



# 2015 SAINSBURY'S CORNWALL SCHOOL GAMES

## 'YOUR ROUTE TO THE GAMES'

### PRIMARY ENTRY, RULES & REGULATIONS

#### EDITION 8



## 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.

Schools should enter for the open events online at [Cornwall School Games](http://www.cornwallsportspartnership.co.uk/2015-sainsburys-cornwall-school-games) by Friday 8<sup>th</sup> May 2015 (note that some require earlier entry).

The main summer games this year will run on Friday 26<sup>th</sup> June 2015. The reserve date, should any events be cancelled due to adverse weather conditions, will be Friday 3<sup>rd</sup> July. If you have any questions then please do not hesitate to contact your School Games Organiser or visit:

[www.cornwallsportspartnership.co.uk/2015-sainsburys-cornwall-school-games](http://www.cornwallsportspartnership.co.uk/2015-sainsburys-cornwall-school-games)

If your school or any individual staff members use Twitter, please tweet about the Games using the hash tag: **#2015CSG**

★Marks new CSG sports, altered rules or changes to ages★

### THE SPORTS:

- **★AQUATHLON/BIATHLON★**
- **ATHLETICS QUAD KIDS**
- **★ATHLETICS – SPORTS HALL★**
- **BADMINTON – BISI & TEAM SINGLES/DOUBLES**
- **BASKETBALL MINI**
- **★BOWLS★**
- **CROSS COUNTRY**
- **★CYCLING – GRASS TRACK★**
- **GOLF – TRI GOLF**
- **HOCKEY – IN2 HOCKEY**
- **★MOVEMENT TO MUSIC★**
- **★NETBALL – HIGH 5★**
- **★RUGBY – COUNTY TAG★**
- **SWIMMING GALA**
- **TENNIS – MINI FED**

## AQUATHLON/BIATHLON

<b>Numbers</b>	Individual event
<b>Categories</b>	Year 5 girls Year 5 boys Year 6 girls Year 6 boys
<b>Route</b>	Open entry (deadline for entry Friday 27 <sup>th</sup> March)
<b>Date</b>	20 <sup>th</sup> April

The format for this event is still being confirmed. Please check [event information page](#) in the New Year for the format.

## ATHLETICS – QUADKIDS

<b>Numbers</b>	Team event of 4 girls and 4 boys
<b>Categories</b>	School years 5 and/or 6
<b>Route</b>	Qualify via local SGO competition

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>

### Events:

- 600m run
- 75m sprint
- Vortex howler throw
- Standing long jump

## ATHLETICS – SPORTS HALL

<b>Numbers</b>	Team event of 9 girls and 9 boys
<b>Categories</b>	School years 3 and/or 4 School years 5 and/or 6
<b>Route</b>	Qualify via local SGO competition
<b>Date</b>	20 <sup>th</sup> April

The Sportshall Primary Programme 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 a minimum of 9 girls and 9 boys, with a maximum of 15 girls and 15 boys being permitted. They may compete in a maximum of two track and two field events, drawn from the following:

### On the track

- |                 |                                     |
|-----------------|-------------------------------------|
| 1 + 1 Lap Relay |                                     |
| 2 + 2 Lap Relay | each requiring two girls & two boys |

6 Lap Paarlaf

Obstacle Relay

Over / Under Relay

4 x 1 Lap Relay

each requiring four girls & four boys

### ... and in the field

Chest Push

Soft Javelin

Speed Bounce

Standing Long Jump

Standing Triple Jump

Vertical Jump

each requiring three girls & three boys

### 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](http://www.sportshall.org) for further details along with event and competition rules downloads.

