2019/20 CORNWALL SCHOOL GAMES

‘YOUR ROUTE TO THE GAMES’

PRIMARY

JULY 2019

2019 / 20 DATES FOR YOUR DIARY

Friday 13th December
Winter Games

Friday 24th April
Spring Games

Wednesday 24th June
Beach Games

Friday 26th June
Summer Games
CORNWALL SCHOOL GAMES VISION

“To provide a well organised, appropriate and enjoyable programme of competitions and festivals for students of all abilities at a local and county level”

OPEN PATHWAY – TO SUSTAIN 20% OF RESOURCE

Sports with no entry criteria on who can enter.
Competitors rewarded with medals and recognised for School Games values.
All competitors qualify through an area inter school qualifier (In some circumstances limited sports may have an open entry for county finals).

DEVELOPMENT PATHWAY – TO MOTivate 60% OF RESOURCE

Selected sports with criteria on who can enter - please see specific sport for criteria
Competitors rewarded with medals and recognised for School Games values.
All competitors qualify through an area inter school qualifier (In some circumstances limited sports may have an open entry for county finals).

GAMES FESTIVALS – TO ENGAGE 20% OF RESOURCE

Open entry for targeted young people that don’t normally engage in and get the opportunity to compete for their school.
Still competitions but performance and winning not rewarded and more of a focus on the values of the games.
Festivals delivered East and West of the county.

Small Schools - The Cornwall School Games aims to provide opportunities for new and different young people who wouldn’t otherwise get the chance to compete for their school. The intention is for schools to field different competitors for the different sports. We do however realise that this may act as a barrier for small schools – please contact your SGO if you have this issue and we will work with you to enable maximum participation.

2019 / 20 DATES FOR YOUR DIARY

Friday 13th December
Winter Games

Friday 24th April
Spring Games

Wednesday 24th June
Beach Games

Friday 26th June
Summer Games
Your route to the games

This is a guide for Primary Schools to see their route to the games in Cornwall, the sports available, the rules, regulations and how you qualify.

All events, results, entry information and more can be found on the following website:

[www.cornwallsportspartnership.co.uk/cornwallschoolgames](http://www.cornwallsportspartnership.co.uk/cornwallschoolgames)

**STANDALONE - 26TH MARCH 2020:**
- **CROSS COUNTRY** (Open Pathway)

**SPRING GAMES - 24TH APRIL 2020:**
- **SPORTS HALL ATHLETICS** (Development Pathway)
- **GRASS TRACK CYCLING** (Development Pathway)
- **KEY STAGE ONE MULTI SKILLS** (Open Pathway)
- **PROJECTABILITY** (Development Pathway)

**BEACH GAMES - 24TH JUNE 2020:**
- **ROUNDER'S** (Development Pathway)

**SUMMER GAMES - 26TH JUNE 2020:**
- **QUADKIDS ATHLETICS** (Open Pathway)
- **BOWLS** (Development Pathway)
- **GYMNASTICS** (Development Pathway)
- **HIGH 5 NETBALL** (Development Pathway)
- **RUGBY LEAGUE** (Open Pathway)
- **SWIMMING GALA** (Development Pathway)
- **MINI RED TENNIS** (Development Pathway)
- **MINI ORANGE TENNIS** (Development Pathway)
- **TTI GOLF** (Development Pathway)

**GAMES FESTIVALS - EAST AND WEST**
- **BADMINTON**
- **DANCE**
- **TAG RUGBY**

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2019 / 20 DATES FOR YOUR DIARY

Friday 13th December
Winter Games

Wednesday 24th June
Beach Games

Friday 24th April
Spring Games

Friday 26th June
Summer Games
**STANDALONE – 26th March 2020**

**CROSS COUNTRY**

- **Numbers**: 15 children per SGO area
- **Categories**: School year 4, School year 5, School year 6
- **Route**: Qualify via local SGO competition
- **Pathway**: Open Pathway – no entry criteria

There will be 6 races (Year 4 boy and girl, Year 5 boy and girl, Year 6 boy and girl). Each SGO area can enter a team of up to 15 children in each race. The first 8 from each partnership will count towards the team score and there will be up to 60 children in each race.

**Race Order and Distances**
- **Y4 Girls**: 1000m approx
- **Y4 Boys**: 1000m approx
- **Y5 Girls**: 1400m approx
- **Y5 Boys**: 1400m approx
- **Y6 Girls**: 1600m approx
- **Y6 Boys**: 1600m approx

**SPRING GAMES – 24th April 2020**

**SPORTSHALL ATHLETICS**

- **Numbers**: Team event of 9 girls and 9 boys
- **Categories**: School years 3 and/or 4, School years 5 and/or 6
- **Route**: Qualify via local SGO competition
- **Pathway**: Development Pathway

This competition is aimed at young people who wouldn’t normally get the chance to compete for their school; your more talented children should compete in the Quad Kids Athletics competition.

Sportshall Athletics provides an exciting and highly popular introduction to athletics competition. The following notes provide an overview of the competition and set out the team requirements.

