2019/20 CORNWALL SCHOOL GAMES

‘YOUR ROUTE TO THE GAMES’

SECONDARY

JULY 2019

active CORNWALL

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
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**

Sports with no entry criteria on who can enter.

Competitors rewarded with medals.

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**

Selected sports with criteria on who can enter – please see specific sports 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**

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.

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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
Your Route to the Games

This is a guide for Secondary 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

Winter Games - 13th December 2019:
- **Handball** (Open Pathway)
- **Netball** (Development Pathway)
- **Rugby** (Development Pathway)
- **Girls Football** (Development Pathway)
- **ProjectAbility** - Wheelchair & Running Basketball

Spring Games - 24th April 2020:
- **Mixed Hockey** (Development Pathway)
- **Aquathlon** (Development Pathway)

Extreme Games - 24th June 2020:
- **BMX** (Development Pathway)
- **Skateboarding** (Development Pathway)
- **Scooters** (Development Pathway)

Beach Games - 24th June 2020:
- **Surfing & Bodyboarding** (Open Pathway)
- **Beach Volleyball** (Development Pathway)

Summer Games - 26th June 2020:
- **Athletics - Super 8** (Open Pathway)
- **Athletics - Super 6** (Development Pathway)
- **Dance** (Development Pathway)
- **Football** (Development Pathway)
- **Rounders** (Development Pathway)
- **Softball** (Development Pathway)
- **Dodgeball** (Development Pathway)
- **ProjectAbility** - Boccia, Football & Tennis

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
Winter Games – 13th December

Handball

Numbers
Squads of up to 14 players - six outfield players plus one goalkeeper

Categories
Girls years 7 and/or 8
Boys years 7 and/or 8
Girls years 9 and/or 10
Boys years 9 and/or 10

Route
Qualify via local SGO competition – one team per category from each area can qualify for the final

Pathway
Open Pathway – no entry criteria

*Teams will be asked to nominate another team that they have competed against based on their demonstration of the School Games Values: Passion, Self-Belief, Respect, Honesty, Determination and/or Teamwork. Points towards the Champions Race will be given to the team(s) with the most votes from their peers.

The Handball Competition results will be determined by scores as usual.

Ball sizes:
- Year 7/8 Girls - 0
- Year 7/8 Boys - 1
- Year 9/10 Girls - 1
- Year 9/10 Boys - 2

New Defensive Rule
- Teams must defend in 2 lines (clarification - Teams are not allowed all of their players around the Goal Keepers area in a 6:0 defence)
- Players are interchangeable at any time during the game
- Matches should be 10 minutes, straight through with a 5 minute break between matches
- Where more than one court are running; matches will be started at the same time but timed separately
- One referee is required on court that will also be responsible for scoring – This can be a teacher/leader or qualified handball referee
- 3 points will be awarded for a win, 2 points for a draw and 1 point for a loss.
- In the event of a tie, winners will be decided on goal difference, goals scored and then on the result of matches between tied teams

Minimum playing Area/Markings
• Minimum 30m x 15m court with markings as above
• 3m x 2m goal at each end: suggest igoals or samba goals
• Court can be temporarily marked using throw down markers or tape
• Matches can be played indoors or outdoors

Basic Rules

Attacking players:

Allowed:
• Throw and catch the ball using hands and arms
• Pass the ball to a team mate
• Bounce the ball with one hand and catch it again
• Take a maximum of 3 steps before having to dribble or pass
• Move outside of the goal areas
• Break through the defence
• Pass the ball in order to create a scoring chance

Not Allowed:
Free throw to the defending team if you...
• Block or kick the ball using the feet
• Hold the ball for more than 3 seconds
• Bounce the ball, catch it and bounce it again
• Enter the goal areas
• Charge the opponent or run into a defender
• Keep possession of the ball without creating a scoring chance
Goalkeeper throw if you...
• Take more than 3 steps with the ball

Defenders:

Allowed:
• Use hands and arms to block the ball
• Make frontal body contact with the attacking player
• Stay outside the goal area
• Stay at least 3m from attacking player at a restart throw

