**WdF SSP School Games**

**PRIMARY**

**Rule pack 2021-22**



**Index**

|  |  |
| --- | --- |
|  | **Page number** |
| **Athletics**Sports Hall AthleticsQuad Kids | 34 |
| **Badminton** | 5 |
| **Basketball** | 6 |
| **Boccia** | 7 |
| **Cheerleading**KS1 & KS2 | 8-10 |
| **Cricket**3 Tees 2Rapid FireDynamos | 111213 |
| **Cross Country**KS1KS2 | 1415 |
| **Dodgeball** | 16 |
| **Football**KS1Yr 3KS2 | 171819 |
| **Hockey** **(Quicksticks)** | 20 |
| **Kurling** | 21 |
| **Netball High 5** | 22-25 |
| **Rounders** | 26-27 |
| **Rugby** | 28-30 |
| **Squash** | 31 |
| **Swimming** | 32-33 |
| **Table tennis** | 34 |
| **Tennis**Red Yr 3/4Orange Yr 5/6 | 3536 |
| **Volleyball (sitting)** | 37 |
| **Archery** | 38 |

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| **Sport** | **Sportshall Athletics followed by a county final** |
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| **Year Group** | Year 5 & 6 |
| **Gender** | Mixed |
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| **Team Criteria** | Squad of 18-30 consisting of a minimum of 9 girls and 9 boys. With a maximum of 15 girls and 15 boys. |
| **Format** | They may compete in a maximum of two track and two field events.* The top 2 schools from each family competition will progress to the SSP final.
* The top school at the SSP final will progress to the county final
 |
| **Rules** | **DUE TO TIME AND SPACE RESTRICTIONS, WE CAN ONLY OFFER A LIMTED NUMBER OF THE RACES COMPARED TO THE COUNTY FINAL-****On the track….**Obstacle race (4 boys)Obstacle race (4 girls)4x1 lap (4 boys)4x1 lap (4 girls)6 lap paarlauf (2 boys)6 lap paarlauf (2 girls)**In the field….**Chest PushSoft JavelinSpeed BounceStanding Long JumpStanding Triple JumpVertical Jump**AT THE COUNTY FINAL ONLY this will be the events-****On the track …**1 + 1 Lap Relay2 + 2 Lap Relay (each requiring two girls and two boys)6 Lap Paarlauf (each requiring two girls and two boys)Obstacle RelayOver / Under Relay each requiring four girls and four boys4 x 1 Lap Relay (each requiring four girls and four boys)**… and in the field** (each requiring three girls and three boys)Chest PushSoft JavelinSpeed BounceStanding Long JumpStanding Triple JumpVertical Jump |

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| **Sport** | **Quad Kids - This is an OPEN event at WdF SSP. Mid Essex final** |
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| **Year Group** | Year 3 & 4 ‘Start’ Quad kidsYear 5 & 6 ‘Primary’ Quad kids |
| **Gender** | GirlsBoys |
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| **Team Criteria** | Team of 8 - 4 boys & 4 girls. Teams may be from one year group or a mixture of the two |
| **Format** | Each team member takes part in:**Quad Kids Start: (Year 3 & 4)**50m SprintStanding Long Jump400mHowler throw**Quad Kids Primary: (Year 5 & 6)**75m SprintStanding Long Jump600mHowler throw |
| **Rules** | Points are awarded for distance & times- worked out by the computer programme. Individual winners and Team winners can be calculated from these scores and will be invited to attend the county final either as Team winners or Individual winners |

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| **Sport** | **Badminton- This is an OPEN event at WdF SSP. No county final** |
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| **Year Group** | Year 5 & 6 combined |
| **Gender** | GirlsBoys |
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| **Team Criteria** | Mixed team – consisting of minimum 4 / maximum 5 players, 2 must be girls. Most schools will therefore have 2 girls and 2 boys in their team (and one reserve)  |
| **Format** | Each match will consist of 5 games: 2 x singles and 3 x doubles, with each player playing 2 games.This is shown in the playing format for a match below:**1st Game** - Singles (higher ranked player chosen to play singles)**2nd Game** - Doubles (the 2 players not selected for a singles game)**3rd Game** - Singles (second ranked player chosen for singles)**4th Game** - Doubles (first singles player + either one of non-singles players)**5th Game** - Doubles (second singles player + the other non-singles player) |
| **Rules** | Teams will consist of 4 players. Reserves may be used in case of injury. If a player is injured during a game then that game is conceded, but a reserve may be substituted for further games and/or matches. A completed Team Sheet must be given to the Tournament Organiser before play starts. The players must be ranked in order of singles playing ability.Each game will be 1 set to 21 points, if time allows otherwise adaptations will be made if needed.  |

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| **Sport** | **Basketball - This is an OPEN event at WdF SSP. No county final** |
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| **Year Group** | Year 5 / 6 |
| **Gender** | Mixed  |
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| **Team Criteria** | Squads are made up of 12 players (You must have at least 5 Boys and 5 Girls in a squad). Eg 7 Boys and 5 girls in the squad. A game is made up of two halves. 10 children playing in each game. Five different children playing in each half (A minimum of 2 girls and 2 boys must be on the court at all times). If an injury occurs, one of the spare players for that game (11/12) can be subbed on as long as the gender balance remains within the rules.  |
| **Format** | Basketball is a team game where the aim of the game is to score more points than the opposing team. Two halves – time. |
| **Rules** | Players can move the ball around the court by passing, tapping, throwing or dribbling. Each game begins with a jump ball or tip-off with the referee throwing the ball into the air in the centre circle and two opposing players leap up and try to tap it away.Two points are awarded for a basket.Players are allowed to take 2 steps when not dribbling the ball; otherwise a ‘Travel’ will be called. Once the player stops bouncing the ball, but then starts bouncing again this is called a ‘double dribble’, which will result in a thrown in for the opposite team.If a player fouls by making contact this will result in a throw in for the opposite team. |

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| **Sport** | **Boccia - This is an OPEN INCLUSION event at WdF SSP leading onto a county final** |
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| **Year Group** | Open to all children with SEND |
| **Gender** | Mixed |
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| **Team Criteria** | 3 Players on a team (3v3) Squads of 3-6 all from KS2Players must be either on the SEND register or be disengaged with sport or have low self-esteem/ emotional or behavioural needs. |
| **Format** | A game lasts for 3/4 'ends' depending on time |
| **Rules** | All players are seated when playing and must remain in the throwing box during the match. Each player in the team has 2 throwing balls .Before the start of a game a coin is tossed and the winners decide which colour balls they want to play with. The team who start with the RED balls, start with the jack in the first 'end'The jack can be thrown anywhere over the line.The same person who threw the jack then throws their teams first coloured ball, aiming to get as near to the jack as possible. After the first of the red teams players have thrown their first red ball, the first player chosen from the blue team then throws as near to the jack as possibleYou can knock your opponents balls out of the way, knock your own balls closer or knock the jack closer to your coloured ballsThe game continues with the team who are not the closest to the jack.That team continues throwing until that team are now closest to the jack or have run out of balls. Play then switches to the other team and so onPlay continues until all balls have been thrown. The end is scored by awarding one point for every ball of the same colour that is closer to the jack than the nearest opposing balled. |

