



Rulebook

SECONDARY

2018/19

Please note that all events hosted under the umbrella of Suffolk PE & Sport Network and School Games, **the wearing of jewellery is not permitted**. It is the responsibility of the member of staff accompanying the team to ensure that this is adhered to.

Please Tag SPESN in any Social Media Posts while attending County Finals or Local Qualifying Events;

Facebook: <https://www.facebook.com/SuffolkPESN/>

[@SUFFOLKPESN](https://www.facebook.com/SuffolkPESN/)

Twitter: <https://twitter.com/suffolkpesn>



Contents

1. [Contact Details](#)
2. [Competition & Eligibility Checker](#)
3. Rules

Sport	Competition	Page
Angling	U19 Angling	11
Athletics	U13 Sportshall	12
Athletics	U15 Sportshall	13
Athletics	U13 Super 8's	14
Athletics	U15 Super 8's	15
Badminton	U14 Badminton	16
Badminton	U16 Badminton	17
Basketball	U12/U13 Basketball - Suffolk Cup	18
Basketball	U14/U16 Basketball - Suffolk Cup	19
Boccia	National Championships	20
Cricket	U13 Chance2Compete	21
Cricket	U13 Lady Taverne's	22
Cricket	U14 Blast 18	23
Cricket	U15 Girls Chance2Compete	24
Cricket	U15 Lady Taverne's	25
Cricket	U15 T20 Cup	26
Football	U12 Boys County Cup	27
Football	U13 Boys County Cup	28
Football	U14 Boys County Cup	29
Football	U14 Girls County Cup	30
Football	U15 Boys County Cup	31

Football	<u>U16 Boys County Cup</u>	32
Football	<u>U16 Girls County Cup</u>	33
Football	<u>U18 Boys County Cup</u>	34
Golf	<u>Inclusive Street Golf</u>	35
Golf	<u>U16 Super Sixes+</u>	36
Gymnastics	<u>U14 Next Steps Trampolining</u>	37
Gymnastics	<u>U16 Next Steps Trampolining</u>	38
Handball	<u>U13 Boys/Girls Suffolk Cup</u>	39
Handball	<u>U15 Boys/Girls Suffolk Cup</u>	40
Hockey	<u>U13 Emerging Schools In2Hockey Boys/Girls</u>	41
Hockey	<u>U14 Emerging Schools In2Hockey Boys/Girls</u>	42
Hockey	<u>U16 Emerging Schools In2Hockey Boys/Girls</u>	43
Panathlon	<u>Suffolk Cup</u>	44
Rounders	<u>U12 Rounders Suffolk Cup</u>	45
Rounders	<u>U13 Rounders Suffolk Cup</u>	46
Rounders	<u>U14 Rounders Suffolk Cup</u>	47
Rounders	<u>U15 Rounders Suffolk Cup</u>	48
Rugby Union	<u>Rugby Union - U12 & U13 Boys</u>	49
Rugby Union	<u>Rugby Union - U13 Girls</u>	50
Rugby Union	<u>U14 Boys Suffolk Cup</u>	51
Rugby Union	<u>U15 Boys 15v15 Suffolk Cup</u>	51
Rugby Union	<u>U15 Girls Suffolk Cup</u>	52
Rugby Union	<u>U16 Boys 15v15 Suffolk Cup</u>	53
Squash	<u>U16 Mixed Squash</u>	54
Table Tennis	<u>U13 Individual Table Tennis Boys/Girls</u>	55

Table Tennis	<u>U13 Team Table Tennis Boys/Girls</u>	56
Table Tennis	<u>U16 Individual Table Tennis Boys/Girls</u>	57
Table Tennis	<u>U16 Team Table Tennis Boys/Girls</u>	58
Table Tennis	<u>U19 Individual Table Tennis Boys/Girls</u>	59
Table Tennis	<u>U19 Team Table Tennis Boys/Girls</u>	60
Tennis	<u>Year 8 Boys/Girls</u>	61
Tennis	<u>Year 10 Boys/Girls</u>	62
Volleyball	<u>U13 Mixed/Girls 4v4</u>	63
Volleyball	<u>U15 Mixed/Girls 4v4</u>	64
Volleyball	<u>U17 Mixed/Girls 4v4</u>	65

