



Rulebook

PRIMARY

2018/19

Contents

1. [Contact Details](#)

2. Rules

Sport	Competition	Page
Athletics	U11 Quadkids	4
Athletics	U11 Sportshall Athletics	5
Basketball	U11 Mixed Basketball	6
Cricket	U11 Kwik-Cricket	7
Football	U11 Boys/Mixed 7v7 Cup	8
Football	U11 Girls 7v7 Cup	9
Gymnastics	Year 1/2 Key Steps	10
Gymnastics	Year 3/4 Key Steps	11
Gymnastics	Year 5/6 Key Steps	12
Hockey	U11 Quicksticks	13
Netball	U11 High 5 Netball	14
Orienteering	U11 Suffolk Cup	15
Panathlon	Primary Panathlon	16
Rounders	U11 Rounders	17
Swimming	U11 Swimming Gala	18
Table Tennis	U11 Individual Table Tennis Boys/Girls	13
Table Tennis	U11 Team Table Tennis Boys/Girls	20
Tennis	Year 3/4 Mini Tennis Red	21

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U11 Quadkids

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Each team must consist of between 8-10 pupils, no more than 5 boys or 5 girls. No substitutions are allowed. Each participant will compete in all 4 events. 	<ul style="list-style-type: none"> Pupils in Year 4, 5 & 6 can compete.

Competition Format & Basic Rules

Quadkids is an easy to organise athletics concept designed to give more children the opportunity to participate in and enjoy the core disciplines of athletics.

Four or five Boys and four or five Girls compete as a team with the scores of the top four boys and top four girls over the four events added together to give the team score.

The four events take place in a rotational sequence. Each athlete is placed in a pool and competes in all events.

Events

- 75m Sprint
 - A maximum of 8 athletes per heat.
 - Times are rounded up to the nearest 0.1 of a second.
- 600m Run
 - Maximum of 16 athletes per heat.
 - Athletes do not run in lanes.
 - Times are rounded up to the nearest whole second.
- Vortex Howler Throw
 - Can be thrown from standing, or a run-up used.
 - Athletes get 3 consecutive throws.
 - Foot must not cross the line, otherwise a “no-throw”.
- Standing Long Jump
 - Two-footed jump, from a standing start.
 - Must not cross the designated take off point, otherwise a no jump.
 - Three jumps per athlete, not consecutive. First round jumps, followed by second round jumps, followed by third round jumps.

The winning team is that with the most points after all events (combined boys and girls).

Further information about Quadkids athletics can be found at <http://www.quadkids.org/>.

U11 SPORTSHALL ATHLETICS

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Each team shall consist of a <u>minimum of 9 boys and 9 girls</u>. Each team shall consist of a <u>maximum of 15 boys and 15 girls</u>. Each participant may compete in a maximum of 2 track events and 2 field events. 	<ul style="list-style-type: none"> Students in Year 6 and below are eligible to take part.

Competition Format & Basic Rules

Sportshall Athletics is an indoor form of track and field for children and focuses on fitness and multi-skill development providing a grounding for all sports.

'Field' Events - Boys and Girls compete separately

- **Chest Push** - each person must perform a chest pass and try to push the ball as far as possible (3 athletes per team)
- **Soft Javelin** - each person must throw a soft javelin as far as possible (3 athletes per team)
- **Speed Bounce** - each person must jump either side of a mini-hurdle as many times as possible in a period of time (3 athletes per team)
- **Standing Long Jump** - each person must jump as far as possible from a standing start (3 athletes per team)
- **Standing Triple Jump** - each person performs a jump off either foot and finishes with a jump as far as possible (3 athletes per team)
- **Vertical Jump** - each person jumps as high as possible and touches a point (3 athletes per team)

'Track' Events - Each event has a Boys and a Girls race

- **1+1 Lap Relay** - each member of the team completes one lap each (2 people in team)
- **2+2 Lap Relay** - each member of the team completes 2 consecutive laps each (2 people in a team)
- **6 Lap Parlauf** - the team must complete 6 laps between them but each athlete does not have to run the same distance (2 people in a team)
- **Obstacle Relay** - each team member completes a lap of obstacles (4 people in a team)
- **Over/Under Relay** - each team member completes a lap of going over and under obstacles (4 people in a team)
- **4+1 Lap Relay** - each team member completes one lap each (4 people in a team)

The winning team is that with the most points after all events (combined boys and girls).