**Team Information**

School teams should consist of 9 girls and 9 boys. They may compete in a maximum of two track and two field events, drawn from the following:

**School years 3 and/or 4:**
- **On the track**
  - 1 + 1 Lap Relay
  - 2 + 2 Lap Relay
  - 1 + 1 Lap Hurdles Relay
  
  each requiring two girls & two boys

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**2019 / 20 DATES FOR YOUR DIARY**

- **Friday 13th December**: Winter Games
- **Wednesday 24th June**: Beach Games
- **Friday 24th April**: Spring Games
- **Friday 26th June**: Summer Games
Obstacle Relay
Over / Under Relay each requiring four girls & four boys
4 x 1 Lap Relay

… and in the field
Chest Push
Five Strides
Soft Javelin
Speed Bounce each requiring three girls & three boys
Standing Long Jump
Vertical Jump

School years 5 and/or 6:
On the track
1 + 1 Lap Relay
2 + 2 Lap Relay each requiring two girls & two boys
6 Lap Paarlauf

Obstacle Relay
Over / Under Relay each requiring four girls & four boys
4 x 1 Lap Relay

… and in the field
Chest Push
Standing Triple Jump
Soft Javelin
Speed Bounce each requiring three girls & three boys
Standing Long Jump
Vertical Jump

Additional Information
Please note that athletes will not be permitted to compete in bare feet or unsuitable footwear. The Sportshall handbook incorporates details of all the events, including a full explanation of each event together with some teaching points. Visit www.sportshall.org for further details along with event and competition rules downloads.

**GRASS TRACK CYCLING**

**Numbers**
2 Teams of 4 riders per school (at least one female rider per team)

**Categories**
School year 5
School year 6

**Route**
Qualify via local SGO competition

**Pathway**
Development Pathway – entry criteria below:

This competition is aimed at young people who wouldn’t normally get the chance to compete for their school.

- Teams must only consist of 4 riders, reserves or substitutes are not allowed
- Race is 6 laps
- There will be a year 5 competition and a year 6 competition, with the combined results deciding the overall winning school
- Each team will race at least three times - more if time allows
- Each race will be timed and added up - lowest time wins

2019 / 20 DATES FOR YOUR DIARY

- **Friday 13th December**
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  Beach Games
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  Spring Games
- **Friday 26th June**
  Summer Games
• Times of years 5 & 6 will be combined in order to decide the winning school. In the event of a tie, the team with the fastest time will be the winner.
• The race format is the Team Pursuit – it’s one of the Olympic events in which GB men’s and women’s teams won gold medals.
• Teams must maintain a gap of NO MORE than 3 bike lengths.
• If teams become fragmented they will be given a warning and will have 1 lap in order to bring the team back together, if they fail to do this they will receive a 5 second penalty.
• Riders must change the lead rider every lap. Failure to do so will result in a 5 second penalty. However teams are allowed to “lose” one rider once they have completed three laps of the race. This rider must move out to the outside of the track and ensure they do not impede the other team.
• The official timing the team will let them know what lap they’re on each time they pass their start line.
• The team’s time is taken on the third rider to cross the line.

**KEY STAGE ONE MULTI SKILLS**

- **Numbers**: 1 Team of 12 children, 6 boys and 6 girls
- **Categories**: Combined school years 1 and 2.
- **Route**: Qualify via local SGO competition
- **Pathway**: Development Pathway but no criteria as new to the School Games.

- All children would participate in 4 activities and each school would split into two groups of 6 (3 girls and 3 boys).
- Children would gain points for completion of the activities and for demonstrating the School Games Values. Points would be combined to determine the placings.
- The 4 activities are as follows:
  - Treasure Island – Invasion Game:
o **Running Goalie – Striking and Fielding Game:**

**Running Goalie**

Achieve the challenge
The aim of the game is to strike the ball forwards, run to the opposite end of the court and back again before the fielders score a goal.

**How to play**
1. Get into two teams, one fielding, one striking.
2. Make a goal and agree on an area as the pitch, with a marker for the striking team to run to.
3. When you are in the striking team, you must strike the ball forwards from the goal, before running to the marker and back again to defend your goal.
4. When you are in the fielding team, spread out to retrieve the ball.
5. After making four passes you can take a shot on goal.
6. Each player on the striking team gets two goes before swapping the teams around.

**Equipment**
- Cones/markers to make a goal and marker to run to.
- A ball to strike.
- Optional
- Hoops/targets for striking team to aim for.
- A selection of rackets to strike the ball with.

**Safety**
- Ensure fielders do not get into the way of the runner.
- Runners need to be very observant as sometimes they may have to jump over the ball.

**Play the video**
Scan the QR code on your mobile device to watch how the game is played.

**Link it up**
This game helps you aim accurately and field together as a team which is useful in activities such as cricket, rounders and softball.

**Think tactics**
- Where is the best place to aim the ball when in the striking team?

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o **Opposites Attract – Target Game:**

**Opposites Attract**

Achieve the challenge
The aim of the game is to get your team’s beanbags as near to the target as you can.

**How to play**
1. Mark out a square.
2. Get into pairs, standing directly opposite your partner on the opposite sides of the square.
3. Players have two beanbags each in the same colour as your partner.
4. A target is placed in the centre of the square.
5. Take it in turns to throw your beanbags towards the target.

**Equipment**
- Essential
  - Open space to play the game.
  - A target and beanbags (in two different colours if possible).
- Optional
  - Cones or markers to mark out your area.
  - Measuring tape to measure the closest beanbag.