Not Allowed:
Free throw to the attacking team if you...
• Pull or hit the ball out of the hands of the attacking player
• Free throw/progressive punishment if you...
• Hold the attacking player’s body/ shirt. Push, run or jump into them
• Interfere with an attacking player during a restart thrown
7m throw if you...
• Use the goal area as a defensive position

Goalkeepers:

Allowed:
• Touch the ball with any part of the body inside the goal area
• Leave the goal without the ball and play as an outfield player
• Free throw to the attacking team if you...
• Take the ball into the goal area from outside the 6m line
• Leave the goal area with the ball

Progression
• Level 3 School Games - winning teams progress to: EHA National School Competition Regional Finals
• Regional winning teams progress to: EHA National School Competition National Finals
NETBALL - VERSATILITY

Numbers
Team event of 7 players, with a maximum of 9 in a squad

Categories
Girls years 7
Girls years 8

Route
Qualify via local SGO competition

Pathway
Development Pathway – entry criteria below:

For young people who do not represent their school in CSG, Cornwall schools netball, or club competition including Junior League (e.g. B, C teams etc. who don’t usually get to compete).

The game will be played in 2 halves. Every half, all positions rotate (as below).

Scores reset after each half. For each half the following points are allocated:

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Half win</td>
<td>1 point</td>
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<tr>
<td>Half draw</td>
<td>½ point</td>
</tr>
</tbody>
</table>

Teams will be asked to nominate another team based on their demonstration of the School Games Values: Passion, Self-Belief, Respect, Honesty, Determination and Teamwork. Bonus points will be given to the team(s) that is voted most from their peers.

Overall places for the Netball competition will be allocated based on an accumulation of these points.

Rules of play
- Standard England Netball rules with ‘versatility’ rotation plan after every quarter and ahead of the next game:

  **ROTFATION PLAN**

  `GK > WD > Off > WA > GS > GD > C > Off > GA > GK`

- A round robin format will be used to form ‘play-off’ groups/pools. The winners of the first round of games will form the group/pool that will play off for medal positions, the remaining group/pool(s) will play for positions.

Substitution / Injuries
- Substitutions may only be made in the event of an injury
- The WA moves to the position of the injured player. The WA may be replaced by an ‘OFF’ player if the team has one
- The injured player may not return to the match until the following interval (half time or ahead of the next game)
- If the injured player is ready to return in the next interval (half time or ahead of the next game), all versatility players resume the rotation as if there had not been an injury
- If the injured player is not ready to return in the next interval, the versatility players maintain the new positions and follow the rotation plan from their new place
- The injured player may resume play later on in the match at the WA position
For young people who do not represent their school in CSG, Cornwall schools rugby, or club competition (eg. B, C teams etc. who don’t usually get to compete).

The game will be played in two halves. Every half, **all substitutes must come on** i.e. 5 off, 5 on to ensure all squad members play 50% of each game.

Scores reset after each half. For each half the following points are allocated:

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</tbody>
</table>

One bonus point per game will be allocated for the ‘moment of the match’. The referee will allocate this point to the team that demonstrates the most outstanding element of creativity.

Overall places will be allocated based on an accumulation of these points.

**RULES OF PLAY (Transitional Contact)**

Players and match officials must ensure that the following Rules of Play and RFU Regulation 15 [www.englandrugby.com/governance/regulations](http://www.englandrugby.com/governance/regulations) are observed when playing rugby.

These Rules of Play set out below are mandatory for clubs and schools, and replace the previous Rules of Play in their entirety.

Any terms defined in these Rules shall have the meanings set out in the World Rugby Laws of the Game.

The key elements of the Rules of Play are:

- Team numbers: A maximum of 12 a-side
- Maximum pitch size: 60 metres x 43 metres
- Ball Size: 4
- Maximum minutes each half: 20
- Continuation of the contested strike
- Nearest 5 players in a scrum (all players trained, late specialisation)
- No limit on numbers contesting for the ball including in the maul and ruck
- Introduction of the hand off below the armpits

**Girls Football**

**Numbers**  Team event of 7 players, with a maximum of 9 in a squad

**Categories**  Girls years 7
                Girls years 8

**Route**  Qualify via local SGO competition

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

For young people who do not represent their school in CSG, Cornwall schools football, or club competitions (e.g. those who don’t usually get to compete).