Contact Details

Area	Name	Role	Host Organisation	Email	Office Phone	Mobile Phone
SUFFOLK SPORT	Andrew Crowe	Assistant Development Officer	Suffolk Sport	andrew.crowe@suffolksport.com	01394 444309	07920 861819
	James Payne	Senior Development Officer		james.payne@suffolksport.com	01394 444773	07775 816875
WEST	Will Hopkin-Jones	Sports Partnership Manager	Thurston Community College	will.hopkinjones@thurstoncollege.suffolk.sch.uk	01359 234557	07734 495860
	Ian Jackson	Sports Partnership Manager	Newmarket Academy	forestheathssp@gmail.com	01638 664412 x626	07525 891133
	Rachel Jeffs	School Games Organiser	Ormiston Sudbury Academy	rjeffs@ormistonsudbury.co.uk	01787 375131 x280	-
	Hannah Stubbs	Sports Partnership Manager		hstubbs@ormistonsudbury.co.uk	01787 375131 x280	07985 249738
	James Sturgeon	School Games Organiser/Primary Sport Co-ordinator	King Edward VI School	james.sturgeon@sebertwood.co.uk	01284 716187	07908408317
SOUTH	Alison Furlong	School Games Organiser	Westbourne Academy	alison.furlong@westbourne.attrust.org.uk	01473 466160	07715 800936
	Ben Wallis	'Discovery' Project Coordinator/ Inclusive SGO	Copleston High School	bwallis@copleston.suffolk.sch.uk	01473 277260	07714 559484
NORTH	Jeffrey Hoey	Partnership Development Manager	East Point Academy	northsuffolkschoolgames@gmail.com	-	07960 018657
	Steve Parry	School Games Organiser	Hartismere School	steve.parry@hartismere.com	01379 872723	07983 716034

Competition & Eligibility Checker

						A PUPIL IN THIS ACADEMIC YEAR CAN...			
SPORT	COMPETITION	WHICH YEAR GROUPS ARE ELIGIBLE TO TAKE PART?	HOW MANY PUPILS MAKE UP A TEAM?	WHAT ARE THE MINIMUM AND MAXIMUM NUMBER OF PUPILS IN A SQUAD?	IS THERE A GENDER-SPECIFIC REGULATION ON PLAYING NUMBERS? IF YES, SEE FULL RULES FOR DETAILS	PARTICIPATE IN MORE THAN ONE AGE CATEGORY OF SAME SPORT FORMAT?	MAY RETURN TO PLAYING IN THEIR OWN AGE CATEGORY COMPETITION, AFTER PLAYING IN A HIGHER AGE CATEGORY IN THE SAME FORMAT OF THE SPORT.	TAKE PART IN THIS COMPETITION IF THEY HAVE REPRESENTED THEIR SPORT AT COUNTY LEVEL OR ABOVE.	WHAT DATE IS THE COUNTY FINAL OF THIS COMPETITION?
Athletics	U13 Sportshall	Y7 & 8	5-8	5-8	Yes	No	No	N/A	Fri, 8 Feb
Athletics	U15 Sportshall	Y9 & 10	5-8	5-8	Yes	No	N/A	N/A	Fri, 8 Feb
Athletics	U13 Super 8's	Y7 & 8	8	8		No	No	Yes	
Athletics	U15 Super 8's	Y9 & 10	8	8		No	N/A	Yes	
Badminton	U14 Badminton	Y7,8 & 9	4	4		No	No	Yes	Fri, 25 Jan
Badminton	U16 Badminton	Y10 & 11	4	4		No	N/A	Yes	Fri, 18 Jan
Basketball	U12 Basketball - Suffolk Cup	Y7	10-12	10-12		Yes	Up 1 Age Group	Yes	Tue, 2 Apr
Basketball	U13 Basketball - Suffolk Cup	Y8	10-12	10-12		Yes	Up 1 Age Group	Yes	Tue, 2 Apr
Basketball	U14 Basketball - Suffolk Cup	Y9	10-12	10-12		Yes	Up 1 Age Group	Yes	Tue, 29 Jan
Basketball	U16 Basketball - Suffolk Cup	Y10 & 11	10-12	10-12		Yes	N/A	Yes	Tue, 29 Jan
Boccia	National Championships	Y7-13				N/A	N/A	N/A	Thu, 7 Mar
Cricket	Boys U13	Y7&8	8	8		Yes	No	Yes	Thu, 27 Jun