**Spirit of The Games**
- Self-Belief:
  - Do you believe your beanbag will land where you are aiming?
- Determination:
  - Can you keep your focus when a throw doesn’t go where you want?
- Honesty:
  - Are you always honest about which beanbag you think is closest to the target?

**Safety**
- Ensure playing area is safe.
- Ensure only one player is throwing at a time.
- All players should go inside the square to collect their beanbags only after the last beanbag has been thrown.

**Play the video**
Scan the QR code on your mobile device to watch how the game is played.

**Link it up**
This activity helps you aim accurately which is important in sports such as bowls, badminton and archery.

**Think tactics**
- Is it better to place your beanbag to get near to the target or obstruct your opponent?
o **Keepie Uppie – Athletic game**

## Projectability

| Numbers | 1 Team of 12 children, 6 boys and 6 girls |
| Categories | Combined school years 3, 4, 5 & 6 |
| Route | Qualify via local SGO competition |
| Pathway | Development Pathway - For all children with a physical, sensory or learning disability |
| Sports | Multi-sport festival where children will participate in a number of activities. |

The aim of Project Ability is to enable more young disabled pupils taking part in competitive sport. Through the School Games and a network of 50 lead inclusion schools in England, schools can improve the quality and extend the provision of physical activity for their disabled pupils.

Projectability is delivered as part of the School Games, and includes:
- bespoke training, developed by the Youth Sport Trust, to provide local advice and guidance to School Games Organisers and host schools;
- the establishment and implementation of even more local competitive opportunities for young disabled people; and
- development of school club activities

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  - Summer Games
BEACH GAMES – 24TH JUNE 2020

ROUNDERS

Numbers: Team event of 9 players, with a maximum of 15 in a squad
Categories: School year 5 and 6 mixed with a minimum of 4 girls playing in every game.
Route: Qualify via local SGO competition
Pathway: Development Pathway – entry criteria below:

Teams must consist of competitors who do not already compete for the school in any sport.

A round robin format will be used to form groups/pools. The winners of the first round of games will form a group/pool, 2nd places will form the next group/pool etc.

Teams
- Teams shall consist of 9 players on field and up to 15 batting

Batting
- The batting team should create an order, with every member of the team taking part
- Teams must wait in the backward area away from the 4th post
- If caught or stumped ‘out’, that member of the team will join the back of the queue and waiting for their next opportunity
- You must run when you have a ‘good’ ball bowled to you (whether you hit it or not)
- A ‘no ball’ is considered if it is:
  - Not smooth underarm action
  - Ball is above head - below knee
  - Ball bounces on way to you
  - Is wide or straight at body
  - You can take or run on a no ball, but once you reach 1st post you cannot return. You score in the normal way
- If the ball is hit behind the batter, the batter is only allowed to go to first base until the ball is then back in front of the batters square

Scoring
- A full rounder is scored if you reach 4th base on your first attempt
- A half rounder is scored if you reach 2nd base on your first attempt
- A half rounder is scored if 2 no balls are bowled in succession
- A full rounder is scored for the fielding side if they catch or run a batter out
- If the team fielding is deemed to be time wasting or obstructing the batting team they will be given 1 warning, then 1 rounder will be awarded for any other infringements
SUMMER GAMES – 26TH JUNE 2020

QUADKIDS ATHLETICS
Numbers: Team event of 4 girls and 4 boys
Categories:
- School years 3 and/or 4
- School years 5 and/or 6
Route: Qualify via local SGO competition
Pathway: Open Pathway – no entry criteria

Activity - it includes the four core disciplines of running, throwing, jumping and sprinting
Scoring - Athletes performances are scored against results tables and the team with the highest cumulative points is the winner.

More details and the competition manual can be found on our website: http://www.quadkids.org

Y3/4 Events:
- 400m run
- 50m sprint
- Mini Vortex howler throw
- Standing long jump


Y5/6 Events:
- 600m run
- 75m sprint
- Vortex howler throw
- Standing long jump


BOWLS
Numbers: Team event of 6 players per team, any gender combination (up to squad of 8)
Categories: School years 5 and/or 6
Route: Qualify via local SGO qualifier
Pathway: Development Pathway – entry criteria below:

This competition is aimed at young people who wouldn’t normally get the chance to compete for their school.

Eight teams will compete in the final event but schools are welcome to enter multiple teams into the qualifiers
- Games will be played in accordance with the Laws of Bowls except as provided below.
A team will comprise a squad of at least 6 players but not exceeding 8. Only 6 may compete in any one round with no substitutions permitted. Substitutions may be used for following rounds. During the course of a game 3 players will bowl from each end and will only bowl from that end.

A team will comprise a squad of at least 6 players but not exceeding 8. Only 6 may compete in any game with no substitution permitted. During the course of a game 3 players will bowl from each end and will only bowl from that end.

At the commencement of each end, the mat shall be placed at the 2-metre mark and the jack shall be placed at a point 25 metres from the mat. Those distances shall be marked at the edge of the green.

The scores will be maintained by a designated person on the prescribed scorecards and, if used, on scoreboards. Coloured bowls stickers will be available for team identification purposes.

In the event of a dead end, that end will not be replayed but the jack will be placed 1 metre squarely towards the ‘centre line’ where it left the rink. (For avoidance of doubt the 1-metre distance shall be taken from the rink boundary to the nearest edge of the jack.) Play will then continue (or the score shall be determined if all bowls have been played on that end).