The game will be played in 2 halves. Every half, all substitutes must come on to ensure all squad members play 50% of each game.

Scores reset after each half. For each half the following points are allocated:

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Teams will be asked to nominate another team based on their demonstration of the School Games Values: Passion, Self-Belief, Respect, Honesty, Determination and Teamwork. Bonus points will be given to the team(s) that is voted most from their peers.

Overall places for the competition will be allocated based on an accumulation of these points.

If one team has more than 2 goals lead (ie 3-0) at any point then the team that is losing can add an addition player to the game. Once the score goes back to only a 2 goal difference the addition player must leave the pitch.

Standard Football Association rules with 7 in a team rotating positions after every half time and ahead of each next game.

<table>
<thead>
<tr>
<th>Age</th>
<th>Format</th>
<th>Ball size</th>
<th>Pitch size (yards)</th>
<th>Maximum goal size</th>
<th>Game duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 7 &amp; 8</td>
<td>7v7</td>
<td>4</td>
<td>Width 30 Length 40</td>
<td>Mini Soccer Goals</td>
<td>Max 20 mins per game (10 mins each way)</td>
</tr>
</tbody>
</table>

- You can access more information and resources by signing up to The FA Secondary Schools Programme at: [www.TheFA.com/schools](http://www.TheFA.com/schools)

**Project Ability – Wheelchair & Running Basketball**

**Numbers**  Individual, any gender

**Categories**  School years 6 – 11

**Pathway**  Development Pathway - For all children with a physical, sensory or learning disability

**Route**  Qualify via local SGO competition

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

**SPRING GAMES – 24TH APRIL**

**MIXED HOCKEY – IN2HOCKEY**

**Numbers**  
Team event of 7 players, with a maximum of 10 in a squad. 5 girls, 5 boys

**Categories**  
Years 7 & 8 mixed and each team must have a minimum of 3 girls playing at any one time.

**Route**  
Qualify via local SGO competition

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

For young people who do not represent their school, Cornwall Schools hockey, or club competitions (e.g. those who don’t usually get to compete).

The game will be played in 2 halves. Every half, **all substitutes must come on** to ensure all squad members play 50% of each game.

Scores reset after each half. For each half the following points are allocated:

<table>
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Teams will be asked to nominate another team based on their demonstration of the School Games Values: Passion, Self-Belief, Respect, Honesty, Determination and Teamwork. Bonus points will be given to the team(s) that is voted most from their peers.

Overall places for the competition will be allocated based on an accumulation of these points.

If one team has more than 2 goals lead (ie 3-0) at any point then the team that is losing can add an addition player to the game. Once the score goes back to only a 2 goal difference the addition player must leave the pitch.

A full set of rules can be found at - [www.englandhockey.co.uk/in2hockey](http://www.englandhockey.co.uk/in2hockey)

**AQUATHLON**

**Numbers**  
Team event of 12 competitors, 6 boys, 6 girls with first 8 times to count in the swim and the run for 4 boys, 4 girls.

**Categories**  
Years 7 and 8
Years 9 and 10

**Route**  
Qualify via local SGO competition

**Event**  
150m Swim and a 1.5km run

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

For young people who do not represent their school in CSG, schools or club competitions (e.g. those who don’t usually get to compete).
EXTREME GAMES – 24TH JUNE

**BMX**

**Numbers**  Team Event (overall trophy will be awarded to winning school)
**Categories**  School years 7-13
**Route**  Direct Entry Event
**Venue**  Blackwater BMX Club
**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.

Competitors for the finals must attend a training session with Cornwall BMX Club in the lead up to the event – this is to ensure riders are safe during the competition. More information will follow closer to the time.

**Finals Day**

The racing software will randomly select riders from across all teams to race each other at each stage of the event.

**Heats (Moto rounds)**
Each rider will get 3 races in heats of 8. These will be mixed gender/age – competition organisers will give you the race order on the day.

**Quarter Finals**
After the Moto rounds if there are more than 32 riders, those placed higher than number 33 do not continue in the event.
The remaining 32 will be placed in quarter finals, randomly picked by the software. Each quarter final will have 8 riders.