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| **Sport** | **Cheerleading (This is TBC- it may be a Mid Essex event)** |
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| **Year Group** | Lower Key stage two teamUpper Key stage two team |
| **Gender** | **Single or mixed teams** |
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| **Team Criteria** | Small team Min 6 children - Max 12 in a team .Large TeamMin 13 – Max any |
| **Format** | A Cheer routine of 1 minute 30 seconds(max) plus a chant (the chant is not included as part of the I min 30 sec routine) |
| **Rules**  | Routine: I min 30 sec Max routine. (Deductions for going over time) Music of choice. (On iPod , iPad, iPhone Please bring connector ) **Routine Elements Key Stage One****Chant:** To be performed at the start or the end of the routine. A rhyme that depicts your school, school colours, your attitude etc. Points awarded for creativeness. **No pompoms this year.** **Motions:** Include a variety of motions -points awarded for clean and strong arms and shapes and correct knuckle placements. (See motions sheet) **Formations:** Use a minimum of 3 different formations in the routine (see formation sheet) **Jumps:** Single jumps only. Straight, tuck and star incorporating motions. (See jump sheet) **Transitions:** Points for clean transitions, clear arms. Examples: marching with arms in set, marching hands on hips. **Tumbling:** Sideways rolls only – egg rolls, teddy bear rolls and rolls from knee position. Points awarded for clear arms and leg shapes and creativity. **Choreography:** Points awarded for use of canon, unison, levels, change of speed and use of rhythm. Your routine can be performed in any order and using any of the above elements. Be creative**Stunts: Floor Level thigh stands only. (Deductions for anything higher)****Routine Elements Lower Key Stage Two****Chant:** To be performed at the start or the end of the routine. A rhyme that depicts your school, school colours, your attitude etc. Points awarded for creativeness. You may use pompoms for the chant but not for the routine. **Motions:** Include a variety of motions -points awarded for clean and strong arms and shapes and correct knuckle placements. (See motions sheet) **Formations:** Use a minimum of 4 different formations in the routine (see formation sheet) **Jumps:** Single and double jumps. Straight, tuck and star incorporating motions. (See jump sheet) You may link one jump with a roll. **Transitions:** Points for clean transitions, clear arms. Examples: marching with arms in set, marching hands on hips. **Tumbling:** Sideways, forward and backward rolls. Points awarded for clear arms and leg shapes and creativity. **Choreography:** Points awarded for use of canon, unison, levels, change of speed and use of rhythm. Your routine can be performed in any order and using any of the above elements. Be creative.**Stunts: Floor Level thigh stands only. (Deductions for anything higher)****Routine Elements Upper Key Stage Two****Chant:** To be performed at the start or the end of the routine. (A rhyme that depicts your school, school colours, your attitude etc. Points awarded for creativeness. **No pompoms this year.** **Motions:** Include a variety of motions -points awarded for clean and strong arms and shapes and correct knuckle placements. (See motions sheet) **Formations:** Use a minimum of 5 different formations in the routine (see formation sheet) **Jumps:** Single, double and triple jumps. Straight, tuck, star, pike and toe-touch incorporating motions. (See jump sheet) You may link a combination of jumps into a roll. **Transitions:** Points for clean transitions, clear arms. Examples: marching with arms in set, marching hands on hips, marching changing arm positions. **Tumbling:** Sideways, forward and backward rolls. Cartwheels. Points awarded for clear arms and leg shapes and creativity.**Choreography:** Points awarded for use of canon, unison, levels, change of speed and use of rhythm. Your routine can be performed in any order and using any of the above elements. Be creative**Stunts: Floor Level thigh stands only. (Deductions for anything higher)****Scoring:****Chant**: (10 points) Points awarded for: loud, confident, facial expressions, strong, clear shapes, timing, creativity and overall impression.**Motions:** (20 points)Points awarded for: clean, strong straight arms, correct knuckle positions, good use of timing, creative choreography, change of rhythm, facial expressions, confidence and overall impression.**Formations:** (10 points)Points awarded for: clean formations, correct positioning within the formations and creativity in the choice of formations.**Jumps:** (20 points)Points awarded for: Clean, strong motion work in preparation for the jump, pointed toes, height and shape in the jump, clean landings and overall impression.**Transitions:** (10 points)Points awarded for: sharp, precise transitions from A to B, creativity in the transition and use of motions, rolls into the next formation, creativity and overall impression.**Tumbling:** (10 points) Points awarded for: The execution of the skills performed, timing, creativity and overall impression. **Total points 80.** |

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| **Sport** | **3 Tees 2 Cricket - This is an OPEN event at WdF SSP leading onto a county final** |
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| **Year Group** | KS1  |
| **Gender** | Mixed  |
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| **Team Criteria** |  Squads up to 8 (minimum of 3 boys and 3 girls ) with 6 playing at any one time (minimum of 2 boys and 2 girls).  |
| **Rules** | The first batter hits each ball off the tees, the fielders CANNOT move unless the ball is coming through the air, available for a catch. A catch CANNOT be taken in front of the safety line. If the ball is caught the fielders get awarded an extra 6 runs.As the batter hits each ball, the fielders must shout ONE after the first ball, TWO after the second ball and THREE after the third ball.When hitting the ball, the batter can score extra runs by either aiming for the 2 scoring zones which are worth 2 runs or if it flies and lands past the safety line which is worth 6 runs.There are cones at the ends of the safety line – these are there to encourage hitting straight if they hit outside of these cones, they must replay the ballOnce all the balls have been hit, the batter must run around the stumps (use cones if you have no stumps) each run equalling to 1 run.At this point the fielders can now move to work to put the balls and tees back to where they started.The other batters must remain in the safety zone and can help by counting the runs taken.When the tees and balls have been put back, the fielders run back to the safety line.As soon as all the fielders are back they shout STOP which alerts the batter to stop running.The next batter then comes up to take their turn. This continues until all the batters have had a turn and all their scores are added together, the teams then switch |