Further information about Sportshall athletics can be found at www.sportshall.org

U11 Mixed Basketball

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Squad Sizes - Minimum 10, Maximum 12 (50-50 ratio) - played across two halves 	<ul style="list-style-type: none"> Year 6 and below.

Competition Format & Basic Rules

Game Play (flexibility at 'local' competitions may be applied by the competition organiser)

- Matches played a 5 girls first half, 5 boys second half
- Games can be played across pools or in a round-robin format depending on time/teams etc.
- Each game should be split into two (or four quarters if time permits).
- One half is for boys and the other half for girls only
- The game starts with a 'jump ball' contested by a player from each team (in a middle circle), which should be 'tapped' to a team mate
- A basket is worth 2 points. There are no 3 pointers (There will be no free throw shots during the match)
- All defending must be man to man and they must stay with their defender
- Substitutions can only be made during a dead ball. You cannot make a substitution after a basket has been scored

Violations - (If any violation is committed, the non-offending team will take a throw in from the nearest side or end line)

- Deliberately punching or kicking the ball or the ball being knocked out of the playing area
 - Dribbling the ball with two hands or dribbling then stopping then dribbling again (double dribble)
 - Taking more than two steps with the ball without bouncing it (travelling)
 - Fouls* - a player is not allowed to make contact with an opponent who has the ball. They cannot hold, block, push, charge or trip an opponent.
 - Where a player is fouled in the act of shooting (eg. A lay-up or outside shot), this player's team will be awarded 1 point and will be given possession of the ball back at the closest side line to the violation.
 - If the basket is scored when the player is fouled, the basket counts for 2 points as normal and play continues
- *Individual fouls will not be recorded, however a player repeatedly fouling may be asked to leave the court by the official and replaced by a team mate.*

All balls will be size 5 and rings should be a min. of 8 foot and max. of 10 foot. Court size may vary depending on the venue and number of teams entered.

U11 Kwik-Cricket

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 8 participants per team - Squads are limited to a maximum of 10 players (Teams can either be mixed/boys or all girls) 	<ul style="list-style-type: none"> Year 6 and below.

Competition Format & Basic Rules
<p>Throughout the tournament each game shall consist of one innings per team, each innings to be 8 overs long.</p> <p>Teams - In the event of injury to a player, a substitute will be allowed to field, but not bowl. Should such an injury prevent the player batting, a substitute will be allowed to bat only with the permission of the opposing member of staff. The teams toss a coin to decide who has choice of either batting or fielding first.</p> <p>Batting & Scoring</p> <ul style="list-style-type: none"> The batting side shall be divided into pairs, each pair batting for 2 overs, with a new pair starting at the end of the second, fourth and sixth overs. Each team starts batting with a score of 200 runs. Each time a batter is out, 5 runs are deducted and the other batter of the pair faces the next ball. A batter may be out bowled, caught, run out, stumped, hit wicket. There is no LBW law unless the batter deliberately blocks the ball with a leg or foot. Runs will be scored in the normal way, as will byes. 2 runs will be awarded to the batting team for each wide ball and no-ball bowled, but no extra ball will be allocated, except in the final over of each innings when, in addition to the 2 runs, an extra ball will be bowled. The second team then bats for its 8 overs. <p>Bowling & Fielding</p> <ul style="list-style-type: none"> Each player on the fielding side must bowl 1 over with bowling will take place from one end only and over arm where possible. Players on the fielding side DO NOT need to rotate fielding positions. With the exception of the wicketkeeper, no fielder is allowed within 10 yards of the batter until the ball is played by the batter. No fielder may field within 10 yards of the wicket, measured from the middle stump except behind the wicket on the off-side. A fielder may move into the restricted area to make a catch or field a ball provided he/she was outside the area when the stroke was made. <p>The pitch shall comprise of two sets of wickets, 16 yards apart</p> <p>The Result - The team with the higher score wins. In the event of a tie the team taking more wickets will be the winner. If it is still equal, each player bowls 1 ball at the wickets (no batter), with the team scoring the higher number of strikes the winner.</p>

U11 Boys/Mixed 7v7 Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 7 (-14 in a squad) 	<ul style="list-style-type: none"> Year 6 and below

Competition Format & Basic Rules

7v7 format.