	Chance2Compete								
Cricket	Girls U13 Chance2Compete	Y7&8	8	8		Yes	No	Yes	Tue, 2 Jul
Cricket	U13 Lady Taverner's	Y7&8	8	8-10		No	No	Yes	Fri, 29 Mar
Cricket	U14 Blast 18	Y7,8 & 9	11			N/A	N/A	Yes	
Cricket	U15 Girls Chance2Compete	Y9	8	8		No	N/A	Yes	Tue, 2 Jul
Cricket	U15 Lady Taverner's	Y10	8	8-10		No	N/A	Yes	Fri, 29 Mar
Cricket	U15 T20 Cup	Y7-10	11	11		N/A	N/A	Yes	Wed, 17 Jul
Football	U12 Boys County Cup	Y7	9	9-18		Yes	Yes, See Rules for Minutes/Day	Yes	
Football	U13 Boys County Cup	Y7-8	11	11-22		Yes	Yes, See Rules for Minutes/Day	Yes	
Football	U14 Boys County Cup	Y7-9	11	11-22		Yes	Yes, See Rules for Minutes/Day	Yes	
Football	U14 Girls County Cup	Y7-9	9	9-18		Yes	Yes, See Rules for Minutes/Day	Yes	
Football	U15 Boys County Cup	Y7-10	11	11-22		Yes	Yes, See Rules for Minutes/Day	Yes	
Football	U16 Boys County Cup	Y7-11	11	11-22		Yes	Yes, See Rules for Minutes/Day	Yes	
Football	U16 Girls County Cup	Y7-11	11	11-22		Yes	Yes, See Rules for Minutes/Day	Yes	
Football	U18 Boys County Cup	Y11-13	11	11-22		Yes	N/A	Yes	
Golf	Inclusive Street Golf	Y7-10	6	6	Yes	N/A	N/A	N/A	
Golf	U16 Super Sixes+	Y7-11	4	4		N/A	N/A	N/A	Thu, 11 Jul
Gymnastics	U14 Next Steps Trampoline	Y7-9	4	4		N/A	N/A	Yes	Tue, 2 Apr

Gymnastics	U16 Next Steps Trampoline	Y10-11	4	4		N/A	N/A	Yes	Tue, 2 Apr
Handball	U13 Boys/Girls Suffolk Cup	Y7&8	7	14		No	No	Yes	Tue, 30 Apr
Handball	U15 Boys/Girls Suffolk Cup	Y9&10	7	14		No	N/A	Yes	Fri, 26 Apr
Hockey	U13 Emerging Schools In2Hockey Boys/Girls	Y7&8	7	10		Yes	Yes	Yes	Wed, 3 Apr
Hockey	U14 Emerging Schools In2Hockey Boys/Girls	Y7-9	11	16		Yes	Yes	Yes	Mon, 25 Mar
Hockey	U16 Emerging Schools In2Hockey Boys/Girls	Y7-11	11	16		Yes	N/A	Yes	Mon, 25 Mar
Panathlon	Suffolk Cup	Y7-13	10	10-20		N/A	N/A	N/A	
Rounders	U12 Rounders Suffolk Cup	Y7	9	15		Yes	Yes		Thu, 20 Jun
Rounders	U13 Rounders Suffolk Cup	Y8	9	15		Yes	Yes		Tue, 25 Jun
Rounders	U14 Rounders Suffolk Cup	Y9	9	15		Yes	Yes		Wed, 26 Jun
Rounders	U15 Rounders Suffolk Cup	Y10	9	15		Yes	N/A		Thu, 27 Jun
Rugby Union	Rugby Union - U12 Boys	Y7	12	No Limit		1 Year Up	Rules for Min		Tue, 26 Mar
Rugby Union	Rugby Union - U13 Boys	Y8	12	No Limit		1 Year Up	Rules for Min		Tue, 19 Mar
Rugby Union	Rugby Union - U13 Girls	Y7&8	7	No Limit		No	N/A		Wed, 27 Mar
Rugby Union	U14 Boys Suffolk Cup	Y7-9	10	No Limit		1 Year Up	Rules for Min		Tue, 5 Mar
Rugby Union	U15 Boys 7v7 Suffolk Cup					1 Year Up	Rules for Min		Thu, 21 Mar
Rugby Union	U15 Boys 15v15 Suffolk Cup	Y10	15	21		1 Year Up	Rules for Min		Fri, 6 Dec
Rugby Union	U15 Girls Suffolk Cup	Y9&10	10	No Limit		N/A	N/A		Wed, 27 Mar
Rugby Union	U16 Boys 7v7 Suffolk Cup					N/A	Rules for Min		Thu, 21 Mar
Rugby Union	U16 Boys 15v15 Suffolk Cup	Y11	15	21		N/A	Rules for Min		Fri, 1 Nov
Squash	U16 Mixed Squash	Y7-11	4-10	10		N/A	N/A	Yes	
Table Tennis	U13 Individual	Y7-8	1	1		Yes	No	Yes	Sun, 10 Feb