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| **Sport** | **Rapid Fire Cricket- This is an OPEN event at WdF SSP leading onto a Mid-Essex final** |
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| **Year Group** | Lower KS2  |
| **Gender** | Mixed  |
|  |  |
| **Team Criteria** |  Squads up to 10 (minimum of 3 boys and 3 girls ) with 8 playing at any one time (minimum of 2 boys and 2 girls).  |
| **Rules** | The first two batters come out to play, one being the batsman and one being the bowler. The bowler will underarm feed 4 balls for the batsman to hit. The fielders CANNOT move to stop the ball unless it is coming in the air where they can take a catch behind the safety line. If they take a catch, they receive an extra 6 runs.Once all 4 balls have been hit the bowler stands still whilst the batsman runs around the stumps (cones if you don’t have stumps), each run equalling to 1 run. They can receive 6 extra runs if it is hit past the boundary without being caught. They can also receive an extra 2 runs if they hit the ball through either of the gates.There are cones at the ends of the safety line – if they hit the ball outside of these cones, they need to replay the ballThe other batters whilst remaining in the safety zone can help by counting the ongoing runs.The fielders at this point can move to field the balls. However, once the ball is picked up they CANNOT move so they must pass the ball to other players in the team.To stop the batsman running, the fielders must receive a catch in each of the 4 hoops/spots and shout STOP.The batsman and bowler then switch roles and the game starts again. This continues until everyone has had a bat. The scores are added together to create a final total then the teams switch |

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| **Sport** | **Two separate competitions:****Girls Dynamos Cricket- This is an OPEN event at WdF SSP followed by a county final****And****Best team Dynamos Cricket- This is an OPEN event at WdF SSP followed by a county final** |
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| **Year Group** | Year 5 & 6 Primary |
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| **Team Criteria** | 8 (no gender split) |
| **Format** | Pitch length- 17 yards (15.5m) for Year 5 & 6 (15 yards (13.7m) Year 4) |
| **Rules** | Bowling: Underarm; Overarm bowling allowedPairs (10 balls per pair).Umpires should use discretion to swap batters so each is given an opportunity to contributeScoring- on the app or paper versionBattingAre scored by hitting past (4 runs) or over (6 runs) the boundary or completing ‘runs’ between the wickets.No-balls & wides are scored as 2 runs to batting team and no extra delivery to be bowled.RunsFollowing a no ball or a wide, the batter receives a “free hit” from the batting tee, and any runs scored areRuns- Following a no ball or a wide, the batter receives a “free hit” from the batting tee, and any runs scored are added to the total of that delivery (for example 2 runs for a wide, plus 1 run from the “free hit” = 3 runs).Batters have 3 seconds to take their free hit and must hit in front of square.Out if Bowled, caught, run out (if out, swap ends and continue, 5 runs added to the fielding team)Fielding Rotate after each overSAFETY: Except for the wicketkeeper no fielder may field within 10 yards of the batByes Yes, if a miss the ball or it hits part of the body they can still runNo balls/ Wides- Yes, if deemed un-hittable e.g. rolling, too high or too far to be hit fairly |

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| **Sport** | **KS1 Cross Country – FAMILY based only event- No county event or SSP final** |
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| **Year Group** | KS1  |
| **Gender** | Separate Girls and Boys teams  |
|  |  |
| **Team Criteria** |  Team is made up of 3 runners. All runners count.  |
| **Format** | We have races for EYFS, Yr1 and Yr2 Boys and Girls  |
| **Rules** | The EYFS children will race over 350 mThe Year 1’s will race over 400 mThe Year 2’s will race over 500mThe children will run around the marked out course which will have a funnel straight after the finish line. Once in the funnel there must be NO overtaking by the competitors. The Children will be given a finish position number and must take this to their teachers to record on the team sheet envelopes.Teachers will be required to take the placing numbers off the children and write on the envelope the children’s name and finishing place. When all three runners are back they must add up the total of the three runners this becomes a team total e.g. 1st Place= 1 point 13th Place = 13 points 21st Place= 21 points Team Total= 35 pointsThe lowest team score of every race will be announced as winners. There will be team winners for all 6 races and for those schools that enter teams in all 6 events, there will be overall KS1 winners.On the day of the competition: Children to bring water bottles and a coat if it is raining (no other bags please) and suitable footwear for the conditions. Teachers to bring a bin liner for all the coats (There will be little space for storage) You will need quite a few adult helpers, at least 3 or 4 in the pens. Please bring red bibs for authorised adults. Please ensure parents are asked to adhere to the boundaries and to keep to the spirit of the competition. Suggest you ask parents not to arrive earlier than 15 mins before the event, to allow school traffic to arrive first.  |

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| **Sport** | **KS2 Cross Country – followed by a county final** |
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| **Year Group** | KS2 |
| **Gender** | Separate Girls and Boys teams |
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| **Team Criteria** | Squad can be up to 6 runners for each race with the top 4 runners counting.  |
| **Format** | Separate races for Yr3, 4, 5 and 6 * The top 2 schools from each year group at each family competition will progress to the SSP final.
* The top school in each year group at the SSP final will progress to the county final
* In addition, the top 3 INDIVIDUAL runners (not from the winning teams) in each year group race from each family competition will be invited to the SSP final
* The top 3 INDIVIDUAL runners (not from the winning teams) in each year group race from each family competition will be invited to the county final
 |
| **Rules** | The yr 3 and 4 ‘s will race over 1000mThe Yr 5 and 6’s will race over 1500mThe children will run around the marked out course which will have a funnel straight after the finish line. If officials see deliberate obstruction, there will be disqualifications. Once in the funnel there must be NO overtaking by the competitors. The Children will be given a finish position number and must take this to their teachers to record on the team sheet envelopes.Teachers will be required to take the placing numbers off the children and write on the envelope the children’s name and finishing place. When all three runners are back they must add up the total of the three runners this becomes a team total e.g. 1st Place= 1 pt; 13th Place = 13 pts; 21st Place= 21 pts; Team Total= 35 ptsThe lowest team score of every race will be announced as winners. There will be team winners for all 6 races and for those schools that enter teams in all 6 events, there will be overall KS2 winners. Individual medals will be given to the children as they cross the line. On the day of the competition: Children to bring water bottles and a coat if it is raining (no other bags please) and suitable footwear for the conditions. Teachers to bring a bin liner for all the coats (There will be little space for storage) You will need quite a few adult helpers, at least 3 or 4 in the pens. Please bring red bibs for authorised adults. Please ensure parents are asked to adhere to the boundaries and to keep to the spirit of the competition. Suggest you ask parents not to arrive earlier than 15mins before the event, to allow school traffic to arrive first.  |

