



# 2019 Secondary Rules





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## Hampshire School Games 2019 Rules

Sport	<b>Aquathlon</b>
Age Group	Years 7, 8, 9, & 10
Gender	Male and Female
Team / Squad Size	Max 16 children as 2 male/2 female per year age group

**Briefing and Registration will take place at 12noon, racing will start from 1pm**

### Team Requirements

Each School Games Organiser (SGO) Area Aquathlon Team is to be supervised by an nominated SGO / Teacher or Sports Coach (known as the Team Manager).

A Team Declaration form **MUST** be returned by **THURSDAY 6<sup>TH</sup> JUNE 2019** otherwise the team will be **removed from the competition.**

On the day of the event each team must sign on at the GoTri Registration area.

Each participating child should have as a minimum; swim costume and goggles, small towel (Dry feet and body in transition), socks, run shoes, T shirt (N.B. all runners must wear a top), a water bottle, warm clothes for after the event.

A triathlon suit can be worn and if accustomed run without socks, which removes the tricky bit of putting clothes on a wet body.

For security it is recommended each person has a bag that can hold their possessions while they are competing, there are limited locker facilities in the Sports Centre. These can be placed near Registration for the duration of the event.

It is compulsory for all Team members to attend the Race Safety Briefing before the event. Squad members must be inside the pool hall ready for their aquathlon race 10 minutes before the allotted swim start time.

Team members must check with the Transition Marshals before removing their possessions after the event.

### **Team composition**

Each SGO Area Team includes a Supervising Teacher/Coach and up to 2 male and 2 female members in each of the 4 year groups.

### **Length of event**

Aquathlon Registration will be at 12noon, races will start from 1pm

Swim: All 200m

Run: Year 7 - 800m, Year 8 - 1.6km, Year 9 - 2.4km, Year 10 - 3.2km

### **Format**

The GoTri aquathlon is an individual swim and run timed event. The time starts when the starter indicates to start swimming and ends when the individual crosses the run finish line, it includes time taken changing into running clothes.

### **Registration**

Outside the Aldershot Garrison Sports Centre. Where Squad members are identified and number marked before the event starts. Details of the course and event timings will be displayed. Safety briefing for all Squad members.

Entry to the pool is through the Sports Centre main entrance and reception.

Swim: Pool based, 8 lanes of 25m, leaving by emergency exit into transition.

Transition: Competitors change from swim to run kit, they need to set out their own transition area before starting to swim. Only Competitors and Officials are allowed in transition.

Run: Short run on tarmac before joining grass sports field laps to the Finish line.

Awards: Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place for each gender and age group, an over-all team award will be presented for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Place for the highest scoring area team

Clear possessions from transition and course area before departing.



## Hampshire School Games 2019 Rules

Sport	<b>Basketball</b>
Age Group	Years 7, 8 & 9
Gender	Boys Girls
Team / Squad Size	Each team should consist of a minimum of 7 players and a maximum of 12

### Eligibility

There is no restriction on players, all players of the correct age group can play in the Hampshire school games competition, regardless of holding a National League License or playing for County Squads.

### Team Requirements

Each team should consist of a minimum of 7 players and a maximum of 12. All 12 players can play in the games. One of the team members shall be the Captain. Each team will also have coach / team manager (who must be a responsible adult). Failure to arrive with less than 7 players may result in a point's deduction.

A member of the team is a player when he/she is on the court and is entitled to play. Otherwise he/she is a substitute. All players on a team shall wear the same coloured uniforms and where possible shall be numbered on the front and back of the shirt.

### Competition Format

The principle of a round robin format, or appropriately sized pools leading to a knockout in the later stages will be followed, depending on the number of teams entered. Games are 5 v 5 and we will play Two halves.

## Sports Rules

General rules are as per England Basketball with the exception of those listed below;

- The length and number of periods will be confirmed depending on the number of entries.
- The game clock will only be stopped for injuries, free shots or at the request of the referee.
- Games will be played with size 6 basketball
- No zone defences will be permitted.
- Tied Games. During the pools, games ending in a draw will be the final score. However in the play-offs a one minute period of extra time will be played. If at the end of over time the game is still a draw. A free throw shoot out will take place.

