside his/her own penalty area, irrespective of the position of the ball, provided it is in play.

A free kick is awarded to the opposing team if the goalkeeper :-

- Takes more than 6 seconds to release the ball from his/her hands
- Touches the ball again with his/her hands after it has been released from his/her possession and has not touched any other player
- Touches the ball with his/her hands after it has been deliberately kicked to him/her by a team mate
- Touches the ball with his/her hands after he/she has received it directly from a throw in taken by a team mate

For all of these offences, the free kick should be taken from the penalty area line, parallel with the goal line, at the nearest point to the offence.

Cautionable Offences

A player is cautioned and shown the yellow card if he/she commits any of the following seven offences: -

- 1) Is guilty of unsporting behaviour
- 2) Show dissent by word or action
- 3) Persistently infringes the Laws of the Game
- 4) Delays the restart of play
- 5) Fails to respect the required distance when play is restarted with a corner kick or free kick
- 6) Enters or re-enters the field of play without the Referee's permission
- 7) Deliberately leaves the field of play without the Referee's permission

Sending Off Offences

A player is sent off and shown the red card if he/she commits any of the following seven offences:

- 1) Is guilty of serious foul play
- 2) Is guilty of violent conduct

- 3) Spits at an opponent or any other person
- 4) Denies the opposing team a goal or an obvious goal scoring opportunity, by deliberately handling the ball (this does not apply to a goalkeeper within his/her own penalty area)
- 5) Denies an obvious goal-scoring opportunity moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- 6) Uses offensive or insulting or abusive language and/or gestures
- 7) Receives a second caution in the same match

Two yellow cards in the tournament for a player will result in that player missing the next game. A red card will result in the player missing the next two games and may be withdrawn from the tournament at the organiser's discretion.

12. **Free Kicks**

For all free kicks opponents must be 4.5m (5 yards) from the ball.

13. **Penalty Kicks**

A penalty kick is awarded for offences, as described in 11. All players except the defending goalkeeper and kicker must be outside the penalty area and at least 4.5m (5 yards) from the penalty mark. The ball must be kicked forward.

If a player or players commit an offence at the taking of a penalty kick his/her team shall not be allowed to gain an advantage (ie the kick is retaken or the goal is disallowed depending on which team offended). If a player of both the defending and the attacking teams offend, the kick shall be retaken.

14. **Throw-in**

A goal cannot be scored directly from a throw-in. A throw-in is awarded when the whole of the ball passes over the touch line, either on the ground or in the air; from the point where it crossed the touch line; to the opponents of the player who last touched the ball

At the moment of delivering the ball, the thrower faces the field of play; has part of each foot either on the touch line or on the ground outside the touch line; uses both hands; the throw-in is awarded to the opposing team, if any of these requirements are not carried out The thrower may not touch the ball again until it has touched another player. If he/she does a free kick will be awarded against them. The ball is in play immediately it enters the field of play; delivers the ball from behind and over their head

15. **Goal Kick**

A player of the defending team kicks the ball from any point within the penalty area. Opponents must remain outside the penalty area and at least 5 yards (4.5m) from where the kick is taken until the ball is in play.

16. **Corner Kicks**

The opposing players must remain at least 4.5m (5 yards) from the ball until it is in play. The kicker may not touch the ball again until it has touched another player. If he/she does a free kick is awarded against them. The ball is in play immediately it enters the field of play.

THE RESPONSIBLE FOOTBALL COACH/MANAGER

CODE OF CONDUCT FOR FOOTBALL

1. Coaches/Managers must respect the rights, dignity and worth of each and every person and treat each equally within the context of the sport.
2. Coaches/Managers must place the well being and safety of each player above all other considerations, including the development of performance.

