



2019

Primary Rules





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Hampshire School Games 2019 Rules

Sport	Athletics Quad Kids
Age Group	Year 5 & 6
Gender	Mixed
Team / Squad Size	4 Boys & 4 Girls

Team Requirements

- Teams of 8 athletes; 4 boys and 4 girls. Please note that schools **MUST** have 8 pupils to make up a team. Only pupils in Years 5 & 6 can compete in this event.
- 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
 - 600m 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

Quad Kids is Track & Field competition format for Primary Schools Key Stage 2 students.

For more information see www.quadkids.org.

Contact

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





Hampshire School Games 2019 Rules

Sport	Basketball
Age Group	Year 5 & 6
Gender	Mixed
Team / Squad Size	8 to 10 players (minimum of 2 girls)
<p><u>Team Requirements</u></p> <ul style="list-style-type: none"> • Each team must consist of a minimum of 8 Players. Failure to arrive with less than 8 players may result in a point's deduction. • There must be a minimum of 2 girls in each squad, with a minimum of 1 girl on court at any time. Failure to arrive with less than 2 girls may result in a point's deduction. • If team have a squad of more than 8 players, they must nominate 8 players for each match, the additional players can only be substituted as the result of an injury. • All players will play in the games with a clear rotation of all four players at each stoppage. • One of the team members shall be the Captain. <p><u>Sport Rules</u></p> <ul style="list-style-type: none"> • Games will be played 4 v 4 • Games will be played in two halves. Timings to be announced on the day. • All players should receive a fair amount of court time. Substitutions will only be permitted at the end of each half where all players should be rotated as above. • There will be no time outs permitted. • At a change of possession e.g. foul, basket, ball out of play, play should restart from the nearest side/end line or the top of the arc if playing half court. • Any player persistently fouling may be removed from the game by the referee. In the event of a foul the opposing team will receive the ball on the nearest side/end line. If the player is 	

fouled in the act of shooting it will result in 1 point being awarded along with side line possession to the shooting team.

- In the event of a tie a free throw 'shootout' will decide the result of the game.
- Teams must play man to man defence. No zones.
- Scoring: There are no arc markings so NO 3 point baskets. All baskets are scored as 2 points. When a team scores, the other team gain possession of the ball on the end line or outside the arc if playing half court. As above, if a player is fouled in the

Competition Format

- The principle of a round robin format of appropriately sized pool leading to a knockout in the later stages will be followed, depending on the number of teams entered.
- Games will be played on a mini court
- Games will be played with size 5 basketball
- Games will be played with 8ft baskets

For more information

For further clarification on the rules for Basketball please contact TBC



Hampshire School Games 2019 Rules

Sport	Girls Football
Age Group	Year 5 & 6
Gender	Girls
Team / Squad Size	10

Team Requirements

- All players must be current school year 5 or 6. Teams must have a named manager; the nominated adult must supervise their team and is responsible for their players' welfare
- A team will consist of a maximum of 10 players with a **maximum of 7 playing at any one time**. This includes a designated goalkeeper. No player shall be nominated for more than one team.
- Every player **must wear shin pads** and footwear suitable for grass pitch

Competition Format

- The matches will follow the rules of Mini Soccer, please see below information.

For more information

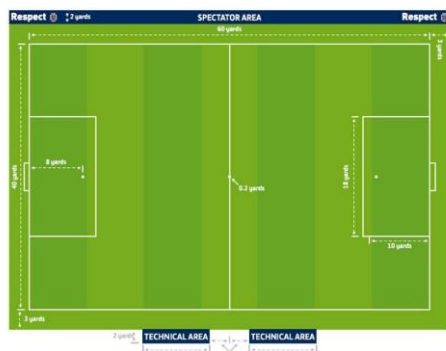
For further clarification on the rules for Football please contact Flo Lunn:

Flo.Lunn@HampshireFA.com.

The Football Association Laws for Mini-Soccer

This guide provides the Laws for Under 9 and Under 10 versions of the game, with children playing a maximum of 7v7.

Law 1 - Playing Area



Halfway Line - The field of play is divided into two halves by a halfway line. The centre mark is indicated at the mid-point of the halfway line.

Goal Size - The distance between the posts is 12ft and the distance between the lower edge of the cross bar and the ground is 6ft.