## Substitutions

All players in the squad must play in at least one period during a game.

Substitutions are permitted during any period. These can be made when the ball is dead and the game clock stopped. All substitutions must be completed before the first of any free throws.

## Contact

For further clarification on eligibility or rules for Basketball please contact: TBC



## Hampshire School Games 2019 Rules

Sport	<b>Girls Football</b>
Age Group	Year 7&8
Gender	Girls
Team / Squad Size	10

### Team Requirements

- All players must be current school year 7 or 8. 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

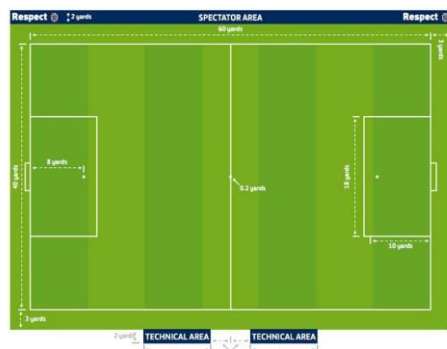
For further clarification on the rules for Football please contact Flo Lunn:

[Flo.Lunn@HampshireFA.com](mailto:Flo.Lunn@HampshireFA.com).

### The Football Association Laws for Mini-Soccer

This guide provides the Laws for Under 11 and Under 12 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 U11
- The ball should be size 4 for U12
- It should be safe and made of leather or another suitable material

**Law 3 - Number of Players**

Maximum number per team, including goalkeeper	
Under 11 and Under 12	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 120 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 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 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 he/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](mailto:Flo.Lunn@HampshireFA.com).



## Hampshire School Games 2019 Rules

Sport	<b>Netball</b>
Age Group	Year 7
Gender	Girls
Team / Squad Size	12

### Team Requirements

- Schools do not have to be affiliated to England Netball
- The maximum number of players allowed in a squad is twelve (12)
- All players are to be in Year 7 only

### Competition Format

#### **Central Timing**

Central timing, sounded by a hooter, will be used, but matches will start and finish on the Umpires whistle.

The hooter will sound at the beginning and end of each match.

A 2 minute warning bell will be given before the first match is due to commence.

Duration of matches and timings will be distributed on the day when schools register.

#### **Umpires**

Schools are required to provide a competent umpire for their team, this can be the teacher.

Umpires and teachers are required to attend a briefing at the start of the tournament.

Umpires need to be conversant with the Tournament Regulations and any additional information which will be circulated prior to the event.

Semi-Finals will be umpired by schools who finished in 3rd and 4th place in respective pools/groups

Finals will be umpired by schools that finished in 3rd and 4th place.

Balls and Bibs

Each team must provide a size five (5) netball, which must be clearly marked for identification purposes.

All players must wear positional bibs and teams must have a spare set in a different colour in case of a clash of colours.

In the event of a clash in colours, a toss of a coin between the two captains will decide which team retains their original colours.

The same ball must be used for the duration of the whole game. The ball is not to be changed unless deemed as necessary by both umpires.

### **Substitutes and Team Changes**

Play may be stopped if the umpire deems it necessary but, only injured or ill players may be substituted during a game owing to the short games. No other changes can be made at this time by either side.

During the half time change over, substitution/team changes may be made by both teams providing they take place immediately.

No extra time will be allowed for injury or illness.

Teachers/coaches are requested to take great care in moving an injured player or ill player from the court.

Should teachers and umpires after consultation feel that a player's injury is critical i.e. head, neck or back and she will be better left on court for the medical staff, the umpire is requested to record the time lost during treatment and report this to the Tournament Organisers who will adjudicate.

### **Results**

Teams are to check scores at the end of the match.

The score card represents the official score of the match and once the score card has been submitted, no dispute can be made.