The organisers reserve the right to vary the timetable (including an adjustment to the number of ends to be played) as they see fit.

If multiple teams take part/qualify from one school, team members must not change teams throughout the day.

Any form of encouragement (e.g. ‘coaching’) by a team’s representative(s) is permissible as long as it does not, at the discretion of the organiser on the day, interfere with an opponent or involve encroachment on the relevant playing area.

ARRANGEMENT OF PLAY IN THE FINAL EVENT

Teams shall be drawn into two groups of four. In the First Round, teams will compete on a ‘round robin’ basis against the other 3 teams in its group. Each player will deliver two bowls per end until completion of that end. (The lead players in the two teams will bowl alternately followed by the seconds then the thirds). The score of that end will be recorded after which players at the opposite end will repeat the process until 4 ends in total have been bowled for that particular game.

A team winning its 4-end game will be awarded 2 points; a draw will result in both teams receiving 1 point. The group positions will be determined by points attainted in the 3 group games but, in the event of equal points, the positions will be decided in order of shot difference/shots scored/a fair decision at the organiser’s discretion.

The group winners and second-placed teams will contest the semi-finals over 6 ends (the winner of one group against the second in the other). The winning semi-finalists will proceed to the final (6 ends) and the losing semi-finalists will contest the 3rd/4th place play-off (also 6 ends). Should any game at this stage finish as a draw an extra end(s) will be played to determine the winner.

ARRANGEMENT OF PLAY IN THE ELIMINATING EVENT(S) (OR IN THE FINAL EVENT IF FEWER THAN 8 TEAMS ARE PRESENT)

The procedure in this situation should follow the principles outlined above except that some modification will be required dependent upon the number of teams competing and the number of eliminating events being held. Ultimately, the elimination event(s) should result in eight qualifiers for the final event so it is incumbent on the organiser(s) at the relevant bowls venue(s) to make the necessary arrangements in conjunction with the CSP or delegated person(s).
For young people who do not compete for their school or community club in Gymnastics (excluding CSG). This competition is aimed at young people who wouldn’t normally get the chance to compete for their school/club.

Two of the gymnastic areas, known as ‘disciplines’ in Key Steps will be used. These are:

- **Floor**: Sequences of gymnastic skills performed on a small matted area. Routines include balancing, jumping, rolling and flexibility skills
- **Body Management**: Routines designed to prepare the body for gymnastics. Performed on a small matted area, routines include strength, flexibility, balance and co-ordination skills
- Each team member must wear an outfit that is suitable and safe
- All team members will complete the two disciplines
- The individual marks of all team members will be added together to determine the team score – all scores count
- The competition will be held in the spirit of British Gymnastics rules
- Body Management will be performed on a matted area a minimum of 6m x 1m
- Participants should bring their own skipping rope – there will be some available
- Floor Exercise will be performed on a matted area 6m x 1m
- Judges will score each performance, and they will judge in accordance to the Key Step Gymnastics manual
- Attached are the Key Step movements for Body Management and Floor Exercise
- Key Step Resource start at £2 - available from British Gymnastics (approx £17.25 + p&p). Tel: 0845 1297129 Ext: 2355

**Floor Sequence and Body Management**

- Each sequence will be judged from 10.00 marks
- The Step 2 Floor sequence is a ‘set’ sequence. This means that gymnasts must perform all the movements exactly as the sequence is shown on the Step 2 – Floor Exercise and Step 2 – Body Management information on the pages that follow
- No additional skills or movements should be included
- The sequences should be performed in a straight line
- The sequence will be performed on a strip of mats approximately 6 x 1 metres
- Each skill in the sequence has a value of 1.0 mark. If a gymnast misses out a skill then they will automatically lose 1.0 full mark
- Gymnasts will lose marks if they do not perform the skills and linking movements in a technically correct manner. This means that if a gymnast shows poor posture or untidy work at any time during the sequence, or if he/she fails to complete a skill correctly, marks will be taken from their score.
- A small mistake may mean a 0.1 to 0.2 penalty; a large mistake could be up to 0.5 marks
- 0.5 will be deducted if the gymnast needs one to two prompts from the Team Manager
- 1.0 mark will be deducted if the Team Manager needs to prompt the gymnast more than twice (i.e. talking through the whole routine)
- In a good sequence the gymnast will show many of the following abilities:
  - Great flair, artistry, style and accuracy
  - Good pace, tempo, flow and control
  - Excellent ‘amplitude’ (really stretching in every movement)
  - Good posture throughout the exercise
- Virtuosity – working with technical excellence
Step 3 - Body Management (Upper Key Stage 2 - Years 5 & 6)

1. Single bounce skips with rope x 10
2. Dish
3. Roll to arch and back to dish
4. Towards half level
5. Hip circles
6. Press up
7. Left splits
8. Box splits
9. Right splits
10. Bridge
11. Broad jump

Step 3 - Floor Exercise (Upper Key Stage 2 - Years 5 & 6)

(Sequence performed on a rectangle of mats approximately 8 x 6 meters if possible - PERFORM SKILLS ONLY IN ANY ORDER)

1. Round off
2. Sideward toward 1 balance
3. Backward sit stride
4. Starstand: Perform either of the elements in any order in your assessment
5. OR

6. Two crank wheels consecutively or
7. Handstand forward roll
8. OR
9. OR
10. OR

8/9/10. Bridge or splits or 10 level (choose one between these 3 elements)
**High 5 Netball**

**Numbers** 5 players on court from a minimum squad of 7 to 9 (maximum of 2 boys on court at one time – all girls teams are allowed)

**Categories** School years 5 and/or 6

**Route** Qualify via local SGO competition

**Pathway** Development Pathway – entry criteria below:

This competition is aimed at young people who don’t normally compete for their community club in the Junior League.