- Size 4 ball to be used.
- Minimum Pitch Size: 45.75m x 27.45m.
- Maximum Pitch Size: 54.9m x 36.6m.
- Maximum playing time in one day in all tournaments/festivals per player: 120 minutes.
- Any number of substitutions may be allowed at any time, with the permission of the match official. Entry onto the field will only be allowed during a stop in play.

The full version of the FA approved Laws of Mini-Soccer can be found using the link below;

http://www.thefa.com/-/media/files/thefaportal/governance-docs/rules-of-the-association/2017-18-fifa/037_standard-code-of-rules-youth.ashx

U11 Girls 7v7 Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 7 (squad size must not exceed double the playing team size) 	<ul style="list-style-type: none"> U11 and below.

Competition Format & Basic Rules
<p>7v7 format, with no extra-time.</p> <ul style="list-style-type: none"> Size 4 ball to be used. Minimum Pitch Size: 45.75m x 27.45m. Maximum Pitch Size: 54.9m x 36.6m. Maximum playing time in one day in all tournaments/festivals per player: 120 minutes. Any number of substitutions may be allowed at any time, with the permission of the match official. Entry onto the field will only be allowed during a stop in play. <p>The full version of the FA approved Laws of Mini-Soccer can be found using the link below;</p> <p>http://www.thefa.com/-/media/files/thefaportal/governance-docs/rules-of-the-association/2017-18-final/037_standard-code-of-rules-youth.ashx</p>

Gymnastics - Yrs 1 & 2 Key Steps

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 6 (there must be a minimum of one girl or one boy per team) 	<ul style="list-style-type: none"> Years 1 & 2.

Competition Format & Basic Rules

This competition is made up of 6 pupils from years 1 and 2 and teams are mixed gender, i.e. there must be a minimum of one girl or one boy per team. The ideal make up is 3 girls and 3 boys.

The competition will be made up of the following elements;

- Body Management / Floor Exercise (routine between 1 to 1.5 minutes long)
- Vault

Officiating

- Each team will receive a score out of a possible 60 points for their Body Management/Floor Exercise
- The routine will be judged on Performance of Skills, use of Music, Variation of Group formation and levels, team synchronization, use of connecting movements and over presentation of routine [stretch and aesthetics]
- Each of the 6 team members will receive a score out of a possible 10 points for their vault. Where 2 vaults are taken the best score will count.
- Vaulting is judged in 4 phases: flight on, contact with apparatus, flight off and landing
- All 6 scores will be added to the team total
- Body Management to be performed as a group

The competition is for beginners or recreational gymnasts doing less than 2 hours gymnastics per week. It is not for gymnasts who are already regularly competing or having training for more than 2 hours per week outside of school.

Gymnastics - Yrs 3 & 4 Key Steps

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 6 (there must be a minimum of one girl or one boy per team) 	<ul style="list-style-type: none"> Years 3 & 4.

Competition Format & Basic Rules

This competition is made up of 6 pupils from years 3 and 4 and teams are mixed gender, i.e. there must be a minimum of one girl or one boy per team. The ideal make up is 3 girls and 3 boys.

The competition will be made up of the following elements;

- Body Management
- Floor Exercise
- Vault

Officiating

- Each of the 6 team members will receive a score out of a possible 10 for their Vault. All 6 scores will be added to the team total.
- Where 2 vaults are taken, the best score will count
- Vaulting is judged in 4 phases: flight on, contact with apparatus, flight off and landing
- Pupils will be judged as individuals and the score is based on the performance of their skills e.g. ability to perform the skill, stretch before and after skills, straight legs and pointed toes, height in jumps and how long they hold the skill for.
- Body Management to be performed as a group

The competition is for beginners or recreational gymnasts doing less than 2 hours gymnastics per week. It is not for gymnasts who are already regularly competing or having training for more than 2 hours per week outside of school.