If teams are not happy with the score, the Tournament Organiser is to be called.

It is the responsibility of the winning team member to take both score cards to the table based at the bottom of the netball courts at the end of their match. In the event of a draw, each team captain shall take a score card to the table.

Match points will be awarded on the following:

5 points for a win

3 points for a draw

1 point to the losing team if scoring over 50% of the goals scored by the winning team.

In the event of a tie in points, goal average will decide placing (goals for divided by goal against)

If goal difference is tied, the result of the group match between the two teams will be the decider.

In the event of a further tie, the team with the most goals will be adjudged the winner.

In the event of a further draw then the winner will be decided on Alphabetical order.

Semi-finals and finals (where applicable) – in the event of a draw at full time, an extra time of 2 minutes will be played. Teams will toss for centre pass and change ends. In the event of a draw at full time, play will continue without a break until the next goal is scored.

#### **Players and bleeding**

If a player is bleeding they will be asked to leave the court for the dressing of the injury and receive any other necessary treatment, a sub needs to come on to allow the games to continue, there will be no stoppage time. they can then return accordingly. The ball needs to be checked for blood or swapped.

Please note: it is the responsibility of schools to have first aid dressings available at the side of the court.

Any queries or disputes on the day will be dealt with by the Tournament Organiser. Their decision will be final.



## Hampshire School Games 2019 Rules

Sport	<b>Rounders</b>
Age Group	Year 7 & 8 Year 9 & 10
Gender	Girls
Team / Squad Size	Maximum 15 players

### Team Requirements

A squad shall consist of a maximum of 15 players with minimum of 6 and no more than 9 on the field at one time.

Only the team (i.e. 9 players) selected for each match can participate on the field or batting.

Changes may only be made as a result of injury.

There will be two competitions one for Year 7 & 8 and one for Year 9 & 10.

### Competition Format/Rules

#### **Batter**

Wait in the backward area well away from 4th Post. If out, wait in the backward area well away from 1st Post. You will have one good ball bowled to you.

#### **No Ball if:**

- Not smooth underarm action.
- Ball is above head or below knee.
- Ball bounces on way to you.
- Is wide or straight at body.
- The bowler's foot is outside the square during the bowling action.

You can take a normal run on a no ball, but once you reach 1st Post you cannot return. You score in the normal way.

## Scoring

- 1 rounder if 4th Post reached and touched before next ball is bowled.
- 1 rounder if 4th Post reached on no ball (you cannot be caught out).
- 1/2 rounder if 4th Post reached without hitting the ball.
- 1/2 rounder if 2nd Post reached after hitting the ball (you stay at 1st whilst ball is in the backward area).
- Penalty 1/2 rounder for an obstruction by a fielder.
- Penalty 1/2 rounder for 2 consecutive no balls (to the same batter).
- 1 rounder for a backward hit if 4th Post reached (you stay at 1st whilst ball is in the backward area).

## Out When

- Caught.
- Foot over front/back line of batting square before missing or hitting a ball.
- Running inside Post (unless obstructed).
- The Post you are running to is stumped.
- You lose contact with the post during bowler's action when she has possession in her square.
- You overtake.
- You obstruct (you have right of way on track only).

## Running Around The Track - Please Carry The Bat

- If you stop at a post you must keep contact with the Post, hand or bat. If you do not, the fielding side can stump the following Post to put you out.
- You can run on to a post even if it has been previously stumped. (You do not score if you do it on 4th Post).
- When the bowler has the ball in his square, you cannot move on, but if you are between Posts, you can carry on to the next.
- You cannot have two batters at a Post. The umpire will ask the first to run on when second one makes contact.
- At a Post, you do not have to move on for every ball bowled.
- Can move on as soon as the ball leaves the bowler's hand, includes no balls.
- Must touch 4th Post on getting home.