Law 2 - The Ball

- The ball should be size 4 for U10
- It should be safe and made of leather or another suitable material

Law 3 - Number of Players

Maximum number per team, including goalkeeper	
Under 9 and Under 10	7v7

The above table indicates the maximum number of players per team at that age group. If the competition would like to have smaller numbers, e.g. 4v4 at U9 or U10, this is allowed within this framework.

A match may not START if either team consists of fewer than five players. The minimum number of players in a team required for a match to CONTINUE is also five. Matches can begin with 7v6 but the importance and ethos of Mini-Soccer should be upheld wherever possible and the development of the children should come before the score line.

Players must play with and against players only from their own age range, as per Football Association and Competition rules.

Each team must not have a squad greater than double the size of the team per age.

Any number of substitutes, without being named, may be used at any time with the permission of the referee. A player who has been replaced may return to the playing area as a substitute for another player.

All team members should receive equal playing time where possible, with a best practice recommendation of at least 50% per player for each game.

Law 4 - Playing Equipment

- Players must wear shin guards and goalkeepers must wear a distinguishing playing strip. Shin guards must be covered entirely by the socks.
- Players must wear the appropriate clothing dependant on the weather.
- Correct footwear must be worn for the surface of the pitch e.g. no metal studs on artificial grass pitches.

Law 5 – Referees (The Authority of the Referee)

Each match is controlled by a referee who has full authority to enforce the Laws for Mini-Soccer in connection with the match to which they have been appointed.

Furthermore, referees should also recognise their role is to facilitate learning of the players, for example, allow young children to take a second attempt at a throw-in if the first is not within the Laws.

Law 6 - Assistant Referee

Assistant referees are not required.

Law 7 - Duration of the Game

In any one day (tournament format), no player shall play more than 90 minutes. It is the responsibility of the parent/carer or organisation to ensure the child does not exceed this.

It is permitted during development matches that the periods of play can be split into equal quarters. The half time interval must not exceed 5 minutes.

Please refer to the Standard Code of Rules for Youth Competitions.

Law 8 - Start and Restart of Play

Procedure; 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 5 yards away from the ball and in their own half of the field. The ball must be played forward. In Mini-Soccer a goal cannot be scored directly from a start or restart of play.

Special Circumstances; A dropped ball to restart the match, after play has been temporarily stopped inside the penalty area, takes place on the penalty area line parallel to the goal line at the point nearest to where the ball was located when the play stopped. No goal can be scored direct from a dropped ball.

Law 9 - Ball In and Out of Play

Normal rules apply, as per Laws of Association Football.

Law 10 - Method of Scoring

Normal rules apply, as per Laws of Association Football.

Law 11 - Offside

There is no offside.

Law 12 - Fouls and Misconduct

Normal rules apply, as per Laws of Association Football.

However, in Mini-Soccer all free kicks are direct.

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

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

For all 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.

Law 13 - Free Kicks

For all free kicks opponents must be 5 yards from the ball.

Law 14 - Penalty Kicks

Normal rules apply, as per Laws of Association Football.

Position of the Ball and the Players

All players except the defending goalkeeper and kicker must be outside the penalty area and at least 5 yards from the penalty mark.

The ball must be kicked forward.

Law 15 - Throw-in

Normal rules apply, as per Laws of Association Football.

The role of the referee is to also allow young players to learn the game. This may involve letting players take throw-ins again, if incorrect technique is used. The referee should ensure the same player attempts a second time, with guidance and help from the match official.

Law 16 - Goal Kick

A player of the defending team kicks the ball from any point within the penalty area.

The ball is in play when it is kicked directly out the penalty area.

Law 17 - Corner Kicks

The opposing players must remain at least 5yards from the ball until it is in play.

The kicker may not touch the ball again until it has touched another player. If she does, a free kick is awarded against them.