**Sems**
The top 16 riders from the Quarter Finals will go through to two semi-finals, randomly selected with 8 riders in each.

**Finals**
The top 4 riders from the two semi-finals go through to the A final (main final) and second 4 riders (placed 5,6,7 and 8 in the semi-finals) race in the B Final. The entire school team will receive medals (not just the 4 that get through to the semis and finals).

If there is time on the day, girls teams will also ride off for Gold, Silver & Bronze medals. If there isn’t enough time for separate semis and finals, the girls scores will be taken from the 3 races.

**Overall trophy**
Calculated by taking all team scores and calculating the total score of the top 4 riders (NOTE: if every team has 6 or 8 we could use those numbers) in each team. Lowest team score would win.
Scooters

Numbers: Individual, any gender
Categories: School years 7 to 10
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.

- Tricks to be completed within time limit set out at beginning of Heat
- Tricks completed before or after Heat Horn is sounded will not be awarded points
- Points awarded for Style, Difficulty, Originality
- Helmets must be worn
- You will be marked down for repetitiveness of Tricks
- No pushing other competitors during Heats
- Come forward to Officials when Name called
- Be as creative and daring as you can
- Support your fellow competitors

Skateboarding

Numbers: Individual, any gender
Categories: School years 7 to 10
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.

- Tricks to be completed within time limit set out at beginning of Heat
- Tricks completed before or after Heat Horn is sounded will not be awarded points
- Points awarded for Style, Difficulty, Originality
- Helmets must be worn
- You will be marked down for repetitiveness of Tricks
- Competitors must adhere to expected Skate Park etiquette
- Come forward to Officials when Name called
- Be as creative and daring as you can
- Support your fellow competitors

Beach Games – 24th June

Surfing & Bodyboarding

Numbers: Individual
Categories: School years 7 to 9 boys stand up (6 per SGO area), School years 10 and 11 boys stand up (6 per SGO area), School years 7 to 11 girls stand up (4 per SGO area), School years 7 to 11 mixed body boarding (4 per SGO area) - girls and boys will be judged separately
Route: Qualify via local SGO competition
Pathway: Open Pathway – no entry criteria
Equipment: Competitors need to provide their own boards/wetsuits etc.
Any contestant arriving late for their heat may compete in the remainder of their heat, if there is an opening. If a contestant misses their 1st round heat, they will no longer be eligible to compete for the remainder of the event.

**Judging and scoring**
The subjective judging system will be used (0-10 points using .1 integrals):

- 0–1.9 = Poor
- 2.0–3.9 = Fair
- 4.0–5.9 = Average
- 6.0–7.9 = Good
- 8.0–10.0 = Excellent

When judging standup surfing, a ride will begin to be scored when a surfer’s hands leave the rails of their surfboard. When judging bodyboarding, there is no limitation as to body position on the board and the ride will be scored after the head judge designates bodyboarder has caught the wave and executed a manoeuvre.

Judges will base the previous score on how successfully surfers display these following elements in each wave:

- Commitment and degree of difficulty
- Innovative and progressive manoeuvres
- Combination of major manoeuvres
- Variety of manoeuvres
- Speed, power and flow

The contestant who executes the most radical manoeuvres generating power and speed through out in a functional manner in the most critical sections of the biggest and/or best wave for the longest functional distance will receive the highest score.

Incomplete manoeuvres will not be scored. The surfer must surf out of the manoeuvre for it to be deemed complete. The individual judge’s scores should be consistent with one another. If a judge is repeatedly inconsistent, he/she may be replaced.

The HEAD JUDGE shall be responsible for:

- Determining which riders and rides are to be scored
- Determining wave possession
- Maintaining an accurate wave count
- Notifying judges of missed rides
- Assisting judges in making accurate scores for the missed rides

**Tabulations**
Wave counts to be used for tabulation of results are 2, 3, or 4 highest waves per heat. The contest Director after consultation with the head judge shall determine the number of high waves per heat to be tabulated. This information is to be posted prior to the first heat and will remain in effect for the duration of the event unless otherwise posted. Specifications (scored waves, max waves, and length of time) for all heats including finals are to be posted at the contest site. Note: Contest Directors are encouraged to consider 2 waves for all heats except 3 waves for finals.