## BADMINTON – BISI

**Numbers** Team event of 6, 3 boys and 3 girls

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

**Route** Qualify via local SGO competition

The competition will be a mixture of festival games including: Beat the Goalie, Figure of 8, Hand Zone Hite & Catch, Plus Ball, Rapid Retrieve, Safe Hands, Shuttle in the basket, Shuttle Relay, Target Practice, Zig Zag Throw and Catch

## BADMINTON – TEAM SINGLES

**Numbers** Teams event of 4, 2 boys and 2 girls, maximum of two from Year 5

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

**Route** Qualify via local SGO competition

- Teams line up beside the post on different sides of the court in the playing order.
- The players who are to play first step onto the court ready to play. A shuttle is given to one player to start.
- On the whistle match 1v1 starts and continues until another whistle brings it to the end. (A young official can be time keeper).
- At the end whistle, the player from one side steps off and is replaced by the next person (No 2).
- The score is either kept by a Young Official or one of the non-playing members of the team. Scoreboards are an important piece of equipment.
- The game continues from the start whistle.
- The person to serve will be the person on whose side the shuttle is
- The score is continued from the previous game.
- After 2 minutes (or the scheduled game time) the whistle sounds again and the next player changes in accordance with the order of play.
- This continues until the sequence has finished.
- If at the end the final score is a tie, the person in charge (with whistle) will shout "next point the winner", or as this is a league can just record it as a draw.

- The person doing the scoring takes the result in to the recorder who puts the result in a table.

## BASKETBALL – MINI

<b>Numbers</b>	5 players on court from a squad of 8 (one of each gender on court)
<b>Categories</b>	School years 5 and/or 6
<b>Route</b>	Qualify via local SGO competition

- Each player must play some part in the game
- A jump ball is used to start the game
- To win the game you must score more baskets, worth 2 points each, than your opponents
- You need to keep yourself and the ball inside the playing area (player out of bounds & ball out of bounds rule)
- You cannot walk or run while holding the ball; so in order to move on court you must dribble (travelling rule)
- You cannot dribble with two hands at the same time or dribble again after catching the ball (illegal dribble)
- If fouled in the act of shooting one shot is awarded from the place of the violation and if successful is worth two points. All players stand still as in High Five Netball
- To restart the game, pass from out of bounds near where the violation took place
- Use alternate possession to restart the game when possession is unclear e.g. a held ball
- Substitutions can only take place when the ball is out of bounds
- Zone and full court man to man defense are forbidden

**For a more comprehensive list of the rules please visit the following website.**

<http://www.mini-basketball.org.uk/downloads/rules/fiba-mini-basketball-rules.pdf>

## BOWLS

<b>Numbers</b>	Team event of 6 players per team, any gender combination
<b>Categories</b>	School years 5 and/or 6
<b>Route</b>	Open but tasters at identified clubs/schools*
<b>Venue</b>	St Austell Bowls Club, Polfair Park
<b>Entry</b>	<b>December 12<sup>th</sup> 2014</b> (final on 26 <sup>th</sup> June)

- Six players in each team
- The event is capped at 16 teams, ideally 4 from each area
- Uniform: Flat soled shoes, area tee-shirts or school PE kit
- Teams will compete (a team comprises of six players playing two bowls each, ideally from the same school)
- On finals day 16 teams will be split into 4 groups of 4 that will each play 3 x 7 end games to determine the group winner. The group winners will play off to determine the medal positions

\*Where possible, local bowls clubs will try to arrange tasters or a series of sessions before the competition. Once you have entered, we will try to link your school with a local club.

## CROSS COUNTRY

<b>Numbers</b>	15 children per partnership
<b>Categories</b>	School year 4 School year 5

	School year 6
<b>Route</b>	Qualify via local SGO competition
<b>Venue</b>	Newquay Sports Centre
<b>Date</b>	<b>26<sup>th</sup> March</b>

There will be 6 races (Year 4 boy and girl, Year 5 boy and girl, Year 6 boy and girl). Each partnership 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	1800m approx
Y6 Boys	1800m approx

#### **Race Course**

The race will be run on the fields just in front of the Sports Centre building and is suitable for running spikes. The actual route will be available on the day from your team manager and posted on the windows of the building.

#### **Start**

Each team will have a specific start area, where you will be lined up by your team manager in order (fastest first). It is your responsibility to make sure you are at the start area 5 mins before your race is due to start.