[For more information](#)

For further clarification on the rules for Girls Football please contact: - Flo Lunn -
Flo.Lunn@hampshirefa.com



Hampshire School Games 2019 Rules

Sport	Gymnastics
Age Group	Year 3 & 4
Gender	Mixed
Team / Squad Size	10 – 12 Gymnasts
<p><u>Team Requirements</u></p> <ul style="list-style-type: none"> • Teams of 10 – 12 gymnasts – 50% boys & 50% girls. • Gymnasts will wear leotards, or shorts and t-shirts and have bare feet. • A Team Declaration form MUST be returned by THURSDAY 6 JUNE 2019 otherwise the team will be removed from the competition. • Hair will be tied back and all jewellery must be removed, taping is not acceptable. <p><u>Competition Format</u></p> <p>The gymnasts will perform the KEY STEP LEVEL 2 ROUTINES IN FLOOR, VAULT AND BODY MANAGEMENT for Years 3 & 4. Key Step resources are available via the British Gymnastics Partner School registration:</p> <p>https://www.british-gymnastics.org/clubs/schools/schools-gymnastics</p> <p>The competition area will be 6m x 1m for body management and the floor routine.</p> <p>The vault competition will use an 'old-style' 1 metre high box vault. Gymnasts WILL NOT have the use of a springboard in the vault competition.</p> <p>Top 5 Girls and Top 5 boys scores will count to a team final result.</p> <p><u>For more information</u></p> <p>For further clarification on the rules for Gymnastics please contact – Sharon Robertson 01962 676374</p>	



Hampshire School Games 2019 Rules

Sport	Handball
Age Group	5 & 6
Gender	Mixed
Team / Squad Size	Min. 10 Players (minimum 3 Girls)

Team Requirements

- The teams must be composed of a minimum of 10 players
- There's no maximum limit to the number of players per team Games
- There must be a **MINIMUM of 2 GIRLS** on the pitch at any one time

Competition Format

- The games are 10 minutes, divided in two halves of five minutes controlled with a central buzzer
- The games are played on half a netball court
- Games are played using size "0" soft balls
- Games are played using mini-handball goals (1.7m x 2.4m)
- The games will be played five-a-side (One goalkeeper and four court players)
- If a team has less than five girls (or boys), they can top up the numbers with boys (or girls). However, players who are 'topping up' cannot play in goal or score
- There is no limit to the number of players per team as there is no limit to the number of substitutions
- The results of both halves will be added to find the final result of the match

Points System

- The point system will be as follows:
 - Win: 3 points
 - Draw: 1 Point
- In case of a tie at the end of the Round Robin, the classification criteria will be as follows:
 - Goals Scored
 - Goal Average (goals scored – goals against)
 - Goals Against (the team with less goals conceded)
 - Result between the two teams.

Throws to (re) start the games

- In handball there are four different throws, defined by the rules to restart the game, which are the throw-off, free throw, goalkeeper throw and 7-metre throw (penalty).
- A 7-metre throw is given when a clear strong chance has been destroyed
- A free throws is taken where the infringement occurred. Defending team must be at least three metres away from player with ball.

- Throw-off is at the start of the first and second half
- After a goal has been scored the game restarts with a goalkeeper throw

Contact

- No contact is allowed
- Behaviour deemed to be dangerous or offensive will not be tolerated and the referee will ask the team responsible to substitute the player to avoid exclusions.

Other Rules

- Dribbling is not allowed. In the case of dribbling the other team will receive a free throw.
- Travelling (taking more than three steps with the ball in hand) is not allowed. In the case of travelling the other team will receive a free throw.
- Foot faults (a court player standing in the goalkeeping area) will result in a free throw for the other team.
- If a ball hits the foot of a court player the other team will receive a free throw.
- A court player cannot pass to their goalkeeper when the goalkeeper is inside the area
- The goalkeeper is allowed outside of D area
- If a goalkeeper's save goes behind the goalkeeper touchline a goalkeeper throw is awarded.
- If a goalkeeper's save goes off the side-line the opposition get a throw-in from the side-line.
- There are no limits to the number of substitutions that can happen at any moment during the game.

Observations

This format of handball has been adopted taking into account the specificities of the sport and impacts of the maturational stages in question - as well as best practice examples from other sports and nations.

It has been successfully tested over the last three years with a noticeable impact on both the quantity and quality of Primary School handball.

England Handball accepts that other formats (mixed teams) are being used successfully as well, and is happy to support them. However, we strongly advise against changing the structure and rules of the game (including contact, dribble, increasing numbers, space).

The above-mentioned rules and format are the ones which will be used in any regional/national England Handball promoted competition for Primary Schools. The rules are subject to cyclical review.