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| **Sport** | **Dodgeball- – followed by a county final** |
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| **Year Group** | Year 5 & 6 Mixed  |
| **Gender** | Girls Boys  |
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| **Team Criteria** | 10 in a squad, 3 must be girlsEach team has 6 players on the court at the start of a game **2 must be girls**. |
| **Format** | Best of 3 games. Games last 2 minutes.3 balls in the Dead Zone at the start of a game.* The top 2 schools from each family competition will progress to the SSP final.
* The top school at the SSP final will progress to the county final
 |
| **Rules** | At a game’s start 3 players from each team run to gain possession of the balls. Balls must be taken or passed to the back of the court before the first attempts are made.The Leading team, in the game, has 5 seconds to throw balls at their opponents, when it has possession of more than two balls. Throws must be ‘Valid Attempts’. Leading teams can retain possession of one ball.When you catch a throw from an opposing player, they are out and one of your players comes back in. Players are allowed to fumble a ball while catching; but they must retain possession at the end of the catching action, while remaining on pitch, and without ball touching any other player or any other ball, object or surface.Catches bring players who are out back into the game in rotation – FOFI (first out – first in).You can use a ball in your possession to block a thrown ball, but you are out if the ball is knocked from your hands when you try to block the incoming ball. You win a game by putting out all the opposing team, or by having more players left on court at the end of the game.Substitutions are allowed between the 2-minute games.You are out * When a ball hits you directly, which is thrown by an opponent
* When an opposing player catches your throw;
* When you step into the Dead Zone (hands/arms are allowed);
* When you touch a boundary line or touch the floor/wall/barrier over a boundary line or on the opponent’s side of the court;
* When the referee calls you out, for any reason.
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| **Sport** | **KS1 Football- Family festivals only, no SSP final or county final**  |
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| **Year Group** | KS1 |
| **Gender** | Mixed  |
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| **Team Criteria** |  Squads of 6 (minimum 2 boys and 2 girls). 4 children on pitch at any one time (minimum of 1 boy and 1 girl).  |
| **Format** | Round robin, FESTIVAL FEEL!!!!! |
| **Rules** | We will be using mini football goals with no goal keeper. 4 on the pitch at any one time subs me be made through out a game when the ball is off the pitch or the game has stopped. There will be no throw ins , the ball is to be kicked on. At the restart of the game (free kick, corner, restart) the opposition must be 3m back. At a goal kick the defending team must retreat to their own half. |

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| **Sport** | **Yr 3/4 Football- Family based only** |
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| **Year Group** | Yr 3 /4 |
| **Gender** | Mixed  |
|  |  |
| **Team Criteria** |  Squads of 7 (minimum of 3 Boys and 3 Girls) 5 players on at anyone time (minimum of 2 boys and 2 girls) |
| **Format** | Round robin  |
| **Rules** | We will be using mini football goals with no goal keeper. 5 on the pitch at any one time subs me be made through out a game when the ball is off the pitch or the game has stopped. There will be no throw ins, the ball is to be kicked on. At the restart of the game (free kick, corner, restart) the opposition must be 3m back. At a goal kick the defending team must retreat to their own half.The tournament will be a round robin format with the following scoring format:* 5 points for a win
* 3 points for a score draw
* 1 point for a no score draw
* 0 points for a loss
* In the event of a tie on points, the winners will be decided on goal difference, ie goals scored 'against' taken away from goals scored 'for’.
* In the event of a tie on goal difference, then goals scored will be used, with most number of goals going through

In the event of a draw then a penalty shoot out (best of 5) will be used |

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| **Sport** | **Separate events****Girls Football- This is an OPEN event at WdF SSP followed by a county final****Best/boys team football- Family-SSP and county final** |
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| **Year Group** | Primary Year 5 & 6 |
|  |  |
| **Team Criteria** | This is a 7 a side competition with a maximum of 10 in the squad  |
| **Format** | For the best/boys team the top 2 schools from the first CVL will progress through to the SSP final. The winner of the SSP final will progress to the County final. |
| **Rules** | Goalkeepers distribute the ball by throwing only. No kicking direct out of hand or half volley drop kicks. However, keepers may distribute onto the floor, and kick ball from the floor.No pass backs are allowed.Substitutions are roll on roll off, and can also be made at the half time turn aroundNo offside.Goalkeepers are not allowed to pick up the ball outside the goalkeeping area (semi circle). If the goalkeeper does pick the ball up out of the area, a free kick shall be awarded to the opposing team.Throw ins or corners shall take place if the ball passes over side or back line.If a foul is committed outside the area the opposing team will be awarded a direct free kick.If a foul is committed inside the area the opposing team will be awarded a penalty.GlossaryFoul : An unfair act by one team player on another opposing player.Penalty : A free kick from the spot in the area awarded for an unfair act by the opposition, or when the game rules have been broken.Throw ins : Ball is thrown back into play when it has passed over the side line. Players must use two hands passing ball over head, and keeping both feet on the floor when distributing.Corner kick : Ball is kicked from corner area towards opposition goal after it had been kicked out by opposition player.The tournament will be a round robin format with the following scoring format:* 5 points for a win; 3 points for a score draw; 1 point for a no score draw; 0 points for a loss
* In the event of a tie on points, the winners will be decided on goal difference, ie goals scored 'against' taken away from goals scored 'for’.
* In the event of a tie on goal difference, then goals scored will be used, with most number of goals going through
* In the event of a draw then a penalty shoot out (best of 5) will be used
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| **Sport** | **Quicksticks Hockey - This is an OPEN event at WdF SSP** |
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| **Year Group** | Year 5 & 6 |
| **Gender** | Mixed |
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| **Team Criteria** | Squads are made up of 6 players (Minimum 2 girls and 2 boys in the squad). 4 play at any one time, minimum of 1 girl and 1 boy on the pitch at all times.  |
| **Format** |  The match is three thirds. Each player has two thirds playing and one third off in each match.  |
| **Rules** | * Shots only count if from inside the shooting ‘D’
* No goal keepers. If a goal is prevented by a defenders foot the goal will be given.
* 1 on 1 defending
* Any violation will result in a free pass to the opposing team. Ie using your feet intentionally or not, using the wrong side of the stick etc
* Children to wear shin pads
* Gum Shields are recommended.
* Length of matches will be determined by the number of teams in the competition
* All other rules can be found on the Play quicksticks website the link below will take you directly to the rules page.
* http://www.playquicksticks.co.uk/wp-content/uploads/2015/01/Full-Rules.pdf
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| **Sport** | **New Age Kurling-**   **This is an OPEN INCLUSION event at WdF SSP which leads onto a county final** |
|  |  |
| **Year Group** | Year 5 & 6 SEND |
| **Gender** | Girls and/or Boys |
|  |  |
| **Team Criteria** | Squads are made up of 4 players (Two girls & two boys) |
| **Format** | Each game consists of four ends. An end is completed when all eight stones have been played.  |
| **Rules** | Each player delivers stones corresponding to their team colour, red or blue, towards the target at the opposite end of the court.Stones can be propelled using any part of the body or using a pusher, providingthat the player is behind the delivery line on releasing the stone.Individuals/teams take it in turns to deliver the first stone of an end. Theindividual/team going first in the first end being determined by a toss of a coin.Each game consists of four ends. An end is completed when all eight stones have been played.A team scores one point for each stone that is closer to the centre than any opposition stone.At the completion of four ends, the points scored on each end are addedtogether. The individual / team with the highest total score wins. |