#### **Results**

At the end of a race, you will be given a small piece of card with a number on it. This is the position that you came in the race. This must be given immediately to your team manager. Please do not forget to do this as it may alter how your team does.

## **CYCLING – GRASS TRACK**

<b>Numbers</b>	2 Teams of 4 riders per school (at least one female rider per team)
<b>Categories</b>	School year 5 School year 6
<b>Route</b>	Qualify via local SGO competition

- 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 a heat and a final
- Heats will be timed, with the fastest 2 teams going into the "A" final, next two into the "B" final etc.
- Finals are "first across the line", with the winners of the "A" final being the overall competition winners of the year group competition
- Results of the year 5 & 6 competition will be combined in order to decide the winning school. In the event of a tie, the team with the best combined 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
- Race is 8 laps
- Teams must maintain a gap of NO MORE than 2 bike lengths. Failure to do so can result in disqualification
- Riders must change the lead rider every lap. Failure to do so can result in disqualification. However teams are allowed to "lose" one rider once they have completed three quarters of the race. This rider must move out to the outside of the track and ensure they do not impede the other team

- The bell will ring to tell riders that there is one lap to go
- The team's time is taken on the third rider to cross the line

## GOLF – TRI GOLF

<b>Numbers</b>	Team event of 5 boys and 5 girls
<b>Categories</b>	School years 3 to 6 – a combination of years or single year teams
<b>Route</b>	Qualify via local SGO competition
<b>Numbers</b>	Maximum 8 teams

- 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

## HOCKEY – IN2 HOCKEY

<b>Numbers</b>	6 players on the pitch from a squad of 10, mixed gender (3 boys 3 girls – except in the instance of girls' only schools)
<b>Categories</b>	School years 5 and/or 6
<b>Route</b>	Qualify via local SGO competition

- 6 outfield players – goalkeepers or kicking backs are not permitted
- 3 girls on the pitch at all times
- Substitutions are made on the centre line, and are allowed at any time, except following the award of a penalty shot
- Two halves (usually of 12-15 minutes each) with an interval (half-time) of not more than 5 minutes. Following half-time the two teams change ends
- The game is started with a hit or push taken from the centre of the centre line. It follows the umpires whistle as play commences at the start of each half, and after a goal has been scored
- Each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 5 metres from the ball until the centre pass is played
- The ball can be played forwards, backwards or sideways and must move a minimum of 1 metre before being played by a player of the same team
- The taker can use a self-pass (i.e. pass the ball to themselves)
- The pass must involve two very distinct actions i.e. the taker must first tap it forwards, sideways or backwards and then play it a second time either to pass it or to dribble it
- Over the side-line:
  - When the ball passes completely over the side-line it shall be put into play along the ground in any direction by a hit, a push or a self pass taken by an opponent of the player who last touched it. This is called a side-line hit-in
  - Until the hit-in is taken, no opposition player shall be within 5 metres of the ball
- Over the back-line off an attacking player:
  - When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit to the defence. This is called a hit-out. The ball can be hit, pushed or a self pass can be played. It is to be taken level with the top of the shooting circle and in line with the place where it crossed over the back-line
- Over the back-line off a defending player:
  - If the ball is accidentally played over the back-line by a defending player and no goal is scored, the game is re-started with a corner to the attacking team. The corner can be hit, pushed or a self pass can be played

- The corner is taken on the side-line, 3 metres from the corner of the pitch
- No player, other than the taker, shall be within 5 metres of the ball until it is played
- In place of a penalty corner – a free pass will be awarded to the attacking team, 5m outside the shooting circle.
- Rough or dangerous play shall not be allowed, nor any behaviour which in the opinion of the umpire, amounts to misconduct
- Players must not intentionally use any part of their body to play the ball (except the hand to protect them in a dangerous situation)
- Players must not play at any high ball with the stick held at above shoulder height unless they are attempting to prevent a goal from being scored (i.e. to defend a shot on goal). The shot must be on target! If it is going wide of the post or over the cross bar the defending player is not permitted to try to play at it with the stick at above shoulder height
- Players must not use the rounded side of the stick when playing
- the ball and when striking the ball, the stick must in no way cause danger, nor lead to dangerous play, or be intimidating to any opponent
- Players must not play in any way that is dangerous
- Players must not kick the ball
- Players must not obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball. Neither must they use any part of their body or stick to obstruct a player
- Players must not hold, charge, kick, shove, intentionally trip, or strike any player or umpire
- There is NO restricted zone