If a ride has been missed, an attempt will be made to identify the missing rides by referring to the other judges’ sheets. If the ride is identified to the satisfaction of the head judge, a score will be given the missed ride by: Averaging the missed wave according to the scoring level that the judge in question uses (interpolation).
NOTE: The head judge, along with a majority will determine the “official” wave count

Wave possession and interference

It is the intent of this rule to encourage all competitors to strive toward situations where there is only one competitor at a time in the wave shoulder. The judges will strictly enforce this rule. Competitors are hereby alerted to the severity of the penalty and the strictness with which it will be enforced.

A. WAVE POSSESSION - A competitor may gain wave possession in one of the following ways.
1. By catching a wave and completing a manoeuvre (turn in chosen direction) before the face of the wave reaches another competitor.
2. If two or more competitors are paddling in the face of the same wave, in the same shoulder, the competitor closest to the curl has possession upon catching the wave and completing a manoeuvre.
3. Two competitors may go in opposite directions on the same peak, providing they don’t cross paths or hinder one another.
4. If two competitors, at opposite ends of the contest area, catch the same wave and ride toward each other, both gain wave possession. If they eventually meet, the competitor who gained wave possession first on their respective peak shall have the right of way.

B. INTERFERENCE - A competitor may be called for interference for any of the following reasons.
1. For catching the same wave in the shoulder as the competitor who gains wave possession as in RULE A 1.
2. For occupying any part of the wave that could simultaneously or eventually be reached by any possible manoeuvre of the competitor who gains wave possession as per RULE A2. For breaking down the wave on the competitor with wave possession, or infringing on the possible length of the ride of the competitor with wave possession.
3. In the case of RULES A3 and A4, both competitors may be called for interference if no right of way has been established in the opinion of the judges. Interference must be called on one or both competitors for cross overs if there is a collision. If one competitor is clearly the aggressor in forcing the cross over or collision, in the opinion of the judges, only he/she will be penalised. All cross overs are discouraged in competitions. If there is no hindrance of scoring potential for either surfer as determined by majority of judges and there is no contact then interference may not be called.
4. THE HEAD JUDGE, along with the other judges, may rule interference on any competitor for:
   a. Blatantly paddling for a wave in a manner so as to intimidate or hassle a competitor who is in position to gain wave possession.
   b. Grabbing or touching any part of another competitor or their equipment in a manner that impairs their ability to surf.
   c. Paddling out in such a manner as to interfere with the ride of the competitor with wave possession, whether intentional or not.

Heat preparation and structure

All contestants must report to the ready area 15 minutes prior to the start of their heat to be checked in and receive their instructions. When possible, the competition area will be defined by the use of flags, barriers, etc. Competitors will be expected to paddle out for their heat 5 minutes prior to the heat start.

All heats, except finals, will run for 10 - 15 minutes depending on conditions. Finals will run for 20 minutes.
After each heat competitors must return their coloured ID vests immediately to the Beach Marshall.

WATER STARTS - All heats will begin with the blast of the horn and/or the raising of a flag/signal boards. The raising of the coloured flag/signal board will indicate the five minute warning. At the five minute warning, the next heat of competitors may start paddling to the designated standby area, being careful not to interfere with the heat in progress.

When the horn sounds ending the heat in progress, the standby heat may paddle into the take-off zone, but not catch any waves until the horn sounds starting their heat. Surfers up before or after may be penalised.

**VOLLEYBALL**

**Numbers**
Team event of 7 in a squad with 5 on the court, single gender

**Categories**
School year 7, 8 & 9 girls
School year 7, 8 & 9 boys

**Route**
Quality 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 (excluding CSG competitions). This competition is aimed at young people who wouldn't normally get the chance to compete for the school.