Hampshire School Games 2019 Rules

Sport	Hockey
Age Group	Year 5 & 6
Gender	Mixed
Team / Squad Size	8 Players (min 3 girls)
<p><u>Team Requirements</u></p> <ul style="list-style-type: none"> • Games will be played 6 a side, but teams can have a maximum of 8 players in their squad • Minimum of 3 girls in each squad • 2 girls must be on the pitch at all times • Each player needs their own hockey stick • It is recommended that every player wears shin pads and a mouth guard • There will be no Goal Keepers <p><u>Competition Format</u></p> <ul style="list-style-type: none"> • Games will be played on a quarter of a full hockey pitch • The goals will be Rush Hockey goals measuring 8ft (w) x 2ft (h) • In2Hockey balls will be used (73mm Diameter, 100g) • There will be a shooting area instead of a shooting circle. The shooting area will be a line across the width of the pitch x meters from the back line. • Points will be awarded - 3 points for a win, 1 point for a draw, 0 points for a loss. If teams are equal on points, positions will be decided by:- <ul style="list-style-type: none"> • Firstly: The result of the match between the equal teams • Secondly: Goal Difference • Thirdly: Goals Scored • Fourthly: A penalty stroke competition between the equal teams 	

Starting & Re-starting

The game will start with one team being given a centre pass (taken from the centre of the pitch) which can be passed in any direction, once the umpires have blown a whistle.

A centre pass is also taken at the start of each period of the game, alternately by each team, and by the non-scoring team after a goal has been scored. The direction of play for teams is alternated at the start of each period of the game. When a centre pass is taken at the start or re-start of the game, each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 3 metres from the ball until the ball is played.

Scoring a Goal

A goal is scored when the ball has been struck or deflected off an attacker's stick while it (the ball) is within the shooting zone. It must cross completely over the goal-line between the goal-posts and under the cross-bar.

A penalty goal will be awarded if a defending player deliberately stops a ball from crossing the goal line with their feet or body.

Free-pass (please note self passes are not allowed)

A free-pass is given when an offence occurs. For all free-passes the ball must be taken from where the offence took place. Until the free-pass is taken, all players from the opposing team must be 3 metres away from the ball. After touching the ball, the free-pass taker cannot touch the ball again, until it has been touched or played by another player. If the free-pass taker touches the ball twice the other side get a free-pass. If an offence is committed within the shooting area, the free pass should be taken from outside the shooting area.

A free-pass is awarded when

The ball passes completely over a side line. The free-pass should be taken by a player of the team which did not touch the ball last, and it must be played along the ground in any direction (on the pitch), from the point where the ball went off the pitch (i.e. where it crossed the side line).

The ball passes completely over the back line and was last touched by an attacker. The free-pass should be taken by the defending team, from the top of the shooting area in line with where the ball went off. All players from the attacking team must retreat to their defending third of the pitch.

The ball passes completely over the back line and was last touched by a defender. The free-pass shall be taken by the attacking team from the corner of the pitch nearest to where the ball crossed the line (this case is similar to a corner ball in football).

And where a player:

Kicks*, propels, picks up, throws, or carries the ball (*Note: It is not an offence if the ball touches a player's foot and the whistle should only be blown if the incident breaks down play or creates a disadvantage. The umpires must be the judge.)

Intentionally uses any part of their body to play the ball

Attempts to play at any high ball (over knee height) with the stick

Uses the rounded (back) side of the stick

Whilst striking the ball, causes any actual or possible danger to themselves or to other players

'Obstructs' by running between the ball and an opponent who is close enough to hit it, thereby unfairly preventing the opponent from playing the ball. Players must not use any part of their body or stick to obstruct another player

Holds, charges, kicks, pushes, intentionally trips or strikes any player or umpire

Interferes with another player's stick or clothing

Plays the ball dangerously or in a way which leads to dangerous play. Rough or dangerous play will not be allowed, nor will any behaviour that, in the opinion of the umpires, amounts to misconduct.*

(*Note: The overall Match Officials shall send any player who persists in breaking this rule off the pitch for a two-minute suspension in the sin bin. For the duration of a temporary suspension, the offending team plays with one player less.)