- Only 2 boys are allowed on court at the same time and a maximum of 3 boys in the squad
- All girls teams are allowed
- Matches are 4 x 6 mins with 2 mins at each interval during which squad members rotate positions (L3 competition may be shorter on the day due to time limitation)
- The court is divided into thirds and players are allowed in the following areas:
  - **GS & GA** – their own shooting third, shooting circle and centre third but not end third
  - **C** – All thirds but not in the shooting circle
  - **GD & GK** – their opponents shooting third, shooting circle and centre third but not end third

High 5 Netball rules as below apart from the scoring and centre pass as follows:

- One point for hitting the ring. If the ball then goes out or a defender catches it then the score stands as one point and it goes back to the centre pass.
- If however the GS or GA hits the ring and catches it again. Then the umpire asks them if they want to stick or twist. Stick with one point and go back to a centre pass, or twist and try for a 3 point goal.
- If they hit the ring again the process starts again. If they score a goal then 3 points awarded and go back to the centre, but if they miss then they have lost that point.
- After a team has scored the centre pass goes to the team that didn’t score instead of alternating.

**Offside**

If a player enters an area they’re not allowed in a free pass is awarded to the opposition where the infringement occurred

**Start of Play**

- Team captains toss a coin to decide who takes the first centre pass. **Subsequent centre passes are taken by the team that didn’t score**. Play is started by a pass from the C who stands at least one foot wholly within the centre circle. At the start of play GS, GA, GD and GK can stand anywhere in their shooting third. When the umpire blows the whistle the C must pass the ball within 4 seconds. The ball must be caught or touched in the **centre third** from a centre pass
- A player must pass or shoot within 4 seconds and obey the footwork rule

**Defending, Obstruction & Contact**

- Players must be at least 1m away from the person with the ball. Defending the ball in a players hand by outstretching the arms in not permitted. One jump to intercept a throw or shot is permitted provided the player is at least 1m away. Jumping up and down in front of a player is not permitted. **Netball is a non-contact game. Sanction – Penalty pass (please note, the umpire will say “penalty pass” no matter where the penalty is but a player can shoot if in the shooting circle)**

**Footwork**

- 1st foot grounded is the landing foot which must remain grounded but may pivot, 2nd foot can move in any direction. Hopping is not allowed. **Sanction – Free pass**
Summary of Sanctions
- **A free pass** is awarded to a team for any infringement of the rules i.e. footwork except obstruction and contact. A player may not shoot directly from a free pass. (Simply - a free pass is awarded when only 1 player is involved)
- **A penalty pass** 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 or shot. (Simply - a penalty pass or shot is awarded when more than 1 player is involved)

Scoring
Goals can only be scored by the GS and GA from within the shooting circle

RUGBY LEAGUE

<table>
<thead>
<tr>
<th>Numbers</th>
<th>8 players on the pitch (2 of each gender) from a squad of 12 (4 of each gender)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Categories</td>
<td>School years 5 and/or 6</td>
</tr>
<tr>
<td>Route</td>
<td>Enter via your SGO</td>
</tr>
<tr>
<td>Pathway</td>
<td>Open Pathway – no entry criteria</td>
</tr>
</tbody>
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Overview
- 2 handed touch
- Limit of 5 touches, on the 6th touch, the ball is turned over. Team restart with a ‘play of the ball’
- Substitutions when the ball is not in play with referee’s knowledge.
- Pitch size approx. half pitch
- Size 3 ball
- Diving for a try is not allowed
- Attackers may not jump or spin into a tackle
- Game timings approx. 10 minutes per game

General Play
**Free Pass** – Player must pass and cannot run with the ball
- A free pass from the centre of the pitch is used to start and restart the game after half time or after a try is scored
- A free pass is used when the ball goes into touch to restart the game at the point where the ball went into touch
- A free pass for an infringement / penalty cannot be taken within 5m of the try line – referee to ensure free pass is taken 5m out

The ‘Tackle’
A tackle is a two handed touch upon an attacking player below chest height. The ball carrier can run and dodge defenders but cannot hand or fend off the defenders using their body or the ball. The ball cannot be wrestled or stolen from an attacking player

Actions by the Ball Carrier
- When the ball carrier is touched – the referee will call ‘touch’. The ball carrier will initiate a ‘play of the ball’ by rolling the ball through their legs using their foot as stability
- The dummy half or person behind the ‘tackled’ player may play the ball by passing it away to a team mate

Actions by the tackler
- The tackler must stay square to the tackled player and not interfere with the play of the ball as a marker. The rest of the team must retreat 4m to the referee to form the defensive line with the referee and other players
Passing the ball:
- The ball can be passed only sideways or backwards through air, not handed to another player. If the ball is handed to another player or passed or knocked forwards to the ground ("forwards" meaning towards the opponents' goal line) then a free pass is awarded to the non-offending team. If the ball is pulled from the ball carrier's grasp, a free pass is awarded to the ball carrier’s team.
- Backward or level pass LEGAL Forward pass ILLEGAL
- A knock-on occurs when a player, attempting to catch the ball, fumbles it and knocks it forwards to the ground towards the opponents' Try line. A free pass is awarded to the non-offending team unless advantage can be played.