**Scoring**
- 1 set to 21 (Two points clear) or 10-12 minutes (max)
  A point is awarded to the team that wins the rally regardless of who is serving. This team will then start the next rally with serve
- Timed games will start and end with a hooter/whistle and rallies that are in progress when the final hooter/whistle sounds should be completed

**Contacting the ball**
- Each team has a maximum of three contacts to get the ball back over the net. If a ball hits the block, the team still has three touches
- Contact with the ball is allowed with any part of the body, however kicking is forbidden. If the ball strikes the foot when planted on the floor play will continue, a kick will result in loss of the point

**Interruptions to play**
- Timeouts per set – Enforced 30 second time out when first team reaches 10 points
- Compulsory rolling substitutions when a team wins back the right to serve. Serving team rotates after three consecutive serves but continues serving until they lose the rally

**Net & Court contact**
- No player is allowed to make contact over the centre line of the court
- Ball ‘in’ - contacts the playing surface in the court area including the lines
- Ball is ‘out’ - contacts an object/floor outside the court markings, hits the post or antennae
- If a ball hits the net during a serve or rally and goes over, play continues. If the ball hits the net and does not cross into the opposition court, play stops and the offending team lose the rally and the point
**VOLLEYBALL**

**Numbers**
Team event of 7 in a squad with 5 on the court, single gender

**Categories**
- School year 10 & 11 girls
- School year 10 & 11 boys

**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 (excluding CSG competitions). This competition is aimed at young people who wouldn’t normally get the chance to compete for the school.*

**Scoring**
- 1 set to 25 (Two points clear) or 15 minutes (max)
- A point is awarded to the team that wins the rally regardless of who is serving. This team will then start the next rally with serve
- Timed games will start and end with a hooter/whistle and rallies that are in progress when the final hooter/whistle sounds should be completed

**Contacting the ball**
- Each team has a maximum of three contacts to get the ball back over the net. If a ball hits the block, the team still has three touches
- Contact with the ball is allowed with any part of the body, however kicking is forbidden. If the ball strikes the foot when planted on the floor play will continue, a kick will result in loss of the point
- Catch rule introduced. A catch is classed as any ball that is caught and thrown, as opposed to a clean ‘hit’ off the body contact point
- Double contact rule introduced. A double contact is when the ball is played in two different motions and/or the ball’s direction is changed by doing this
Interruptions to play
- Timeouts per set – Enforced 30 second time out when first team reaches 8 and 16 points.
- Compulsory rolling substitutions when a team wins back the right to serve

Net & Court contact
- No player is allowed to make contact over the centre line of the court
- Ball ‘in’ - contacts the playing surface in the court area including the lines
- Ball is ‘out’ - contacts an object/floor outside the court markings, hits the post or antennae
- If a ball hits the net during a serve or rally and goes over, play continues. If the ball hits the net and does not cross into the opposition court, play stops and the offending team lose the rally and the point

Signals
- As Mini Volley with the addition of Double touch, catch
**Summer Games – 26th June**

**Athletics – Super 8**

**Numbers**  Team event of 16 - Must be 8 of each gender, or single gender

**Categories**
- School year 7
- School years 8 and/or 9
- School years 10 and/or 11

**Route**  Qualify via local SGO competition

**Pathway**  Open Pathway – No criteria

Super8, is built around 8 events (4 track & 4 field) and 2 relays. Teams are made up of 8 boys & 8 girls, but single sex competition is also possible. Each athlete does 1 track, 1 field and 1 relay event. Times and distances are scored against standard points tables, and the team score is the aggregate of the 8 athlete totals.

More details about Super8 and the competition manual can be found on the website: [www.super8.org.uk](http://www.super8.org.uk)

**Events:**

**Start – for years 7**
- Hurdles
- 100m
- 200m
- 800m
- High Jump
- Long Jump
- Shot
- Javelin
- 4 x 100m Relay

**Junior/Inter – for years 8 to 11**
- Hurdles
- 100m
- 300m
- 1500m
- High Jump
- Long Jump
- Shot
- Javelin
- 4 x 100m Relay
ATHLETICS – SUPER 6

Numbers: Team event of 12 - Must be 6 of each gender, or single gender

Categories:
- School year 7
- School years 8 and/or 9
- School years 10 and/or 11

Route: Qualify via local SGO competition

Pathway: Development Pathway – entry criteria below:

For young people who have not represented the school at a county championship, haven’t achieved county standard times/distance and are not a member of an athletics club.