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| **Sport** | **High 5 Netball- family, SSP final, Mid Essex final** |
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| **Year Group** | Year 5 & 6 |
| **Gender** | Can be mixed with maximum of 3 boys in squad , but only 2 boys on court at any one time . Can be single sex ( all girls) . |
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| **Team Criteria** | * 7-9 players in a squad
* Maximum of 3 boys in the squad
* Squad should consist of a minimum of 7 and a maximum of 9 players with 5 on court at any one time. Teams that have less than 7 in the squad may take part in friendly matches , but their scores will not count in the competition.

The squad is made up with the following playing positions GS GA C GD GK as well as scorers/time keeper and centre pass marker who have taken on these roles when off court.  |
| **Format** | The top 2 schools from all 3 CVL added together will progress through to the SSP final. The winner of the SSP final will progress to the Mid Essex County final.Two round robin poolsEach team to play off for a positionSemi Final – Winner v Runner up Play off - 3rd & 4th PlaceFinal – 1st & 2ndSemi final and final – in the event of a draw play will continue for 2 minutes. If still a draw umpires to stop the game and teams toss for a centre pass and play golden goal. |
| **Rules** | 5-a-side - normal court markings Size 4 ball2,74m (9ft) post Pass or shoot within 4 secondsHigh 5 Netball provides the link between First Step Netball and the full 7-a-side rules. The rules have been modified to allow players greater freedom around the court and to give them more time in which to make their decisions and to act upon them. The game encourages maximum participation from those involved and introduces the roles of scorers, timekeepers and centre pass markers. England Netball believe the game sits well with the requirement of Key Stage 2 of the National Curriculum for girls and boys in Years 5 and 6, (aged 9-11 years) and it is the only game to be played by players of this age. **The Court:** 5 members of the squad are on court at any one time and are allowed in the following areas: **Scorers:** Keep a simple score card for their own team. **Timekeeper:** 5 minutes each way – Timekeeper to indicate to the umpire when each half is finished – Calling TIME.**Centre Pass Marker:** Keep a note of whose centre pass it is and indicate to the umpire after each goal is scored and at the beginning of the second half. **Duration of the game:** Matches should be 5 minutes each way with 2 minutes at each interval during which squad members’ positions are rotated. Substitutions may be made at any time in the event of illness or injury. **Rotation patterns:** A rotation pattern must allow for all players have been off court at one time throughout the rotation. No player should ever be off court consecutively Rotation patterns will be continuous through both the matches being played and the tournament in which teams are playing **Start of Play:** Team Captains toss a coin to determine who takes the first Centre Pass. Subsequent centre passes must be taken alternately. Play is started by a pass from the ‘Centre’, who stands with both feet in the centre circle. At the start of play the GS, GA, GD and GK may be anywhere in the goal third. The opposing Centre shall be in the centre third and free to move. When the umpire blows the whistle, the Centre must pass the ball within 4 seconds and obey the Footwork rule. The ball must be caught or touched in the centre third. **Playing the Ball:** ***A player must:*** a.Pass or shoot within 4 seconds; b. Obey the footwork rule; ***A player may not:*** a. Deliberately kick the ball; b. Bounce the ball more than once; c. Hand or roll the ball to another player; d. Place their own hands on a ball held by an opponent; e. Throw the ball while sitting/lying on the ground; f. Use the goalpost as a support in receiving a ball going out of court or to gain balance; g. Throw the ball over a complete third without it being touched or caught by another player in that third; h. Regain possession of the ball, having dropped or thrown it, before it has been touched by another player. *Penalty:* ***Free Pass.*** **Footwork Rule:** **a.** A player may receive the ball with one foot grounded or may jump to catch the land on one foot. While that landing foot remains on the ground the other foot may be moved in any direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed. **b.** A player may receive the ball whilst both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then chose to move either foot and the remaining foot shall then be considered to be the landing foot. Proceed as in a) above. Penalty: Free Pass. **Scoring a Goal:** A goal may only be scored by the Goal Shooter or the Goal Attack from within the shooting circle. **Obstruction:** The player with the ball must be permitted an unimpeded throwing or shooting action. One jump to intercept a throw or shot at goal is permitted provided that the player is at least 1m away and that the arms are not outstretched prior to the jump. Jumping up and down in front of a player is not permitted. *Penalty:* ***Penalty Pass or Shot*** **Contact:** No player shall knock or push an opponent or interfere with his/her play, either accidentally or deliberately.   *Penalty:* ***Penalty Pass or Shot*** **Out of Court:** A ball is out of court when it, or a player touching it, touches the ground or an object outside the court. The line counts as part of the court. If the ball hits the post and bounces back into court, it is still in play. **The Throw-in:** The throw-in is taken at the point where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet behind the line. When the player taking the throw-in has checked that all other players are on court, she/he must release the ball within 4 seconds. **Offside:** A player is offside if she/he enters any area of the court in which she/he is not allowed. *Penalty:* ***Free Pass***  Substitutions may be made at any time in the event of illness or injury. There is no injury time. Team managers must assess within 30 seconds whether a player can continue. If s/he cannot continue the substitute must come on in the position vacated. In the event that the player cannot continue a none playing position should be removed from the rotation. If they are able to continue then the squad is to revert back to the original rotation. |