Principles of Play
In attack, the ball carrier should run forward whenever possible with the other players in close support. He / she can dodge potential taggers but cannot fend them off or shield. The ball carrier’s feet should not leave the ground at any time including static spinning (when the players feet leave the ground and they turn 360°) However a pivoting movement is allowed as long as both feet do not come off the ground and the player is moving in a forward direction.

The ball carrier should look to hold the ball in both hands at all times (coaching point not law), run at spaces between defenders and, if there are no spaces available, pass the ball to a team mate.

The ball carrier must not deliberately make contact with an opponent - offenders must be spoken to and reminded of the non-contact rules of tag rugby and a free pass awarded.

In defence, players should also be looking to run forward to that they can reduce the space their opponents have to play in. Defenders cannot physically touch the ball carrier.

Offside
Offside only occurs immediately at the tackle where the offside line is through the centre of the ball. When a touch is made, all players from the tagger’s team must attempt to retire towards their own goal line until they are 4m back, in line with the official.

If a player in an offside position (i.e. further forward than the ball) intercepts, prevents or slows down a pass from touched player to a team mate, a free pass will be awarded to the non-offending team.

If you have any questions, or for resources & CPD contact your SGO or the Cornish Rebels RLFC Development Manager Rob Butland via robb@cornishrebels.co.uk or 07581 374557.
**Swimming Gala**

**Numbers**
Team event of 4 (single gender teams)

**Categories**
- School year 5 girls
- School year 5 boys
- School year 6 girls
- School year 6 boys

**Route**
Qualify via local SGO competition

**Pathway**
Development Pathway – entry criteria below:

This competition is aimed at young people who have achieved 25m in the last school year and are not elite swimmers who must not have competed in an inter club or surf lifesaving event.

- The final will use race placings (races may not be timed)
- All races are one length (25m)
- Starts are water entry or dive depending on the confidence of the participant
- 1 pupil per family per event
- One heat for each race, no lane ropes
- Pupils are only allowed to swim one individual race and a relay event
- Relays will be freestyle only (see below)
- All relays are 1 length

**Events:**

1. Year 5 Boys  
   Front Crawl
2. Year 5 Girls  
   Front Crawl
3. Year 6 Boys  
   Front Crawl
4. Year 6 Girls  
   Front Crawl

5. Year 5 Boys  
   Back Crawl
6. Year 5 Girls  
   Back Crawl
7. Year 6 Boys  
   Back Crawl
8. Year 6 Girls  
   Back Crawl

9. Year 5 Boys  
   Breast Stroke
10. Year 5 Girls  
    Breast Stroke
11. Year 6 Boys  
    Breast Stroke
12. Year 6 Girls  
    Breast Stroke

13. Year 5 Boys  
    Freestyle
14. Year 5 Girls  
    Freestyle
15. Year 6 Boys  
    Freestyle
16. Year 6 Girls  
    Freestyle

17. Year 5 Boys  
    Freestyle Relay
18. Year 5 Girls  
    Freestyle Relay
19. Year 6 Boys  
    Freestyle Relay
20. Year 6 Girls  
    Freestyle Relay
**MINI RED TENNIS**

**Numbers**
Team event of 4 (2 boys 2 girls)

**Categories**
School years 3 and/or 4

**Route**
Qualify via local SGO competition

**Pathway**
Development Pathway – entry criteria below:

For young people who are new or beginners to the game, not those regularly playing & competing or a member of a tennis club/LTA. This competition is aimed at young people who wouldn’t normally get the chance to compete for their school.


- Mini Tennis Red uses badminton sized courts, either a 21” or 23” Mini Tennis rackets, Mini Tennis sponge balls if played indoors, or Mini Tennis red felt balls if played outdoors
- It is recommended that Timed Tennis is used as the format; players play for a set period of time, until the whistle blows. The length of matches depends on time available and amount of entries, but matches normally last ten minutes
- The serve is decided by a ‘toss’ at the start of the match. The nominated person serves for the first point, it then alternates every two points
- When serving, players should stand behind the baseline and the ball must not be bounced before being hit
- The serve can be hit over or underarm and should be hit diagonally, landing in the diagonally opposite service box
- Serve 2 points each – 1 from the right / 1 from the left

- Players are in order of ability not sex – so player 1,2,3,4 not Boy 1, Boy 2 followed by Girl 1, Girl 2
- Every point counts – result is based on the number of points the team wins throughout the competition – NOT by the number of wins
- Each court should have a helper/scorer, who calls out the scores and helps out with decisions (this is a great opportunity to use Tennis Leaders)

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**MINI ORANGE TENNIS**

**Numbers**
Team event of 4 (2 boys 2 girls)

**Categories**
School years 5 and/or 6

**Route**
Qualify via local SGO competition

**Pathway**
Development Pathway – entry criteria below:

For young people who are new or beginners to the game, not those regularly playing & competing or a member of a tennis club/LTA. This competition is aimed at young people who wouldn’t normally get the chance to compete for their school.