Gymnastics - Yrs 5 & 6 Key Steps

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 6 (there must be a minimum of one girl or one boy per team) 	<ul style="list-style-type: none"> Years 5 & 6 only.

Competition Format & Basic Rules
<p>This competition is made up of 6 pupils from years 5 and 6 and teams are mixed gender, i.e. there must be a minimum of one girl or one boy per team. The ideal make up is 3 girls and 3 boys.</p> <p>The competition will be made up of the following elements;</p> <ul style="list-style-type: none"> Body Management Floor Exercise Vault <p><u>Officiating</u></p> <ul style="list-style-type: none"> Each team will receive a score out of a possible 60 points for their Body Management/ Floor Exercise. The routine will be judged on Performance of Skills including ability to perform the skill, stretch before and after skills, straight legs and pointed toes, height in jumps, and the use of music, connecting dance movements and use of the floor space Each of the 6 team members will receive a score out of a possible 10 points for their Vault. Where 2 vaults are taken, the best score will count. Vaulting is judged in 4 phases: flight on, contact with the apparatus, flight off and landing All 6 scores will be added to the team total. Body Management to be performed as a group <p>The competition is for beginners or recreational gymnasts doing less than 2 hours gymnastics per week. It is not for gymnasts who are already regularly competing or having training for more than 2 hours per week outside of school.</p>

U11 Quicksticks

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 4 (Squad Size 8 - 2 boys and 2 girls should be on the pitch at all times) - Substitutions can be made at any time 	<ul style="list-style-type: none"> Year 5 & 6

Competition Format & Basic Rules
<ul style="list-style-type: none"> The game starts with one team being given a centre pass (taken from the centre of the pitch) which can be passed in any direction, once the umpires have blown a whistle. A centre pass is also taken at the start of each period of the game, alternately by each team, and by the non scoring team after a goal has been scored. The direction of play for teams is alternated at the start of each period of the game. When a centre pass is taken each team must be positioned in their own half of the pitch and the opposing team must be 3 metres from the ball until the ball is played. A goal is scored when the ball has been struck or deflected off a players stick (either an attackers or a defenders) from within the shooting area, and it crosses over the goal line between the goal-posts and under the cross bar. A penalty goal will be awarded if the defending player deliberately stops a ball from crossing the goal line with their feet or body. Self-Pass can be played. <p><i>A free pass is awarded when:</i></p> <ul style="list-style-type: none"> The ball passes over a side line. The free pass should be taken by a player of the team which did not touch the ball last, from the point where the ball went off the pitch. The ball passes over the back line and was touched by an attacker. The free pass should be taken by the defending team, from the top of the shooting area in line with the centre spot. All players from the attacking team must retreat into their defending third of the pitch. The ball passes over the back line and was touched by a defender. The free pass shall be taken by the attacking team from the corner of the pitch nearest to where the ball crossed the line. <p><i>And where a player:</i></p> <ul style="list-style-type: none"> Propels, picks up, throws or carries the ball. (it is not an offence if the ball touches a players foot and the whistle will only be blown if the incident breaks down play or creates a disadvantage) or intentionally uses any part of their body to play the ball. Attempts to play at a high ball (over knee height) with the stick. Uses the rounded (back) of the stick. <p>Whilst striking the ball causes any possible danger to themselves or others or holds, kicks, charges, pushes or intentionally trips any player.</p>

U11 High 5 Netball

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 8 or 9 (max 3 boys) - Teams consist of 5 players on court (max. 2 boys) at any one time 	<ul style="list-style-type: none"> Year 6 and below.