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| **Sport** | **Rounders- family, SSP final, county final** |
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| **Year Group** | Year 6 |
| **Gender** | Mixed |
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| **Team Criteria** | Games are played between two teams. Each squad has a maximum of 15 and a minimum of 6. No more than 9 may be on the field at any one time. Maximum of 5 boys playing each game.Players once substituted may return during the game, but batters only in the position of their original number. |
| **Format** | 20 good balls, 1 innings per team* The top 2 schools from each family competition will progress to the SSP final.
* The top school at the SSP final will progress to the county final
 |
| **Rules** | **Batter**• Wait in the backward area well away from 4th post• If out, wait in the backward area well away from 1st post• You will have one good ball bowled to you• No ball if:- Not smooth underarm action- Ball is above head - below knee- Ball bounces on way to you- Is wide or straight at body- The bowlers foot is outside the square during the bowling action- You can take or run on a no ball, but once you reach 1st post you cannot return. You score in the normal way.**Scoring**• 1 Rounder if ball is hit and 4th post is reached and touched before next ball is bowled 1 Rounder if ball is hit and 4th post reached on a no ball (you can’t be caught out)• ½ Rounder if 4th post reached without hitting the ball• ½ Rounder if ball is hit and 2nd post reached and touched before next ball is bowled - but if you continue this run and are put out before reaching 4th post, the score will be nullified• Penalty ½ Rounder for an obstruction by a fielder• Penalty ½ rounder for 2 consecutive no balls to same batter• 1 Rounder for a backward hit if 4th post reached (you stay at 1st while ball is in the backward area)**Out when**• Caught• Foot over front/back line of batting square when hitting the ball• Running outside the batting box or into the fielding square • The post you are running to is stumped• You lose contact with post during bowlers action when he has possession in the square• You overtake• You obstruct (you have right of way on track only)**Running around the track****(please carry the bat)**• If you stop at a post you must keep contact with the post, with hand or bat. If you don’t the fielding side can stump the following post to put you out• You can run on to a post even if it has been previously stumped (you don’t score if the post immediately ahead has been stumped)• When the bowler has the ball in his square you cannot move on, but if you are between posts you can carry on to the next• You cannot have two batters at a post. The Umpire will ask the first to run on when the second one makes contact• At a post you do not have to move on for every ball bowled |

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| **Sport** | **Tag Rugby- family, SSP final, Mid Essex final** |
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| **Year Group** | Year 5 & 6 combined |
| **Gender** | Mixed |
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| **Team Criteria** | Squad of 12 : 8 in a team consisting of a minimum of 4 Girls. 2 girls must be on the pitch at all times. |
| **Format** | Depending on the number of entries, Round robin pools- Winners of each pool to play in knock-out finals* The top 2 schools from each family competition will progress to the SSP final.
* The top school at the SSP final will progress to the county final
 |
| **Rules** | ***Things to avoid*** **ALWAYS two hands on the ball when moving with the ball and passing*****Tag Belts*** must be worn over the shirt at all times. Shirts should be tucked in.***No contact*** -strictly no contact or grabbing a player's clothing. ***No kicking*** - no kicking is allowed in Tag Rugby. ***No hand-offs*** - no hand-offs on the body or face or to swipe a defender's hand away to stop them taking your ribbons. This includes using the ball to fend off defenders.***No diving on the ball*** - for safety players are not allowed to dive on a loose ball but instead must remain on their feet to play it. ***No deliberate barging into defenders*** - for safety, the ball carrier and the defender should attempt to avoid contact with each other at all times. ***No diving to score a try*** - Tag Rugby is often played during the summer months on hard grounds. For safety, it is recommended that young players are not allowed to dive in the act of scoring. ***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 must 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 teammate 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.***Rule 1 - Method of scoring*** A try is worth one point. To score a try a player must carry the ball over the opponents' goal line and press the ball down on the ground. After a try is scored the game restarts from the centre of the field with a free pass by the non-scoring team. ***Rule 2 - Passing*** No forward passes are allowed and will be penalised by a free pass being awarded to the non-offending team at the place the ball left the player's hands. ***Rule 3 - The 'Tackle' (Tag)*** Only the player with the ball can be tagged and a tag is simply the removal by a defender of one of the two ribbons from the ball carrier. Ball carriers can run or dodge potential taggers; one pivoting movement in a forward direction is permitted as long as the players feet remain in contact with the ground i.e. no spinning jumps allowed. **Players** **cannot fend off potential taggers, guard or shield their ribbons in any way**. This includes using the ball to fend away defenders. The defender then holds the ribbon above their head and shouts 'tag' for all to hear. ***Note: When playing with a referee, it is helpful to players if the referee shouts 'pass' as a tag is made.*** Once tagged, the player in possession of the ball must attempt to stop as soon as possible and pass the ball within 3 seconds of being tagged. Even at full pace, the ball carrier will be expected to stop in 3 strides. Near the goal line, players are only allowed one step to score after being tagged. If their momentum means they have taken 2 or 3, then they must attempt to pass to a team-mate to score, even if they are now over the goal line. After a tag has been made, both the ball carrier and the defender are momentarily out of the game. The defender can take no further part until they have handed back the ribbon to the attacker (**not thrown it on the floor**) and the attacker no further part, until they have replaced their ribbon back on their belt. ***Rule 4 - The Free Pass*** A free pass is used to start the game (from the centre of the field) or to restart it at the place where the ball went out of play or an infringement took place. ***Note: If an infringement takes place over the goal line, or within 5 metres of the goal line, then a free pass should be awarded to the non-offending team, 5 metres out from the goal line to create some space.*** At a free pass the ball is held in two hands and on the instruction 'play' given by the referee the player passes the ball to a team-mate. ***Note: It is the referee who dictates when a free pass is taken by saying 'play'. Players cannot take a quick free pass in Tag Rugby, instead referees must allow sufficient time for defenders to get back before restarting the game.*** The player making the free pass must start play with a pass, they are not allowed to run with it themselves. The opposition cannot start moving forward until the player has actually passed the ball. At a free pass, the opposition must be 7 metres (7 large steps) back. ***Rule 5 - Ball out of play*** If the ball or ball carrier goes out of play a free pass is given to the other team from the sideline. ***Rule 6 - Knock-ons*** A knock-on occurs when the player attempting to catch the ball fumbles it and knocks it forward to the ground in the direction of the opponents' goal. ***Note: The ball must touch the ground for a knock-on to occur, so if a player fumbles a pass but manages to catch it before it hits the ground, play should continue.*** ***Rule 7 - Off-side*** Once a tag has been made all defenders should make an effort to get back on their side of the ball and not deliberately stand in an off-side position, blocking the pass or waiting for an interception. Off-side is penalised by awarding a free pass to the non-offending team. ***Note: It tends to be the defenders standing off-side and within 3 metres of the ball that need penalising the most. Where defenders are off-side but not interfering with play, then play should be allowed to continue permitting the game to flow.*** ***Rule 8 - Number of Tags ('tackles')*** **The five tag rule is applied at the County Final.** Failure to score after this set number of tags results in a 'turnover', with the opposition gaining a free pass at the place the last tag took place. ***Note: Referees could call out the number of tags when players are tagged e.g. 'Pass, one' …..'pass, two' etc.*** For a tag to count, the ball must still be in the hands of the ball carrier at the moment the tag is made. If a defender removes a ribbon after the ball carrier has passed the ball the tag should not be counted. After a free pass has been awarded, the number of tags start back to zero. When the Tag Rugby rules are broken, a free pass is awarded to the other team at the place the infringement took place and the number of tags start back to zero. **N.B. Schools qualifying for the Regional Competition and beyond should be aware of the following:-**1. **the unlimited tag rule will be played at the Regional & National Finals.**
2. **Schools should check with the organisers of the Regional & National finals regarding the two hands on the ball rule as this is a coaching point and not law.**
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| **Sport** | **Squash*- If your school is interested in entering this then please contact me directly and I will give you their details*** |
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| **Year Group** | Separate teams for Year 5 and 6 |
| **Gender** | GirlsBoys |
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| **Team Criteria** | Mixed team – consisting 2 girls and 2 boys. |
| **Format** | Competition will be run on a round robin basis; players will need to be entered by ability i.e. 1st string Girl, 2nd string Girl, 1st string Boy, 2nd string Boy.Players will play the equivalent ranked player from opposing teams. |
| **Rules** | Teams will consist of 4 players, reserves can be used but only to replace the 2nd string girl/boy, if the 1st string girl/boy is unable to play the 2nd string must move up with the reserve moving into the lower position.The length of matches will be determined by the number of teams competing but they will be played as point per rally scoring. Every point scored will count towards the team total. All competitors will use a mini squash ball and will be allowed 2 serves.Provided the serve lands on the correct side of the court and above the service line, players will be permitted serves that land short of the mid-court line.Players will be expected to wear protective eyewear for all matches; this and the rackets will be provided. |