- Mini Tennis Orange is a great way for players to continue their progress from Mini Tennis Red. It is played with shorter rackets, softer balls and courts are bigger and wider than the red stage but still smaller than full-size tennis courts
- A Mini Tennis racket of 58cm–63 cm (23”–25”) should be used depending on the size and strength of the player
Mini Tennis Orange is played on an 18m x 6.5m court and the net is lowered to 80cm at the middle of the net.

A Mini Tennis Orange ball is used which is 50% slower than a yellow ball, giving players better control at this important stage of development.

It is recommended that Timed Tennis is used as the format; players play for a set period of time, until the whistle blows. The length of matches depends on time available and amount of entries, but matches normally last ten minutes.

The serve is decided by a ‘toss’ at the start of the match. The nominated person serves for the first point, it then alternates every two points.

When serving, players should stand behind the baseline and the ball must not be bounced before being hit.

The serve can be hit over or underarm and should be hit diagonally, landing in the diagonally opposite service box.

Mini Tennis Orange uses simple numbered scoring (1-0, 2-0, 2-1 etc.) rather than traditional tennis scoring (15, 30, 40 etc.).

Each court should have a helper/scorer, who calls out the scores and helps out with decisions (this is a great opportunity to use Tennis Leaders).

**Tri Golf**

**Numbers** Team event of 5 boys and 5 girls

**Categories** School years 3 to 6 – a combination of years or single year teams

**Route** Qualify via local SGO competition

**Pathway** Development Pathway – entry criteria below:

This competition is aimed at young people who wouldn’t normally get the chance to compete for their school/club.

- 8 games and a bunker rest stop
- 2 tees per game station
- 5 pupils per tee
- Ensure a left hand chipper is placed on each chipping game
- 2 minutes practice time and 5 minutes scoring time on each game
- See individual scorecards for each game
Games Festivals – East & West Festivals

Badminton

**Numbers**  Mixed Gender Teams
**Categories**  School years 3 and/or 4 (up to 6 players)
School years 5 and/or 6 (up to 6 players)
**Pathway**  Games Festival – entry criteria below:

This competition is aimed at young people who wouldn’t get the chance to compete for their school.

The Racket Pack is Badminton England’s new primary age (5 – 11 years) focused initiative. It’s been designed to deliver fun and engaging skill based sessions, ensuring a positive first experience of badminton.

The aim of The Racket Pack is too increase the number of young people taking part in badminton from an earlier age. By providing a positive first experience we hope to increase the number of junior players developing into lifelong players by providing the right opportunities for them to learn.

These are timed tournaments played in a round robin format with up to 6 players per team, competing in singles or doubles. More information on Racket Pack [here](#).

Dance

**Numbers**  Team event of 4 to 15 - male, female or mixed
**Categories**  School years 3 and/or 4
School years 5 and/or 6
**Pathway**  Games Festival - criteria below:

For young people who do not represent their school or community club in NGB/school competition (excluding CSG). This competition is aimed at young people who wouldn’t normally get the chance to compete for their school/club.

- Points will be deducted to teams who field incomplete teams on the day
- Each team member must wear an outfit that is suitable and safe for dance
- Any groups using music with inappropriate or explicit lyrics will be disqualified
- Choreography can be created by students or teachers
- Music needs to be on a device that can connect to an auxiliary cable

**Format**
- There will be two chances to perform your routine
- There will be one warm up for everyone before any team performs
- One team will perform at a time
- The judges will mark on the points listed below

**Sport Rules**
- The routine will be performed on a wooden sprung floor
- Teams may wear make-up and glitter including small face designs

2019 / 20 Dates for Your Diary

- **Friday 13th December**  Winter Games
- **Friday 24th April**  Spring Games
- **Wednesday 24th June**  Beach Games
- **Friday 26th June**  Summer Games
• Judges will score each performance. They will judge in accordance to WCA dance score sheet
• Any dance style and music is allowed
• Routine and music must not exceed 2.5 minutes (minimum 1.15 seconds)

Scoring

• Performance
• Teamwork
• Skill
• Creativity
• Presentation
• Demonstration of School Games Values

TAG RUGBY

Numbers
8 players on the pitch (2 of each gender) from a squad of 12 (4 of each gender)

Categories
School years 5 and/or 6

Route
Games Festival – entry criteria below:

This competition is aimed at young people who wouldn’t normally get the chance to compete for their school/club.

Following an RFU review, ‘Age Grade Rugby’ will be rolled out from September 2016 in schools and clubs.

Age Grade Rugby is based on the principles of player centred, development driven and competition supported. The wants and needs of young people will be at its heart. It will put player enjoyment above all else to keep more young people enjoying the game for longer and into their adult years.

Age Grade Rugby will put inclusivity and each player’s skill development first, with the increasing intensity of competition introduced later. Young players will start with festivals and triangulars and progress to knockouts, tournaments and leagues as they get older and develop their game.