#### Scoring

- A goal is scored when the ball has been struck by, or deflected off, any player while it (the ball) is in the shooting circle. It must cross completely over the goal-line between the goal-posts and under the cross-bar

## MOVEMENT TO MUSIC GYMNASTICS, DANCE & CHEER

Schools can enter teams and will be judged in one of the three categories: **Gymnastics, Dance or Cheer**

**Route** Open

#### Gymnastics

**Numbers** Teams event of 6

**Categories** School years 3 and/or 4  
School years 5 and/or 6  
– minimum of two boys and two girls

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 for dance
- All team members will complete the two disciplines
- The individual marks of all team members will be added together to determine the team score
- The competition will be held in the spirit of British Gymnastics rules
- Body Management will be performed on a matted area 12m x 12m, 25mm thick (subject to availability)

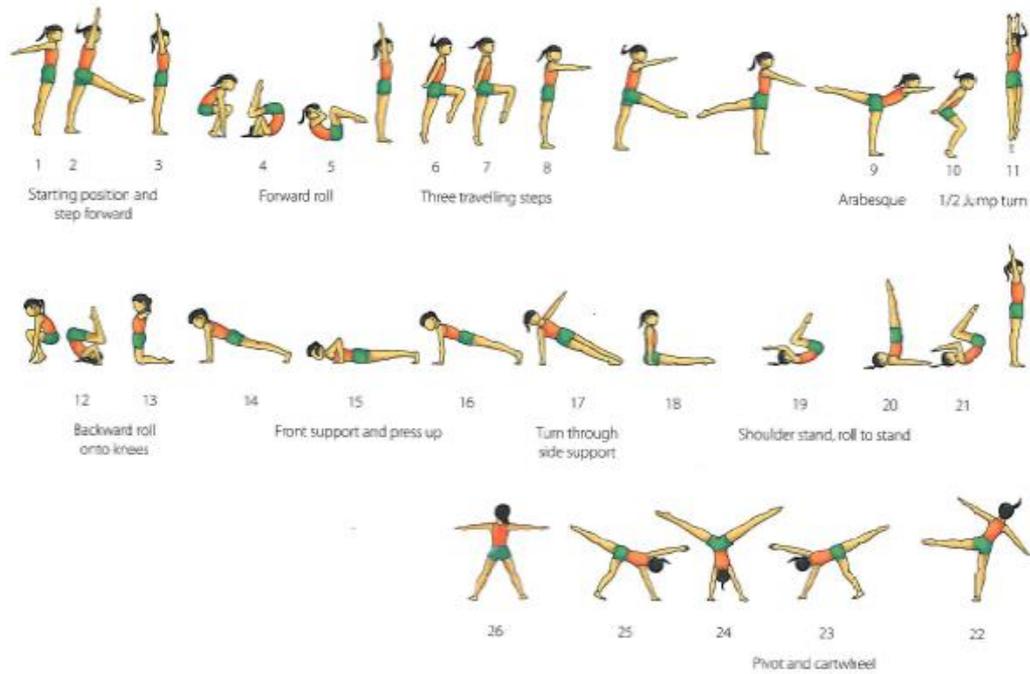
- Participants should bring their own skipping rope – there will be some available
- Floor Exercise will be performed on a matted area 12m x 12m, 25mm thick (subject to availability)
- There are six gymnasts in each team but only the top four scores will count in each discipline towards the team medals
- Judges will score each performance, and they will judge in accordance to the Key Step Gymnastics manual
- Attached are the Key Step 2 movements for Body Management, Floor Exercise and Vault
- 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