Super 6, is built around 6 events (3 track & 3 field) and 2 relays. Teams are made up of 6 boys & 6 girls, but single sex competition is also possible. Each athlete does 1 track, 1 field and 1 relay event. Times and distances are scored against standard points tables, and the team score is the aggregate of the 6 athlete totals.

Events:

Start – for years 7
- 100m
- 200m
- 800m
- Long Jump
- Shot
- Javelin
- 4 x 100m Relay

Junior/Inter – for years 8 to 11
- 100m
- 300m
- 1500m
- Long Jump
- Shot
- Javelin
- 4 x 100m Relay
DANCE

Numbers
Team of minimum 4, maximum 30 participants (single gender or mixed)

Categories
School year 8 and/or 9
School year 10 and/or 11

Route
Qualify via local SGO competition

Pathway
Development Pathway – entry criteria below:

For young people who have not represented their school or community club in an NGB competition in the current or previous academic year (excluding CSG). This competition is aimed at young people who wouldn’t normally get the chance to compete.

Teams will perform:

- One dance that they should choreographed themselves before the competition
- One set piece that will be given by the judges on the day

- Dancers compete in single gender or mixed gender teams across the groups
- Teams should be made up of a minimum four dancers and a maximum of 30
- Teams entering must be school groups
- Schools can enter a maximum of 3 teams

ROUTEINE: Routines can use any dance style. There is no limitation to the number of styles that are used within each routine. Routines can be inspired by musicals, music videos, television or social media but it is encouraged that choreography is not plagiarised and must be applied and adapted into original content. Dances must be under 3.5 minutes long and created within the last year of the Games. Choreography can be created by students or teachers

MUSIC: Music must be saved to MP3/4 format and be submitted to the competition organiser at the event. Any groups using music with inappropriate or explicit lyrics will be disqualified

SCORING: Each routine will be judged on the following four categories totalling 100 points:
1. Concept and soundtrack (10 + 5 points)
2. Choreography and Floor Use (20 +15 marks)
3. Performance Skill (20 points)
4. Overall impact (30 points) Judges’ criteria and score cards are available in the Dance Competition Toolkit www.exercisemovedance.org/page/schools

There is also further opportunity to compete in national pathways through EMDP partner organisations.

Tournament format:
The toolkit contains the following supporting documents and can be downloaded at www.exercisemovedance.org/page/ • the basics of delivering a Level 1, Level 2 and Level 3 Dance Competition • judges support pack – Judge 1, Judge 2 and Judge 3 score cards and judging criteria • results calculator spreadsheet.

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
Football

Numbers 9 in a team with 11 in a squad
Categories Boys years 9/10
Route Qualify via local SGO competition
Pathway Development Pathway – entry criteria below:

For young people who have not represented the school in a CSG, Cornwall Schools Football or club competition (e.g. B, C teams etc. who don’t get to compete).

The game will be played in 2 halves. Every half, all substitutes must come on to ensure all squad members play 50% of each game.

Scores reset after each half. For each half the following points are allocated:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Half win</td>
<td>1 point</td>
</tr>
<tr>
<td>Half draw</td>
<td>½ point</td>
</tr>
</tbody>
</table>

Teams will be asked to nominate another team based on their demonstration of the School Games Values: Passion, Self-Belief, Respect, Honesty, Determination and Teamwork. Bonus points will be given to the team(s) that is voted most from their peers.

Overall places for the competition will be allocated based on an accumulation of these points.

If one team has more than 2 goals lead (ie 3-0) at any point then the team that is losing can add an addition player to the game. Once the score goes back to only a 2 goal difference the addition player must leave the pitch.

Standard Football Association rules with rotation after every half time and ahead of the next game:

- 9 in a team rotating positions after every half time and ahead of each next game

<table>
<thead>
<tr>
<th>Age</th>
<th>Format (can play smaller numbers)</th>
<th>Ball size</th>
<th>Pitch size (yards)</th>
<th>Maximum goal size (feet)</th>
<th>Game duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 9 &amp; 10</td>
<td>9v9</td>
<td>5</td>
<td>Width ways</td>
<td>9-a-side goals</td>
<td>Max 20 mins per game</td>
</tr>
</tbody>
</table>

- You can access more information and resources by signing up to The FA Secondary Schools Programme at: [www.TheFA.com/schools](http://www.TheFA.com/schools)
Rounders

Numbers  Team event of 9 players, with a maximum of 15 in a squad
Categories  Girls School year 7, 8 and 9
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. This competition is aimed at young people who wouldn’t normally get the chance to compete for the school.