3. Coaches/Managers must adhere to all guidelines laid down within the Constitution and the Rules of the Football Association.
4. Coaches/Managers must develop an appropriate working relationship with each player based on mutual trust and respect.
5. Coaches/Managers must not exert undue influence to obtain personal benefit or reward.
6. Coaches/Managers must encourage and guide players to accept responsibility for their own behaviour and performance.
7. Coaches/Managers must ensure that the activities they direct or advocate are appropriate for the age, maturity, experience and ability of players.
8. Coaches/Managers should, at the outset, clarify with the player (and, where appropriate, their parents) exactly what is expected of them and also what they are entitled to expect from their coach.
9. Coaches/Managers must co-operate fully with other specialists (eg other coaches, officials, sports scientists, doctors, physiotherapists) in the best interests of the player.
10. Coaches/Managers must always promote the appropriate Code of Conduct and positive aspects of the sport (eg fair play) to players, parents and spectators alike. Never condone violations of the Laws of the Game, behaviour contrary to the spirit of the Laws of the Game or relevant rules and regulations or the use of prohibited substances or techniques.
11. Coaches/Managers must consistently display high standards of behaviour and experience and be a role model for players, parents and spectators.

3.10 DARTS

1. The British Darts Organisation rules will apply.
2. Each team will consist of 4 senior men and/or women. Juniors over the age of 11 years as at 1st September of the previous year may take part if required.
3. The format of the competition will be advised by the organiser and determined by the number of entries.
4. Nearest the Bull to start.
5. All teams to nominate a Captain who will be responsible for the organisation of the team.
6. Each Captain to register their team and players at the appointed time.
7. Completed score cards to be signed by both Captains at the end of each match, and handed to the organisers.

3.11 GYMNASTICATORS

1. Village teams will take part in a series of fun, gladiator type games.
2. Teams must consist of four children (any gender composition) under 11 years and over 8 years as at 1st September of previous year. Each village should supply an adult supervisor with its team.
3. Participants must arrive and register at Lynnsport's gymnasium by the appointed time
4. The event will be run in such a way as to give competitors maximum activity possible (ie it will not be run as a straight knock-out competition).
5. There will be a variety of fun games played in the competition, for example Pyramat, Tag Ball, Battle Beam, Pursuit and the Final Eliminator. More detailed rules will be explained to competitors on the day of the event.
6. Points scoring will be in operation and in some games it will be a straight 10 points for the winner and none for the loser.
7. In the event of a draw teams will receive 5 points each except for the Final Eliminator where the Team Manager will be asked to select 1 team member for a re-run.
8. Not all the teams will necessarily play the same games, in some cases because of limited space. This has to be accepted by all teams.
9. There may be some waiting in between games because of set up and other teams playing.
10. One adult supervisor should remain in the Gymnastics Hall with their village team. All other adults and spectators MUST leave the Hall and spectate from the balcony.
11. The Referee's decision is final in all matters and must be accepted by team managers and teams themselves.
12. Lynnsport School of Gymnastics will run the event and reserve the right to change or amend competition rules on the day should the need arise.

3.12 ARCHERY

1. General

The day's activity will be divided into an introductory coaching session and a competitive session in which village teams will compete against each other in small and medium sized sections.

2. Teams

Teams shall consist of 2 competitors, one male and one female. Villages may enter one senior and/or one junior team.

3. Competition

- 3.1 Teams will be placed according to points scored. The organiser will instruct on the number of arrows each team will shoot which will depend on the number of entries/time available.
- 3.2 No tied places are allowed. In the event of a tie, places will be decided on a count back of the most bull's eyes. If still a tie the next highest score will be counted back.
- 3.3 The organiser reserves the right to change the format of the competition on the day according to circumstances that arise.

4. Safety Rules

Archery can be a dangerous activity and it is imperative that participants follow the organisers instructions at all times.