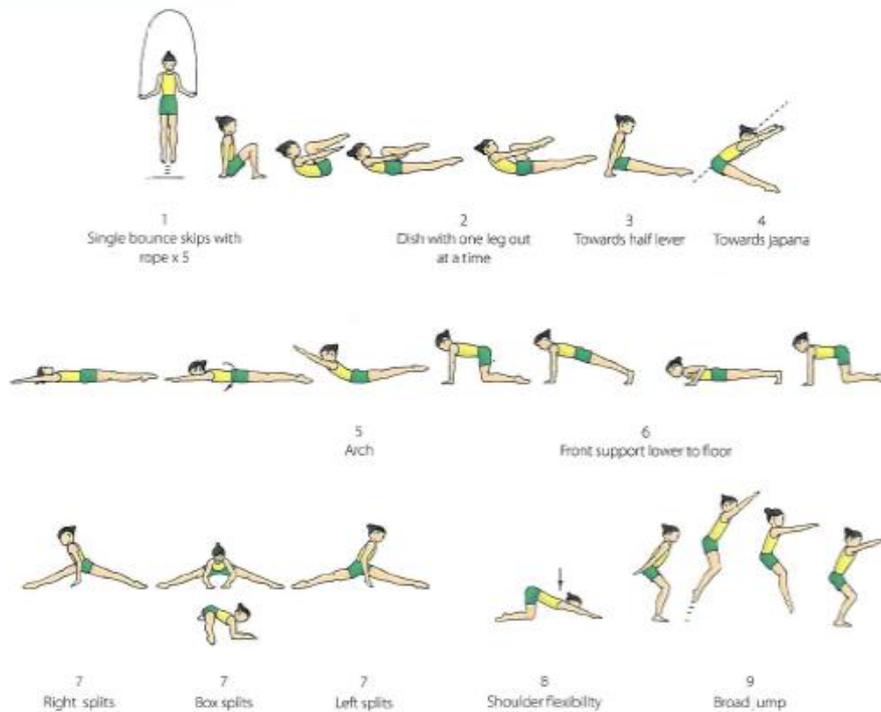
## Step 2 - Floor Exercise (Lower Key Stage 2 - Years 3 & 4)

(Sequence performed on a strip of mats approximately 6 x 1 metres)