Competition Format & Basic Rules

Competition Rules

- Teams **MUST** nominate a player to toss for the centre pass prior to the start of each match. The Court umpires will undertake this task.
- Matches will be centrally timed but play will not start or finish until the umpires have indicated with a whistle.
- Player **MUST** rotate 1 place at half-time and again between each match. A rotation sheet is provided to help team leaders, rotation will be enforced. Rotations must continue on all matches and continue into any semi-final/final or play-off matches.
- Matches must be played to schedule - in the event of an injury during a match, the score at the time of the injury will be taken as the result, unless the injured party can be dealt with appropriately and play resumed before the scheduled end time of the match.
- Before knockout stage - return to rotation 1

[Rotation Sheet - Squad of 8](#)

[Rotation Sheet - Squad of 9](#)

[England Netball High 5 Rules](#)

Orienteering - U11 Suffolk Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 4 Pupils, working in two pairs. Ideally a mix, but can be all boys or all girls. 	<ul style="list-style-type: none"> <li style="color: red;">Year 6 and below.

Competition Format & Basic Rules

Format:

- The event will start with a non competitive “Grid Exercise” to help pupils understand how to orientate a map and make the right choices in terms of directions to turn or travel
- This will be followed by a “Score Event”.
- The score event will have the same start and finish position.
- Teams may have a staggered start and will each be timed
- Teams will mark/punch their card to show they have visited a control point
- There are 20 controls
- Controls can be visited in any order
- Each team of 4 will be divided into 2 pairs
- Teams must look to visit the most controls in an allotted time (approx. 20 mins)
- The winning team will be the team of 4 with the combined highest number of controls visited within the allotted time. If teams are tied on the number of controls, then the quickest team will position higher
- Penalties will be given for late returns

Area and Equipment:

- The event will take place in the grounds of Thorpe Woodlands
- The site is very secure with fencing surrounding the whole site
- All equipment will be provided for pupils
- Ensure pupils wear warm clothing and footwear suitable for some running

Scoring:

- The winning team will be the team of 4 with the combined highest number of controls visited within the allotted time. If teams are tied on the number of controls, then the quickest team will position higher
- Penalties will be given for late returns
- Medals will be awarded

Additional Information

- Schools must arrive before 1.00pm (schools will be met upon arrival and escorted to the starting area)

Primary Panathlon

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> • Team Size: 6-10 Children. • Open to all those with an EHCP - except those with Emotional Behavioral (EBD) children. 	<ul style="list-style-type: none"> • Ages 4-11.

Competition Format & Basic Rules
<p>Primary Panathlon for primary aged disabled young people comprises up to nine sports skills with rules specific to appropriate impairment groups – certified adaption. Primary Panathlon prepares children for the Panathlon Multisport.</p> <p>Panathlon provides all paperwork in relation to events; entry forms etc for SGOs, so no need to create their own. Upon agreement of entry into the SGO/county calendar, Panathlon works with SGOs on the process of all aspects of delivery (pre-event/actual event delivery/post event requirements).</p> <p>Structure:</p> <ul style="list-style-type: none"> • Morning session of up to nine sports stations • Afternoon session of athletics <p>www.panathlon.com</p>

U11 Rounders Suffolk Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> • Max Squad Size 15 (9 players on the field at any one time) • No substitutes are permitted during any match • <u>Girls Only competition.</u> 	<ul style="list-style-type: none"> • Year 6 and below.

Competition Format & Basic Rules
<p>Batter</p> <ul style="list-style-type: none"> • 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, a no ball will be called if; <ul style="list-style-type: none"> a) Not smooth underarm action; b) Ball is above head/below knee; c) Ball bounces on way to you or is wide or straight at body; d) The bowler's 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. • Out when - a) Caught; b) Foot over front/back line of batting square before hitting or missing a good ball; c) Running inside post (unless obstructed); d) The post you are running to is stumped; e) You lose contact with post during bowlers action when he has possession in the square; f) You are overtaken (by person who hit the ball); g) You obstruct (you have right of way on track only) <p>Running around the track (please carry the bat)</p> <ul style="list-style-type: none"> • 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. <p>Scoring</p> <ul style="list-style-type: none"> • 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).