## [For more information](#)

Contact Sharon Robertson@energiseme.org



## Hampshire School Games 2019 Rules

Sport	<b>Tennis</b>
Age Group	<b>7 &amp; 8</b>
Gender	<b>Mixed</b>
Team / Squad Size	<b>4 : 2 boys and 2 girls or 8 : 4 boys and 4 Girls</b>
<p><b><u>Team Requirements</u></b></p> <p>Team of 4 or 8 players 2/4 boys / 2/4 girls</p> <p>Any mix of Year 7 &amp; 8 students</p> <p>This event is open to any student who does <b>NOT</b> or has <b>NOT</b> previously played tennis at a club. <b>touchtennis</b> is promoted as a Festival with an element of competition.</p> <p>The focus is on targeting schools that are not currently engaged in tennis, through Team Tennis Schools or Road to Wimbledon. <b>List provided by Rob Peters.</b></p> <p><b><u>What is touchtennis?</u></b></p> <p>touchtennis is officially recognised by the NGB of tennis, British Tennis. touchtennis is a modified version of tennis played on a compact court with foam balls and shorter (21 inch) rackets - <a href="http://www.touchtennis.com/gb/">www.touchtennis.com/gb/</a></p> <p><b><u>Competition Format</u></b></p> <p>11am – ‘Introduction to touchtennis’ coaching session 12noon – Short Break 12:30pm – touchtennis competition Timed Tennis Singles Only Matches as follows per fixture – 1 v 1 / 2 v 2 / 3 v 3 / 4 v 4</p> <p>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 <b>not</b> the amount of matches won.</p> <p><b><u>For more information</u></b></p> <p>For further clarification on the rules for <b>touch tennis</b> please contact: Rob Peters - <a href="mailto:Rob.Peters@lta.org.uk">Rob.Peters@lta.org.uk</a></p>	





## Hampshire School Games 2019 Rules

Sport	<b>Volleyball</b>
Age Group	Year 7 & 8 Year 9 & 10
Gender	Girls Boys
Team / Squad Size	6 players

### Team Requirements

- Players MUST be in School Years 7 & 8 and Years 9 & 10 to take part, players from lower year groups will NOT be allowed to play in older year group competition.
- There are two competitions, one for boys and one for girls.
- Teams will be required to have a minimum of 4 players and a maximum of 6 players in the squad.
- Players must attend the school they are representing.

### Competition Format

- 4 a side
- Teams will referee as well. A teacher will act as 1st ref and then players will make up the 2nd ref and scorer and 2 line judges.
- Dependent on the number of teams entered, a cross over semi-finals based on the top 2 teams in each pool and the winners of these semis will play the final. Where there are not enough teams to have 2 pools then all teams will play each other and top 4 teams will go into semis with 1v3 and 2v4. Winners of these semis play in the final.
- There will be a representative from the Hampshire Volleyball Association in attendance. They will act as competition referee and adjudicate any disputes. Their decision is final and there is no higher body to appeal to.

### Competition Rules

- It is a 4 a side competition
- Each match will be played to 50 points. The first team to reach 50 points will win the match. Capped at 50, no 2 clear.
- Teams with more than 4 players can rotate their substitutes on serve so every player gets an equal opportunity to play.
- Teams will set up with 2 front court players and 2 back court players.
- A specialist passer, libero, is not allowed.
- To ensure fairness of play a server can only serve 3 in a row before they must rotate. If this happens in a game, the serving team do not lose the serve but it passes to the next player as they rotate.
- Teams will rotate clockwise.
- There are no rotational errors except when serving. Players must be in the correct order to receive serve or their team will lose serve.
- Fair play must be observed by all.
- Swearing and poor sporting etiquette will not be tolerated. A warning will be given to the player, and teacher informed. Or if it happens again in a match the player must be substituted and cannot play the rest of the match. Where a team has only 4 players then they will be able to continue with only 3 players but all other rules apply.
- Teams are to shake hands after each match.
- Schools are responsible for bringing their own warm-up and match balls.

### For more information

For further clarification on the rules for Volleyball please contact: Catarina Machado - [cat.machado97@gmail.com](mailto:cat.machado97@gmail.com)