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| **Sport** | **Swimming- family, SSP final, Mid Essex final** |
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| **Year Group** | Separate yr 3, 4, 5, 6 |
| **Gender** | Mixed |
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| **Team Criteria** | Max 16 in a squad – 8 boys & 8 girls year 3 / 4Max 16 in a squad -8 boys & 8 girls year 5 / 6 |
| **Format** | Please note that there are two competitions in one – a year 3 & 4 and a 5 & 6 Gala – Scores will not be combined- At the end of the swimming gala the top 2 yr 3&4 teams and top two yr 5&6 teams will go through to the SSP final. At the SSP final, the top yr 3&4 team and top yr 5&6 team will go through to the county finalNB- The Champions races and the medley relays will only take place at family competitions and the SSP final IF time allows.

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| 1 | **G** | **YR3** | **25m** | **Free** |  |
| 2 | **B** | **YR3** | **25m** | **Free** |  |
| 3 | **G** | **YR4** | **25m** | **Free** |  |
| 4 | **B** | **YR4** | **25m** | **Free** |  |
| 5 | **G** | **YR5** | **25m** | **Free** |  |
| 6 | **B** | **YR5** | **25m** | **Free** |  |
| 7 | **G** | **YR6** | **25m** | **Free** |  |
| 8 | **B** | **YR6** | **25m** | **Free** |  |
| 9 | **G** | **YR3** | **25m** | **Breast** |  |
| 10 | **B** | **YR3** | **25m** | **Breast** |  |
| 11 | **G** | **YR4** | **25m** | **Breast** |  |
| 12 | **B** | **YR4** | **25m** | **Breast** |  |
| 13 | **G** | **YR5** | **25m** | **Breast** |  |
| 14 | **B** | **YR5** | **25m** | **Breast** |  |
| 15 | **G** | **YR6** | **25m** | **Breast** |  |
| 16 | **B** | **YR6** | **25m** | **Breast** |  |
| 17 | **G** | **YR3** | **25m** | **Back** |  |
| 18 | **B** | **YR3** | **25m** | **Back** |  |
| 19 | **G** | **YR4** | **25m** | **Back** |  |
| 20 | **B** | **YR4** | **25m** | **Back** |  |
| 21 | **G** | **YR5** | **25m** | **Back** |  |
| 22 | **B** | **YR5** | **25m** | **Back** |  |
| 23 | **G** | **YR6** | **25m** | **Back** |  |
| 24 | **B** | **YR6** | **25m** | **Back** |  |
| 25 | **G** | **OPEN** | **25m** | **Fly** |  |
| 26 | **B** | **OPEN** | **25m** | **Fly** |  |
| 27 | **G** | **YR3/4** | **50m Champion Girl** | **Free** |  |
| 28 | **B** | **YR3/4** | **50m****Champion Boy** | **Free** |  |
| 29 | **G** | **YR5/6** | **50m Champion Girl** | **Free** |  |
| 30 | **B** | **YR5/6** | **50m Champion Boy** | **Free** |  |  |  |  |
| 31 | **G** | **open** | **4x25m** | **Medley Relay** | **G** | **G** | **G** | **G** |
| 32 | **B** | **open** | **4x25m** | **Medley Relay** | **B** | **B** | **B** | **B** |
| 33 | **G** | **YR3** | **4X25m** | **Free Relay** | **G** | **G** | **G** | **G** |
| 34 | **B** | **YR3** | **4x25m** | **Free Relay**  | **B** | **B** | **B** | **B** |
| 35 | **G** | **YR4** | **4x25m** | **Free Relay** | **G** | **G** | **G** | **G** |
| 36 | **B** | **YR4** | **4x25m** | **Free Relay** | **B** | **B** | **B** | **B** |
| 37 | **G** | **YR5** | **4x25m** | **Free Relay** | **G** | **G** | **G** | **G** |
| 38 | **B** | **YR5** | **4x25m** | **Free Relay** | **B** | **B** | **B** | **B** |
| 39 | **G** | **YR6** | **4x25m** | **Free Relay**  | **G** | **G** | **G** | **G** |
| 40 | **B** | **YR6** | **4x25m** | **Free Relay**  | **B** | **B** | **B** | **B** |

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| **Rules** | * Medley Relay – 1 length - Back, Breast, Fly, Free in that order.
* Competitors can only enter one individual plus the 2 relays + champion Boy or Girl
* All races start in the water
* Rules such as two handed touches and simultaneous leg kick in breaststroke should be followed,