Penalty Strokes

Any game in the playoff stages of the Competition that is a draw after full time will go to penalty strokes. Each team will need to select 3 players to take one penalty stroke each. If teams are tied after 3 penalty strokes each then it will go to sudden death penalty strokes and teams must use the same 3 players.

[For more information](#)

For further clarification on the rules for Hockey please contact: Heather Windust -
juniors@hampshireha.co.uk



Hampshire School Games 2019 Rules

Sport	Multi Skills
Age Group	Years 3 & 4
Gender	Mixed
Team / Squad Size	12
<p><u>Team Requirements</u></p> <p>This competition is aimed at being fully inclusive, it is specifically aimed at encouraging schools to bring a MIX of their less able sports players as well as more able children, including pupils with SEND, all pupils will be included, with skills fully adaptable to less ambulant / wheelchair users etc. A team should be made up of 12 players from Years 3 & 4 a mix of both boys and girls with mixed abilities, and NOT made up completely of regular sports team players.</p> <p><u>Competition Format</u></p> <p>The competition will take the form of multi skills stations, ie basic fundamental skills of running, throwing, catching, striking, jumping and balancing, including ball skills, movement skills, racket skills etc. All stations will be scored as a team and will be adapted to enable everyone to take part, points will also be added for teams demonstrating the school games values; Passion, Self-Belief, Respect, Honesty, Determination and Teamwork.</p> <p>Teams will rotate around each station during the event.</p> <p><u>For more information contact</u> Donna Smith - tseducationservices@outlook.com</p>	



Hampshire School Games 2019 Rules

Sport	Netball (High 5)
Age Group	Year 5 & 6
Gender	Mixed
Team / Squad Size	Max. 9 (maximum of 2 boys on court at any one time)

Team Requirements

- 9 players in the squad
- A maximum of 2 boys on the court at any one time

Competition Format

General Rules

The Court

5 members of the squad are on court at any one time.

Two Posts

The ring should be 2.74m (9ft) from the ground and fitted with a net.

The Squad

High Five Netball is a game which may be played by single sex or mixed squads with a maximum of 3 boys in the squad (only 2 boys on court at one time). The squad should consist of a minimum of 7 and a maximum of 9 players with 5 on court at any one time. The squad is made up with the following playing positions GS, GA, C, GD, GK as well as scorers/time keeper and centre pass marker who have taken on these roles when off court. In squads of 8 & 9, one person should also be responsible for recording and calling whose centre pass it is.

Scorers

Keep a simple score card for their own team.

Timekeeper

Time the six minute quarters and indicate to the umpire when the quarter is finished.

Centre Pass Marker

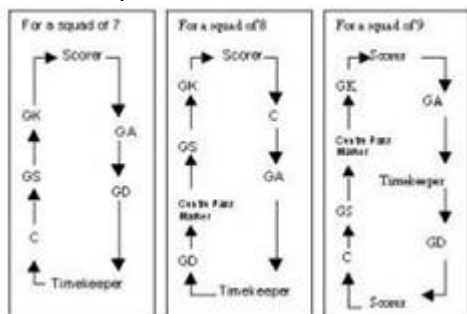
Keep a note of whose centre pass it is and indicate to the umpire after each goal is scored and at the beginning of each quarter.

Duration of the game

2 x 6 minute halves

Substitutions can be made at any time in the event of illness or injury.

Rotation patterns:



A rotation pattern must allow for all players have been off court at one time throughout the rotation.

No player should ever be off court consecutively

Rotation patterns will be continuous through both the matches being played and the tournament in which teams are playing

Start of Play

Team Captains toss a coin to determine who takes the first Centre Pass.

Subsequent centre passes must be taken alternately.

Play is started by a pass from the 'Centre', who stands with both feet in the centre circle.

At the start of play the GS, GA, GD and GK may be anywhere in the goal third. The opposing Centre shall be in the centre third and free to move.

When the umpire blows the whistle, the Centre must pass the ball within 4 seconds and obey the Footwork rule.

The ball must be caught or touched in the centre third.