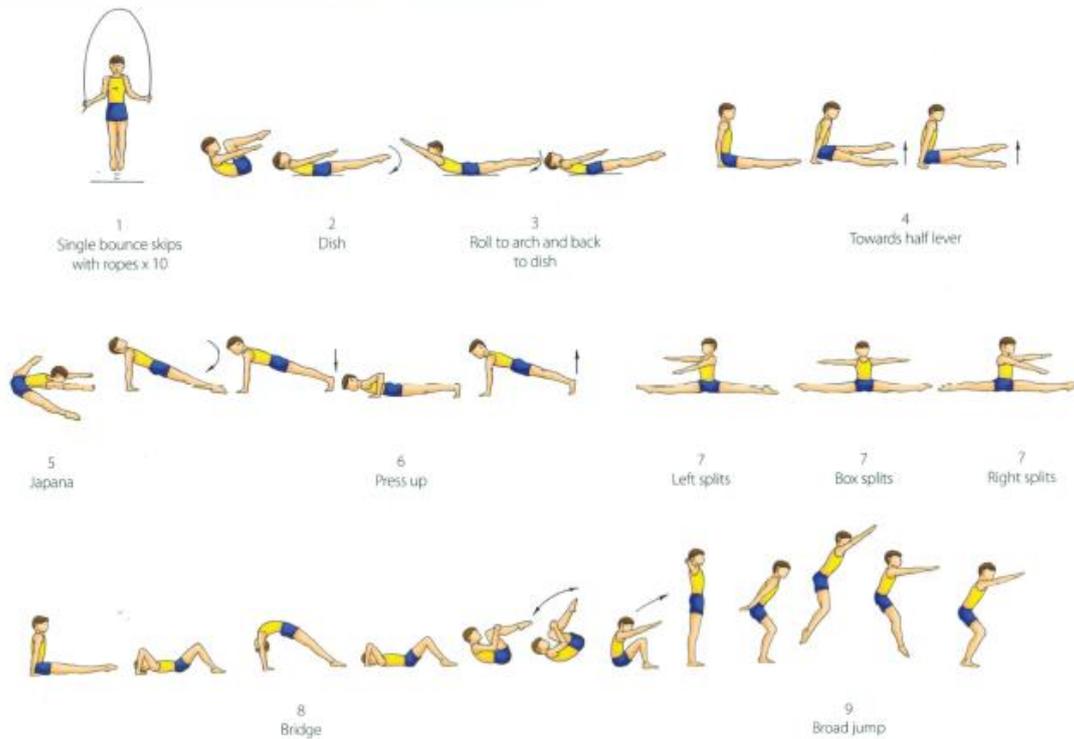
STEP TWO

## Step 2 - Body Management (Lower Key Stage 2 - Years 3 & 4)



STEP TWO

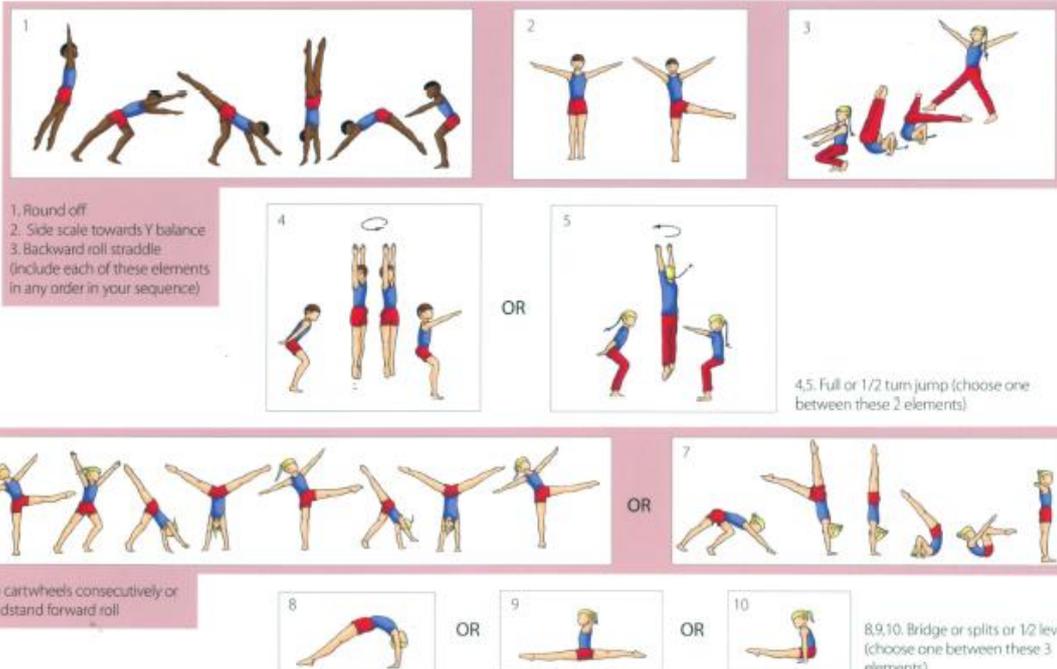
## Step 3 - Body Management (Upper Key Stage 2 - Years 5 & 6)



STEP THREE

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

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



STEP THREE

### 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

- 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
- 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**

- |   |                     |
|---|---------------------|
| • Grooming, eye contact and facial expression | 10% of overall mark |
| • Timing and precision or movement            | 10% of overall mark |
| • Spacing and organisation                    | 10% of overall mark |
| • Jumps, leaps and turns                      | 10% of overall mark |
| • Choreography compliments music              | 10% of overall mark |
| • Execution                                   | 10% of overall mark |
| • Variety, difficult, flow                    | 10% of overall mark |
| • Crowd appeal, overall impression            | 10% of overall mark |

#### **Cheer**

**Numbers** Team event of between 6 and 25 - all male, all female or mixed  
**Categories** School years 3 to 6 – any combination