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
**SOFTBALL**

**Numbers**  
Team event of 10 players

**Categories**  
Boys School year 7, 8 and 9

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

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.

- Softball teams are made up of 10 players per team
- Teams take it in turn to bat, trying to score and field, trying to get players ‘out’ and preventing runs from being scored
- Once all members of the batting team have had a turn to bat, the teams swap over. An inning is completed when both teams have batted. Games can have as many innings as time allows
- The game is played on a diamond shaped infield with bases set 65 feet apart at right angles to one another
- Fielders spread themselves about on the playing area, covering all of the bases and the outfield area too
- For all games it is recommended that safety Softballs are used

**Batting**

- The batter stands next to the home plate and the ball should be pitched underarm in an arc that reaches the batter between knee and shoulder height as it passes over home plate
- A pitch that passes through this area with the batter swinging or is swung at and missed or swung at and hit into foul territory is a strike. A pitch that misses this area without being swung at is a ball
- Three strikes and the batter is ‘out’. Four balls and the batter advanced to first base.
- If the ball is hit into the playing area (between first and third bases), then the batter must run towards first base
- If a fielder catches the ball before it has landed, then the batter is ‘out’
- The fielding team must retrieve the ball and throw it to a fielder on a base towards which the batter or another runner is advancing. If the ball is caught by the fielder who is in contact with the base before the batter or runner arrives, then the player attempting to reach that base is ‘out’
- A player may also be ‘out’ if they are tagged with the ball, whilst not in contact with a base
- Catchers and umpires must stand a safe distance behind home plate

**Scoring**

- A run is scored by the batting team, when a batter reaches first base, advances to other bases, not necessarily in one play, and back to home base where they started out from
**Dodgeball**

**Numbers**
Team event of 6 players, with a maximum of 10 in a squad. 5 girls, 5 boys and each team must have a minimum of 3 girl’s playing at any one time.

**Categories**
- Years 7 & 8 mixed
- Years 9 & 10 mixed

**Route**
Qualify via local SGO competition

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

**For young people who do not represent their school in competitions (e.g. those who don’t usually get to compete).**

- One game lasts for two minutes. A match is best of five games and after each game all substitutes must come on.
- Teams receive two points for a game won, one point for a game drawn and zero points for a game lost. In the event of a tie a one minute overtime period is played.
- Games are played on a 44ft by 20ft court with a 2ft centre zone; courts are marked using non-marking tape.
- Three dodgeballs are used and positioned in the centre zone at the start of each game.
- A player is out if a direct throw from an opposing team player hits them below head height. If a throw hits a player in the face they are still in – if a throw hits a player on the back or top of the head when they are not facing play or ducking down, they are out.
- A player is out if their throw is caught by a member of the opposing team.
- A successful catch enables a player who is already out to return to the game; this must always be the first player who was out and they must return behind the return line.
- If a player is hit by a throw and a teammate catches that same ball before it hits any other surface then they have saved the first player hit from being out.
- A player may use a ball in their possession to block a thrown ball – they must ensure they keep full control of the ball they are holding.
- The leading team (the team with the most players on court) has five seconds from the referee’s call to throw the majority of the balls in their possession – the leading team can always hold on to one ball.
- You can win a game by either eliminating all the opposing players or having more players on your team at the end of two minutes.

Teams will be asked to nominate another team based on their demonstration of the School Games Values: Passion, Self-Belief, Respect, Honesty, Determination and Teamwork. Bonus points will be given to the team(s) that is voted most from their peers.

Overall places for the competition will be allocated based on an accumulation of these points.
**Projectability - Boccia, Football & Tennis**

**Numbers** Individual, any gender  
**Categories** School years 6 – 11  
**Pathway** Development Pathway - For all children with a physical, sensory or learning disability  
**Route** Qualify via local SGO competition

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

**TO ENTER ANY OF THE ABOVE PLEASE CONTACT YOUR SCHOOL GAMES ORGANISER.**