U11 25m Gala

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 8 (4x Boys, 4x Girls) 	<ul style="list-style-type: none"> Year 6 and below.

Competition Format & Basic Rules

The following races are included;

- Boys & Girls 25m Backstroke
- Boys & Girls 25m Breaststroke
- Boys & Girls 25m Freestyle
- Boys & Girls 4 x 25m Medley Relay (backstroke, breaststroke, freestyle & freestyle)
- Boys & Girls 4 x 25m Freestyle Relay

The poolside officials will look to see that the swimmers are conforming to the rules of competitive swimming as governed by British Swimming. The simplified rules are as follows:

Freestyle

- They must touch the wall at the end of each length,
- They must not walk.

Backstroke

- They must remain on the back throughout the race including being on the back to touch at the finish
- No standing is allowed

Breaststroke is more complicated.

- They must be on the breast throughout the race, no standing or walking.
- The movement of the legs and arms must be simultaneous.
- The feet must be turned out when kicking.
- During the arm pull the hands must not be brought back beyond the hipline.
- Only one stroke underwater is allowed at the start.
- Each stroke must contain one arm pull and one leg kick.
- The touch at the finish must be with both hands simultaneously.

It is advisable that swimmers have been taught the stroke, either at formal swimming lessons or at a swimming club.

Relays

A frequent problem at this level is starting before the starting signal is given. Another is in the relays when a swimmer starts before the incoming swimmer has touched the wall. When starting in the water the swimmer has started when their hands or hand are no longer in contact with the wall.

www.swimming.org

U11 Individual Table Tennis Boys/Girls

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Individual competition, squad size: 1. 	<ul style="list-style-type: none"> Year 6 and below.

Competition Format & Basic Rules

Individual Event Age Groups

U11 Boys & Girls.

- This is operated as a round-robin event
- All matches are best of 3 and up to 11 points
- Points will be awarded as 3 for a win, 1 for a loss
- If there is a tie, the winner will be decided by the difference between games won and lost
- If there is still a tie, the winner will be decided by the winner of the match between the individuals that are tied.

Scoring for all matches will be 1,2,3,4 etc and a game shall be won by the player first scoring 11 points.

Players are required to bring their own table tennis bat, balls will be provided. Indoor sports shoes are required to be worn and **White t-shirts are not permitted** as they make it more difficult for the opponent to see the ball.

www.suffolktabletennis.net

U11 Team Table Tennis Boys/Girls

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 4 Players of the same sex. 	<ul style="list-style-type: none"> Year 6 and below.

Competition Format & Basic Rules

Team Event Age Groups

U11 Boys & Girls.

- Players will be ranked 1-4
- This is operated as a round-robin event (local competition formats may vary)
- Each player plays their opposing ranked player in singles i.e. 1v1, 2v2
- Teams will be awarded points for each match played, 3 for a win, 1 for a loss
-

Scoring for all matches will be 1,2,3,4 etc and a game shall be won by the player first scoring 11 points.

Players are required to bring their own table tennis bat, balls will be provided. Indoor sports shoes are required to be worn and **no white clothing** is permitted as it reflects from the ball for players.

www.suffolktabletennis.net

Year 3/4 Mini Tennis Red

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Team play can be varied: for example, singles, doubles or 2v1 if appropriate. 	<ul style="list-style-type: none"> Year 3/4.

Competition Format & Basic Rules
<p>Mini Tennis is a fun, modified version of the game, primarily used for players aged 10 and under. Mini Tennis uses shorter rackets, smaller courts, slower/softer balls and simple scoring, to ensure players of all abilities can achieve.</p> <p>Matches can be first to 10 points or run on a timed basis, where all matches start and finish on the sound of a whistle.</p> <p>After deciding who serves first, players should serve diagonally, underarm or overarm.</p> <p>Players play out each point following the rules of standard tennis.</p> <p>Matches can be played on badminton courts, adapted tennis courts or you can mark out Mini Tennis courts on a playground using throw-down lines.</p> <p>Players have a first and second serve and the ball should not bounce before it is hit.</p>