All rules in line with ASA |

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| **Sport** | **Table Tennis- straight to county final** |
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| **Year Group** | KS2  |
| **Gender** | Separate Girls Teams Separate Boys Teams  |
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| **Team Criteria** | Each team has 4 players  |
| **Format** | Matches will be played best of 3 games, 11 up changing service after every 2 points |
| **Rules** | Ages shall be reckoned as at midnight on 1st September 2018All players should be ranked 1-4. 1 vs 12 vs 23 vs 34 vs 4All players must be in full time educationSuitable sports wear must be worn. NO WHITE CLOTHING. Tracksuit trousers not to be worn during play.Basic Table Tennis rules apply – please refer to the ETTA Website for more details. • A game shall be won by the player first scoring 11 points (unless both playersscore 10 points when the game shall be won by the first player subsequentlygaining a lead of 2 points).• A match shall consist of the best of any odd number of games – e.g. best of 3• Serving – after each 2 points the receiving player becomes the serving player.• A good service starts with the ball resting on the palm of the servers hand, the ballis thrown upwards, and on its way down the server strikes the ball so that ittouches first his side of the table (court) and then his opponents side of the table(court).• A good return – the ball, having been served, should be struck so that it passesover the net (or around it) and touches the opposite side of the table (court).• A let – if in service the ball, in passing over the net, touches it and is otherwisegood (i.e. goes over the net and hits the receivers side) it is a let and the service istaken again.The full set of laws are published by the International Table Tennis Federation (ITTF) and can be found on their Website [www.ittf.com](file://D:\..\..\rbs\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.IE5\AppData\Local\Users\brian.shaw\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\LEKRVINO\www.ittf.com) |

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| **Sport** | **Tennis – Year 3 & 4 Red ball, family, SSP final** |
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| **Year Group** | Year 3 & 4 combined |
| **Gender** | GirlsBoys |
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| **Team Criteria** | * Two competitions – 1 Cup competition & 1 Plate competition
* Each Competition: Team of 4 - 2 boys & 2 girls. Teams may be from one Year group or a mixture of the two
* Each match consists of 4 rubbers – 4 singles matches
* Scoring – simple numbering, i.e. 1,2,3 etc rather than traditional scoring (15, 30, 40 etc)
* Court Size – Mini Tennis
* Games are played over a set time period (times will be determined by number of entries)
 |
| **Format** | * The top 2 schools from each family competition will progress to the SSP final.
* The top school at the SSP final will progress to the county final

Number 1 Boy v Number 1 Boy (Singles)Number 2 Boy v Number 2 Boy (Singles)Number 1 Girl v Number 1 Girl (Singles)Number 2 Girl v Number 2 Girl (Singles)Court Size – 11m x 5.5mNet Height – 80cmRecommended Racquet size – 17”- 23” (43-58cm)Ball – RED (sponge indoor, felt outdoor) |
| **Rules** | **General Game Rules*** Simple numbering, i.e. 1,2,3,4 rather than traditional tennis scoring used, i.e. 15, 30, 40 etc
* Each number will be played over a set timed period (To be determined)
* Serve is decided by a “toss” before game
* The nominated person serves for the 1st point, it then alternates every 2 points
* When serving, players must be behind baseline
* When serving, the ball must not be bounced before being hit
* The serve may be hit over or underarm
* Serves should be hit diagonally, landing in the diagonally opposite service box
* Sponge balls should be used indoors, felt Mini Red balls if outdoors
* Racquets no longer than 23” may be used
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| **Sport** | **Tennis – Year 5 + 6 Orange ball tennis- This is an OPEN event at WdF SSP** |
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| **Year Group** | KS2 |
| **Gender** | GirlsBoys |
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| **Team Criteria** | Each Competition: Team of 4 - 2 boys & 2 girls. Teams may be from one Year group or a mixture of the twoEach match consists of 4 rubbers – 4 singles matchesScoring – simple numbering, i.e. 1,2,3 etc rather than traditional scoring (15, 30, 40 etc)Court Size – Mini Orange size Games are played over a set time period (times will be determined by number of entries) |
| **Format** | Number 1 Boy v Number 1 Boy (Singles)Number 2 Boy v Number 2 Boy (Singles)Number 1 Girl v Number 1 Girl (Singles)Number 2 Girl v Number 2 Girl (Singles) |
| **Rules** | **General Game Rules*** Simple numbering, i.e. 1,2,3,4 rather than traditional tennis scoring used, i.e. 15, 30, 40 etc
* Each number will be played over a set timed period (To be determined)
* Serve is decided by a “toss” before game
* The nominated person serves for the 1st point, it then alternates every 2 points
* When serving, players must be behind baseline
* When serving, the ball must not be bounced before being hit
* The serve may be hit over or underarm
* Serves should be hit diagonally, landing in the diagonally opposite service box
* Sponge balls should be used indoors, felt Mini Red balls if outdoors
* Racquets no longer than 23” may be used
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| **Sport** | **Sitting Volleyball- This is an OPEN INCLUSION event at WdF SSP**  |
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| **Year Group** | KS2 – any year group |
| **Gender** | Both  |
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| **Team Criteria** | Teams are made up of 6 playersEach team should include a minimum of 2 SEND players - this can include children with a physical need.  |
| **Format** | * The game is played on half a badminton court with a short tennis net or badminton net at a low level - 1 metre
* The game is played using an inflatable ball (beach ball or similar) approximately 30cm in diameter.
 |
| **Rules** | * Players must keep a part of the body between the buttocks and shoulders in contact with the floor when playing the ball.
* Players can play the ball with any part of their body.
* The ‘serve’ is an assisted serve delivered from the side of the net by the referee to alternate teams regardless of the score.
* The ball must go over the net on the third touch at the latest. Players cannot make 2 consecutive touches.
* Players change position after 5 points. Front to back and around the court positions

Scoring* A point is scored after every serve.
* The first team to reach 11 points is the winner.
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| **Sport** | **Archery- This is an OPEN event at WdF SSP followed by a Mid Essex final** |
| **Safety**  | **These bows are very powerful, it is vital that you make sure the firing range is clear before anyone enters the area to collect arrows. Make sure you leave enough space between targets (at least 3 m)**  |
|  |  |
| **Year Group** | Separate year 3/4 and 5/6 competitions |
| **Team Criteria** | A team is made up of 2 Girls and 2 Boys  |
| **Rules** | Each child needs a marker- a line or a spot so they know where to stand: Year 3 = 6 metres from start marker to the boardYear 4 = 6 metres from the start marker to the boardYear 5 = 7 metres from the start marker on the boardYear 6 = 8 metres from the start marker on the board.They should stand facing sideways with their feet either side of the spot- If they are right handed, the left hand is on the box and the right hand is on the arrowScoring – 5 points on the outside red, rest as on the scoreboard.Students put the arrow in the bow. Connect it together.The key words that the teacher uses are Load AimPull back and Release When they are told they collect the arrows.Rules concerning the arrows.If it bounces and then hits the board it is not counted.If you hit another board it doesn’t countIf the arrow sticks on the board but if it falls off before the next arrow lands on the board the score still is given.Score sheet- all 4 childrens scores are added together to get the team score

|  |  |
| --- | --- |
| Round  | Scores achieved |
|  1 |  |
|  2  |  |
|  3 |  |
|  4 |  |
|  5 |  |
|  Final score  |  |

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