Playing the Ball - A player must:

- Pass or shoot within 4 seconds
- Obey the footwork rule

Playing the Ball -A player may not:

- Deliberately kick the ball
- Bounce the ball more than once
- Hand or roll the ball to another player
- Place their own hands on a ball held by an opponent; mark the ball (they may intercept)
- Throw the ball while sitting/lying on the ground
- Use the goalpost as a support in receiving a ball going out of court or to gain balance
- Throw the ball over a complete third without it being touched or caught by another player in that third
- Regain possession of the ball, having dropped or thrown it, before it has been touched by another player

Penalty: Free Pass

Footwork Rule

A player may receive the ball with one foot grounded or may jump to catch the ball and land on one foot. While that landing foot remains on the ground the other foot may be moved in any direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed;

A player may receive the ball whilst both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then choose to move either foot, the remaining foot shall then be considered to be the landing foot. Proceed as above.

Penalty: Free Pass

Scoring a Goal

A goal may only be scored by the Goal Shooter or the Goal Attack from within the shooting circle.

Obstruction

The player with the ball must be permitted an unimpeded throwing or shooting action. One jump to intercept a throw or shot at goal is permitted provided that the player is at least 1m away and that the arms are not outstretched prior to the jump. Jumping up and down in front of a player is not permitted.

Penalty: Penalty Pass or Shot

Contact

No player shall knock or push an opponent or interfere with his/her play, either accidentally or deliberately.

Penalty: Penalty Pass or Shot

Out of Court

A ball is out of court when it, or a player touching it, touches the ground or an object outside the court. The line counts as part of the court. If the ball hits the post and bounces back into court, it is still in play.

The Throw-in

The throw-in is taken at the point where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet behind the line. When the player taking the throw-in has checked that all other players are on court, she/he must release the ball within 4 seconds.

Offside

A player is offside if she/he enters an area of the court in which she/he is not allowed.

Penalty: Free Pass

Penalties

Free Pass/Penalty Pass or Shot A free pass is awarded to a team for any infringement of the rules except obstruction and contact. A player may not shoot directly from a free pass.

A penalty pass or shot is awarded to a team against any player causing obstruction or contact. A player may shoot if the penalty is awarded inside the circle. The offending player must stand still beside the player taking the pass.

High 5 resources can be found on the England Netball website, which includes the rotation sheets:
http://www.EnglandNetball.co.uk/my-game/High_5/high-5-downloads

N.B Primary schools can affiliate to England Netball for FREE:
<http://www.surveymonkey.com/s/affiliation>

[For more information](#)

For further clarification on the rules for Netball please contact
Carey McCormick - carey.mccormick@EnglandNetball.co.uk



Hampshire School Games 2019 Rules

Sport	Racket Skills
Age Group	Years 3 & 4
Gender	Mixed
Team / Squad Size	8
<p><u>Team Requirements</u></p> <p>8 players from Years 3 & 4 a mix of both boys and girls.</p> <p><u>Competition Format</u></p> <p>The competition will take the form of racket skills stations (skills card will be available prior to the event), using the Squash and Badminton. All stations will be scored as a team.</p> <p>Teams will rotate around each station during the event.</p> <p>For more information contact Dan Binns - binnsdan@hotmail.com</p>	



Hampshire School Games 2019 Rules

Sport	Swimming
Age Group	Year 3 & 4
Gender	Mixed
Team / Squad Size	10 – 12 Swimmers

Team Requirements

- Teams of 10 - 12 swimmers (6 boys and 6 girls in each team.) - you can fulfil all events with 5 girls and 5 boys within the rules of the competition, however, to enable more young people to have the experience of taking part, a squad can be made up of up to 6 boys and girls.
- It is advised that each swimmer swims maximum of 2 individual races and 3 relay races (relay teams to be 4 swimmers per relay team).
- A Team Declaration form **MUST** be returned by **THURSDAY JUNE 6th 2019** otherwise the team will be **removed from the competition.**
- Swimmers should be confident in swimming in deep water

Competition Format

The competition will follow the aqua splash format, full details can be found via the following website:
<http://www.swimming.org/aquasplash/>

One length will be 25m

There will be 10 individual events and 5 relay events. Please see below for a full description of each event.