For this reason, there will be no qualifying events for Tag Rugby in the School Games, only festivals. For more information on Age Grade Rugby, please see here: http://www.englandrugby.com/my-rugby/players/age-grade-rugby

• There is a limit of 5 tags. On the 6th tag possession will be turned over to the opposition:
  ➢ The ball must be passed at all times not handed on / given
  ➢ Players must be encouraged to hold the ball in 2 hands at all times. (If it is held in one hand in close quarters, those players who play tackle will use their free hand to hand off!)
  ➢ Football Boots can be worn
  ➢ At a free pass, the receiver of the pass must start running from (and receive the ball) within two metres of the free pass mark
• Substituted players can be re-used at any time
• Substitutions may only be made when the ball is not in play, or at half time, and must always be with the referee’s knowledge

Free pass
• A free pass, from the centre of the pitch, is used to start the match at the beginning of each half and to restart the match after a try is scored. It is also used at the side of the pitch when the ball goes into touch and from where the referee makes a mark when an infringement has taken place
Free passes cannot take place nearer than 7m from the try line
If an infringement takes place over the goal line or within 7m of the goal line, then the free pass should be awarded to the non offending team 7m from the goal line. This gives more space for both the attacking and defending teams
At a free pass, the player taking the pass should start with the ball in both hands and, when instructed by the referee (who will call “PLAY!”), pass the ball backwards, through the air, to a member of their team. For safety reasons, the receiver of the pass must start running from within two metres of the free pass mark
The player taking the free pass must pass the ball and cannot just run with the ball on the referee’s call. At free passes, opponents must be 7m back from the mark. They cannot start moving forward until the ball leaves the hands of the player taking the free pass

**Passing the ball**
- The ball can be passed only sideways or backwards through air, not handed to another player. If the ball is handed to another player or passed or knocked forwards to the ground (“forwards” meaning towards the opponents’ goal line) then a free pass is awarded to the non offending team. If the ball is pulled from the ball carrier’s grasp, a free pass is awarded to the ball carrier’s team
- Backward or level pass LEGAL Forward pass ILLEGAL
- A knock-on occurs when a player, attempting to catch the ball, fumbles it and knocks it forwards to the ground towards the opponents’ Try line. A free pass is awarded to the non-offending team unless advantage can be played

**The tag**
- A tag is the removal of one of the two tags from the ball carrier’s belt. Only the ball carrier can be tagged. The ball carrier can run and dodge potential tagger’s but cannot fend them off using their hands or the ball, and cannot guard or shield their tags in any way. The ball cannot be pulled or wrestled from the ball carrier’s hands at any time
- Players must always have two tags affixed to their belt whilst taking part in the game. If a player has one or both tags missing, and they become the ball carrier or tag an opponent, then a free pass will immediately be awarded against them unless advantage can be played

**Actions by the ball carrier**
- When the ball carrier is tagged, the ball must be passed to a team mate within three seconds (including stopping time). The ball carrier should attempt to stop as soon as possible - within three strides is a reasonable guide for referees, but the ball can be passed in the act of stopping. Players are, however, only allowed one step to score a try after being tagged
- After the ball has been passed, the player must go to the tagger, retrieve his / her tag and place it back on his / her belt before re-joining play. If the player continues to play and influences the game without first collecting and refixing their tag, they should be penalised and a free pass awarded against them at the place of the infringement
- 1 Tag taken 2 Tag returned 3 Tag replaced

**Actions by the Tagger**
- When a tag is made, the tagger should stop running, hold the tag above his / her head. At this stage the referee should shout "TAG - PASS!" to help prompt the required actions
- Once the ball has been passed, the tagger must hand the tag back to the player from whom it was removed and cannot re-join play until this has been done. If a tagger continues to play and influences the game with an opponent’s tag in their hand, or throws the tag to the ground, they should be penalised and a free pass awarded against them at the place of the infringement

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**2019 / 20 DATES FOR YOUR DIARY**

- **Friday 13th December**
  - Winter Games
- **Friday 24th April**
  - Spring Games
- **Wednesday 24th June**
  - Beach Games
- **Friday 26th June**
  - Summer Games
Principles of play
- In attack, the ball carrier should run forward whenever possible with the other players in close support. He/she can dodge potential taggers but cannot fend them off or shield his/her tags. The ball carrier’s feet should not leave the ground at any time including static spinning (when the players feet leave the ground and they turn 360°) However a pivoting movement is allowed as long as both feet do not come off the ground and the player is moving in a forward direction.
- The ball carrier should look to hold the ball in both hands at all times (coaching point not law), run at spaces between defenders and, if there are no spaces available, pass the ball to a team mate in a better position.
- The ball carrier must not deliberately make contact with an opponent - offenders must be spoken to and reminded of the non-contact rules of tag rugby and a free pass awarded to the non-offending side.
- In defence, players should also be looking to run forward to that they can reduce the space their opponents have to play in. Defenders cannot physically touch the ball carrier, as the only contact allowed between the two teams is the removal of a tag from the belt of the ball carrier.
- Any other type of contact on the ball carrier, such as shirt pulling, running in front of or barging the ball carrier, forcing the ball carrier into touch, wrestling the ball from the ball carrier, etc., should be penalised.

Offside
- Offside only occurs immediately at the tag where the offside line is through the centre of the ball. When a tag is made, all players from the tagger’s team must attempt to retire towards their own goal line until they are behind the ball.
- If a player in an offside position (i.e. further forward than the ball) intercepts, prevents or slows down a pass from tagged player to a team mate, a free pass will be awarded to the non-offending team.
- A player can, however, run from onside to intercept a floated pass before it reaches its intended recipient.

To enter any of the above please contact your school games organiser.