- 4.1 Only 'closed' footwear can be worn, i.e. No sandals or flip flops.
- 4.2 All piercings must be removed.
- 4.3 Wear tight fitting clothes on the top half of the body; no baggy sleeved shirts to be worn.
- 4.4 Do not collect arrows that have been shot until told to do so.
- 4.5 NEVER point a bow and arrow at another person.
- 4.6 NEVER shoot an arrow straight up in the air.
- 4.7 NEVER shoot an arrow off into the distance where you cannot see where it will land.
- 4.8 Don't draw a bowstring back further than the length of the arrow for which bit is intended. Overdrawing can break the bow and injure the shooter in the process.
- 4.9 Don't draw the string back except with an arrow on it and, especially, don't release the bowstring with no arrow on it. Doing so is call dry firing and can damage the bow.
- 4.10 WALK, don't run toward the targets. Remember that the arrows are sticking out and can injure you.
- 4.11 When pulling arrows out of a target, stand to one side and insure that no one is directly behind you.
- 4.12 Warm up exercises will be demonstrated and it is recommended that you carry these out before shooting.
- 4.13 Anyone deemed to be behaving in an unsafe manner that may cause injury to self or others will not be allowed to continue to shoot.

3.13 Rounders

1. **Teams**

- 1.1 Games are played between two teams of 9 players. Villages may register a squad of 15. A minimum of 6 players per team may take to the field of play.
- 1.2 This is a combined Senior and Junior event therefore teams may be any combination of gender and age as long as there are at least 3 junior players (under 16 and over 8 as at 1st Sept of the previous year) in the team for each game.
- 1.3 Number of innings will be decided on the day of competition at the discretion of the tournament organiser depending on number of entries and time available.
- 1.4 Substitutions during a game are only allowed in the event of injury or illness. Teams may however substitute players between games.

2. **Batter**

- 2.1 Wait in the backward area well away from 4th post.
- 2.2 If out, wait in the backward area well away from 1st post.
- 2.3 You will have one good ball bowled to you.
- 2.4 Batter can use 2 hands.

3. **Scoring**

- 3.1 1 Rounder if ball is hit and 4th post is reached and touched before next ball is bowled.
- 3.2 ½ Rounder if 4th post reached and touched without hitting the ball.
- 3.3 ½ Rounder if ball is hit and 2nd post reached and touched before next ball is bowled - but if you continue this run and are put out before reaching 4th post, the score will be nullified
- 3.4 Penalty ½ Rounder for an obstruction by a fielder.
- 3.5 Penalty ½ Rounder for 2 consecutive no balls to same batter.
- 3.6 You can take or run on a no ball, but once you reach 1st post you cannot return. You cannot be caught out and you score in the normal way.
- 3.7 For a backward hit the batter can score as above provided they wait at 1st whilst ball is in the backward area.
- 3.8 The team with the highest number of Rounders wins.

4. **No Ball if :**

- 4.1 Not smooth underarm action.
- 4.2 Ball is above head - below knee.
- 4.3 Ball bounces on way to you.
- 4.4 Is wide or straight at body.
- 4.5 The bowlers foot is outside the square during the bowling action.

5. **Out when:**

- 5.1 Caught.
- 5.2 Foot over front/back line of batting square before hitting or missing a good ball.
- 5.3 Running inside post (unless obstructed).
- 5.4 The post **you are running to** is stumped.
- 5.5 You lose contact with post during bowlers action when he has possession in the square.
- 5.6 You overtake.
- 5.7 You obstruct (you have right of way on track only).
- 5.8 Deliberately throw bat.
- 5.9 If ordered to make and maintain contact and refuse to do so.
- 5.10 Side out or game over. When the ball is placed or thrown into the batting square when there are no more batters waiting.

6. **Running around the track – please carry the bat**

- 6.1 If you stop at a post you must keep contact with the post, with hand or bat. If you don't the fielding side can stump the following post to put you out.
 - 6.2 You can run on to a post even if it has been previously stumped (you don't score if the post immediately ahead has been stumped).
 - 6.3 When the bowler has the ball in the bowling square you cannot move on, but if you are between posts you can carry on to the next.
 - 6.4 You can move on as soon as the ball leaves the bowlers hand, including no balls.
 - 6.5 You cannot have two batters at a post. The Umpire will ask the first to run on when the second one makes contact.
 - 6.6 At a post you do not have to move on for every ball bowled.
 - 6.7 Once in contact with the post, you may turn the corner over the 2metre line. If you turn the corner during a run and there is no contact with the post you will be deemed to have turned the corner and must run on.
7. The tournament organiser reserves the right to change the format/rules of competition on the day according to circumstances.