Contact

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

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

Event	Description
One Length Front crawl Kick	Front crawl kick on front with a float
One Length Backstroke Kick	Kick with float on chest
One Length Breaststroke	Full stroke Breaststroke for more able swimmers
One Length Backstroke	Full stroke Backstroke for more able swimmers
One length Front crawl	Full stroke Front crawl for more able swimmers
Swimming with a Ball	Swimming one length with a ball using noodle to control
Star Float	Hold a Star Float – legs and arms extended in a star shape. Winner is the swimmer who keeps the shape for the longest time
Push and glide	Swimmer to push off the wall with face in the water and arms extended above head. Swimmer who travels the furthest without kicking legs or moving arms is the winner
Mushroom Float	Hold a mushroom float – knees bent on chest, chin tucked in head down on front. Winner is the swimmer who holds the tuck shape the longest before taking a breath
One length sculling	Scull on back, using arms only, no kick – head first
Relays	Description
Front crawl Kick Relay	Kick with float on front – arms extended. Hand float to next person in your team. Do not leave the wall until incoming swimmer has touched
Hoop Relay	Hoops are placed in respective lanes halfway up the pool. The hoops will be just under the surface of the water. Pupils swim front crawl to the hoop where they do a surface dive through the hoop and then swim to end. Touch wall before next swimmer goes
Freestyle Relay	Swim any stroke. Must touch the wall before outgoing swimmer leaves.
Body Board Relay	Lie on large float, use arms and legs to propel the length of pool. hand large float to next swimmer
Medley Relay	25 back, 25 breast, 25 front crawl kick, 25 front crawl swim



Hampshire School Games 2019 Rules

Sport	Tennis
Age Group	Year 3 & 4
Gender	Mixed
Team / Squad Size	4 Players (2 boys and 2 girls)

Team Requirements

- The competition is open to players in current school year 3 & 4 (any combination).
- Team of 4 players made up from of 2 girls and 2 boys.
- Efforts should be made to encourage children who haven't played before as well as those children who play regularly.

Competition Format

- Timed Tennis – please see Timed Tennis Rules attached.
- Each player plays a singles match per fixture – 1 v 1 / 2 v 2 / 3 v 3 / 4 v 4.
- There will be no doubles matches – singles ONLY.
- Every point counts – to ensure that each individual in the team contributes to the overall score, the total will be calculated by the amount of points won in each match not the amount of matches won.

Timed Tennis Rules

- Max. 10 minutes per match
- A whistle should sound at the start and end of each match
- Each point won counts for 1 point
- Tie break scoring should be encouraged - *if it is clearly prohibiting play on the day revert to 2 serves each starting from the right*
- Players don't change ends (*unless there is an obvious advantage, then at every 6 point juncture*)
- The player with the most points at the whistle wins
- If scores are equal at the whistle a deciding point is played

- Players to finish a point if started when the whistle blows
- Players must shake hands at the end of each match
- Players should confirm the score with their Leader

For more information

- For further clarification on the rules for Mini Tennis please contact: Rob Peters - Rob.Peters@lta.org.uk



Hampshire School Games 2019 Rules

Sport	Tri Golf
Age Group	Year 3 & 4 Year 5 & 6
Gender	Mixed
Team / Squad Size	10 Players (5 boys / 5 girls)

Team Requirements

- This is a team event, with teams made up of 10 children (5 boys and 5 girls).
- There are 2 competitions one for year 3 & 4 and one for year 5 & 6

Competition Format

- 2 minute practice time and 5 minutes scoring time on each game. A young leader will explain the game to each team in the 2 minute practice time and keep score during the 5 minute playing time.
- Each team of 10 will be split into 2 teams of 5. These 2 teams of 5 will tee off different tees in the same station.
- The following games will be played:
Bullseye, Dominoes, Drive for Show, Finders Keepers, Grand National, Tunnel, Zone ball, and Go for the Green (Please see attached Toolkit for full details of games on pages 5-14).
- Depending on entries, some non-scoring games may be included.
- Each team of 10 players will accumulate a score for each game and a total score. The team with the highest total score wins the competition. If teams are tied, the team with the greatest stations ranked first, then second, then third.
- NB: Competitors and Team Managers must remain in the safety zone during the competition.

Further information on the competition format can be found on the following website:

www.golf-foundation.org/page.asp?section=280§ionTitle=Golf+Competitions#

For more information

For further clarification on the rules for Tri Golf please contact:
Andy Wright - andy.w@golf-foundation.org or 07765 258110