- Points will be deducted to teams who field incomplete teams on the day
- Each team member must wear a matching outfit that is suitable and safe for the sport
- 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**

- Routines must be 2.5 minutes long
- There will be two chances to perform your routine. The highest mark from each sub section will be added for the final mark
- There will be one warm up for everyone before any team compete.
- One team will perform at a time
- The sub categories are listed below
- No equipment, props or chants allowed
- Teams will be judged on their support for their team and others

#### **Sport Rules**

- The competition will be held in the Cheerleading USASF rules
- The routine will be performed on a matted area 12m x 12m, 25mm thick

- Teams may wear make up and glitter including small face designs to emphasise team spirit
- Judges will score each performance, and they will judge in accordance to WCA Score sheet
- West Coast Cheerleading Resource Pack for further guidance/teaching aid is available from West Coast Academy (£12.00 + p&p). Tel: 01209 204 224 Ext: 1

### Judging

- In all matters relating to the competition the Event Co-ordinators decision shall be final and binding
- The judging for this competition will be by Future Cheer Building from the ground up qualified young leaders from local clubs

### Scoring

- |  |                     |
|--|---------------------|
| • Dance & jumps<br>Technique, personality, timing                  | 20% of overall mark |
| • Motions & positioning<br>Strong, precise, creative               | 10% of overall mark |
| • Gymnastics/tumbling<br>Difficulty, execution, fluid movement     | 20% of overall mark |
| • Stunts & Libs<br>Strong, together with personality               | 20% of overall mark |
| • Pyramid & tosses<br>Timing, linking, teamwork                    | 10% of overall mark |
| • Overall impression<br>Facial expressions, confidence, appearance | 20% of overall mark |

## NETBALL – HIGH 5

**Numbers** 5 players on court from a squad of 7 to 9, mixed gender (3 girls 2 boys on court – except in the instance of girls' only schools)

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

**Route** Qualify via local SGO competition

- Only 2 boys are allowed on court at the same time and a maximum of 3 boys in the squad
- 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

### Start of Play

- Team captains toss a coin to decide who takes the first centre pass. Subsequent centre passes must be taken alternately. Play is started by a pass from the C who stands with both feet in 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. Penalty – Penalty pass or shot (if in the shooting circle)**

#### Footwork

- 1st foot grounded is the landing foot which must remain grounded but may pivot, 2<sup>nd</sup> foot can move in any direction. Hopping is not allowed, **Penalty – Free pass**

#### Offside

- **A free pass** is awarded to a team for any infringement of the rules ie 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 or shot** is awarded to a team against any player causing obstruction or contact. A player may shoot if the penalty is awarded inside the circle. The offending player must stand still beside the player taking the pass 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 – COUNTY TAG

**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** Qualify via local SGO competition

- There is a limit of 5 tags. On the 6<sup>th</sup> tag possession will be turned over to the opposition
- NB
- 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 rejoining 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

### **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 so 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

## 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

- 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
- All participants will receive a certificate
- 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  | Butterfly     |
| 14. Year 5 Girls | Butterfly     |
| 15. Year 6 Boys  | Butterfly     |
| 16. Year 6 Girls | Butterfly     |

17. Year 5 Boys	Front Crawl Relay
18. Year 5 Girls	Front Crawl Relay
19. Year 6 Boys	Front Crawl Relay
20. Year 6 Girls	Front Crawl Relay

If time allows we also do medley relays

## TENNIS – MINI RED

<b>Numbers</b>	Team event of 4 (2 boys 2 girls)
<b>Categories</b>	School years 3 and/or 4
<b>Route</b>	Qualify via local SGO competition

- 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.
- 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).

## TO ENTER...

Schools should enter for the open events online at [Cornwall School Games](#) by Friday 8<sup>th</sup> May (note that some require earlier entry).

Please complete this to enter the following sports: **Aquathlon, Bowls and Movement to Music**

Early entry deadlines...

Bowls – Friday 12<sup>th</sup> December  
 Aquathlon – Friday 27<sup>th</sup> March