



2019 Inclusive Rules



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Hampshire School Games 2019 Rules

Sport	Athletics Quad Kids - Inclusive
Age Group	Year 7 - 10
Gender	Mixed (MLD & BESD)
Team / Squad Size	8 Athletes

Team Requirements

- Teams of 8 athletes. Please note that schools **MUST** have 8 pupils to make up a team. The competition is for MLD & BESD athletes.
- A Team Declaration form **MUST** be returned by **THURSDAY 6TH JUNE 2019** otherwise the team will be **removed from the competition**.

Competition Format

- The competition is team based
- The competition comprises 4 events with a mix of running, jumping and throwing events;
 - 75m Sprint
 - Long Jump
 - Vortex Javelin
 - 400m Middle Distance
- All competitors should take part in all 4 events
- The competition will be scored using the Standard Quad Kid Scoring Tables and the team with the highest cumulative points is the winner

For more information

For further clarification on eligibility or rules for Quad Kids please contact:
Sharon Robertson – Sharon.robertson@energiseme.org





Hampshire School Games 2019 Rules

Sport	Inclusive Boccia
Age Group	KS2 – KS4
Gender	Mixed
Team / Squad Size	3 – 5 Players

Competition 1 - Mixed Boys & Girls Years 5, 6, 7, 8 & 9 MLD, PD & ASLD

Competition 2 - Mixed Boys & Girls Years 5, 6, 7, 8 & 9 SLD / PMLD

Team Requirements

- Teams of 3 to 5 players, with 3 playing at any one time

Sports Rules (Adapted from Boccia England Rules)

- 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' (assistive device).
- 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.
- Each match will be 4 ends.
- An end consists of all 13 balls being propelled onto court (the Jack, 6 Red and 6 Blue).
- Each side must not exceed 3 players on court during game.
- Decided using a coin toss, the winning player/captain chooses to be red or blue.
- Both sides must occupy a designated box on the court from where balls are propelled.
- The red side always begins the first end by propelling the jack into court.
- The player who propels the jack ball also propels their team's first coloured ball.
- A player from the opposite side then propels their first coloured ball.
- The side not closest to the jack plays until they get closer, or run out of balls.
- The end is complete when all balls from both sides have been propelled.
- One point is awarded for every ball of the same colour, which is closest to the jack.

Contact

For further clarification on the rules for Boccia please contact: Madeleine Campbell -
 mcampbell@priorysouthsea.org



Hampshire School Games 2019 Rules

Sport	Inclusive New Age Kurling
Age Group	KS2 – KS4
Gender	Mixed
Team / Squad Size	4 – 6 Players
<p>Competition 1 - Mixed Boys & Girls Years 5, 6, 7, 8 & 9 MLD, PD & Ambulant SLD</p> <p>Competition 2 - Mixed Boys & Girls Years 5, 6, 7, 8 & 9 PMLD & Supported SLD</p> <p><u>Team Requirements</u></p> <ul style="list-style-type: none"> • Teams of 4 to 6 players, with 4 playing at any one time <p><u>Competition Format</u></p> <ul style="list-style-type: none"> • Teams will play in a league in a round-robin format. • There will be 3 points for a win, 2 for a draw and 1 for a loss. <p><u>Sports Rules</u></p> <ul style="list-style-type: none"> • Competition's will be played with rubber Kurling stones and pushers or ramps (if preferred), plus vinyl target. • Competition playing area is traditionally a Badminton court approx 13.4m long. The length maybe adjusted to encourage inclusion of players with a wider level of ability. The targets are laid with the top edge touching the top line of each end to enable play from both ends. • The base line of the court is the starting line or 'Hack Box'. This will be 4' square and in line with the target you are playing to. • When using a badminton court, there will be a cross line marked on the court approx. 4.7m from both ends. Again this length maybe adjusted. This line is called the 'Hog Line'. All Kurling Stones must be delivered over the Hog Line nearest to the target in play. If the stone is not delivered over the line, or rests on the line, it must be removed from play. • Scoring is the nearest to the middle or Bulls Eye. If for example, one red stone is nearer to the centre than any blue stone, then that is one point to the reds. If four red stones are nearer the centre than any blue stone then that is four points to the reds. 	

- The 2 teams playing will determine who goes first by the toss of a coin. Whoever wins the toss has first choice of colour. They will throw then their stones alternately.
- After each end the teams play from the other end of the court. The teams alternate to start each end i.e. Red, blue, red blue.
- All Kurling stones have to be delivered to complete an end.
- If a dead heat occurs in the knock out stages one stone from each team will be delivered. Both stones to be left on court for scoring.
- All disputes must be taken to the umpire; the umpire's decision is final.
- A game will be determined by the completion of 4 ends subject to sports organisers' discretion.

Contact

For further clarification on the rules for New Age Kurling please contact:
Madeleine Campbell - mcampbell@priorysouthsea.org



Hampshire School Games 2019 Rules

Sport	Swimming - Inclusive
Age Group	PMLD / SLD / PD and MLD / BESD KS3/4
Gender	Mixed
Team / Squad Size	Up to 8 Swimmers (please ask if you want to bring more than 8, it may be possible)

THIS EVENT WILL START AT 11.00am – Garrison Sports Centre

Team Requirements

- Teams of up to 8 Swimmers. Mixed gender
- Swimmers will be taking part in either MLD/BESD event or the SLP/PD event
- Medals will be awarded to the top three in each event in both categories
- Please note there is **NO HOIST AVAILABLE AT THE SWIMMING POOL**, all swimmers must be able to enter and exit the water by themselves or with the assistance of a member of their school staff.
- A Team Declaration form **MUST** be returned by **THURSDAY 6TH JUNE 2019** otherwise the team will be **removed from the competition**.
- Swimmers should be confident in swimming in deep water and be able to swim the distance required.

Competition Format

Each swimmer can do a maximum of 3 individual events.

Events are as follows;

Competition 1 – PMLD/SLD/PD

10m Freestyle
 25m Freestyle
 25m Backstroke
 25m Kick
 50m Freestyle
 2 x 25m Freestyle Relay

Competition 2 – MLD / BESD

25m Freestyle
25m Backstroke
25m Breaststroke
25m Kick any stroke
50m Freestyle
50m Backstroke
50m Breaststroke
75m IM, Backstroke, Breaststroke & Freestyle
4 x 25m Body Board Relay
4 x 25m Freestyle Relay

[For more information](#)

For further clarification on eligibility or rules for Swimming please contact:

Madeleine Campbell, SGO Portsmouth – 07958 965463 or email mcampbell@priorysouthsea.org