	Table Tennis Boys/Girls								
Table Tennis	U13 Team Table Tennis Boys/Girls	Y7-8	4	4		Yes	No	Yes	Fri, 2 Nov
Table Tennis	U16 Individual Table Tennis Boys/Girls	Y9-11	1	1		Yes	No	Yes	Sun, 10 Feb
Table Tennis	U16 Team Table Tennis Boys/Girls	Y9-11	4	4		Yes	No	Yes	Fri, 2 Nov
Table Tennis	U19 Individual Table Tennis Boys/Girls	Y12-13	1	1		Yes	No	Yes	Sun, 10 Feb
Table Tennis	U19 Team Table Tennis Boys/Girls	Y12-13	4	4		Yes	N/A	Yes	Fri, 2 Nov
Tennis	Year 8 Boys/Girls	Y7-8	4	4		No	No	Yes	
Tennis	Year 10 Boys/Girls	Y9-10	4	4		No	N/A	Yes	
Volleyball	U13 Mixed/Girls 4v4	Y7-8	4	6		Yes	No	Yes	
Volleyball	U15 Mixed/Girls 4v4	Y9-10	4	6		Yes	No	Yes	Tue, 11 Dec
Volleyball	U17 Mixed/Girls 4v4	Y11-13	4	6		N/A	N/A	Yes	Thu, 13 Dec

U19 ANGLING

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Each team shall consist of 4 participants. Teams can be mixed gender with no specified ratio 	<ul style="list-style-type: none"> Students in year 7, 8, 9, 10 & 11 are eligible to take part All competitors over the age of 12 must be in possession of an appropriate EA Rod License

Competition Format & Basic Rules

The Suffolk Inter-Schools Coarse Angling Championship whilst forming part of angling's talent pathway, it is open to anglers of all abilities. An envelope containing peg numbers for each team will be drawn from a pot. Each envelope will contain four peg numbers. Teams are then to choose which team member fishes from each of the four pegs. Anglers must then fish from only the chosen peg. After the peg draw is complete, competitors will move to their swims and set-up.

- Only one rod/pole per angler is permitted to be used at any one time, others may be set up for use, but with hooks not baited
- No fishing or baiting up before the start horn but plumbing is allowed
- Anglers must comply with the fishery rules:
 - No** cat or dog meat, surface baits, floating poles, fixed rigs, braided hooklinks or elasticated feeders (inline feeders only)
 - Barbless and micro barbed hooks only
 - Maximum weight per keepnet is 50-60lb of carp
 - Silvers to be retained in a separate net to carp
- Please ensure all nets are dry before starting the event.
- All catches at the final weigh-in, are to be recorded on the official catch-sheets
- The winners will be the team who accumulated the least number of points from their four team members. 1pt for winning their section, 2pts for second etc. In the event of a draw the team with the heaviest weight will decide the higher placing.

Event specific details, times etc will be circulated to all competitors prior to the event once date and venue are confirmed.

U13 SPORTSHALL ATHLETICS

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Each team shall consist of a <u>minimum 5 participants and a maximum of 8.</u> There are separate competitions for boys and girls. 	<ul style="list-style-type: none"> Students in year 7 & 8 only 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

- **Shot** - each person must perform a shot and send the ball as far as possible (2 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 (2 athletes per team)
- **Standing Long Jump** - each person must jump as far as possible from a standing start (2 athletes per team)
- **Standing Triple Jump** - each person performs a jump off either foot and finishes with a jump as far as possible (2 athletes per team)
- **Vertical Jump** - each person jumps as high as possible and touches a point (2 athletes per team)

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

- **2 Lap Individual** - each athlete completes two laps (2 people in a team)
- **4 Lap Individual** - each athlete completes four laps (2 people in a team)
- **8 Lap Paarlauf** - the team must complete 8 laps between 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)
- **6 Lap Individual** - each athlete completes six laps (1 person in a team)
- **4x2 Lap Relay** - each team member completes two consecutive laps (4 people in a team)

The winning boys teams is the team with the most points after all events.

The winning girls teams is the team with the most points after all events.

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

U15 SPORTSHALL ATHLETICS

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Each team shall consist of a <u>minimum 5 participants and a maximum of 8.</u> There are separate competitions for boys and girls. 	<ul style="list-style-type: none"> Students in year 9 & 10 only are eligible to take part.

Competition Format & Basic Rules
<p>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.</p> <p><u>'Field' Events - Boys and Girls compete separately</u></p> <ul style="list-style-type: none"> Shot - each person must perform a shot and send the ball as far as possible (2 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 (2 athletes per team) Standing Long Jump - each person must jump as far as possible from a standing start (2 athletes per team) Standing Triple Jump - each person performs a jump off either foot and finishes with a jump as far as possible (2 athletes per team) Vertical Jump - each person jumps as high as possible and touches a point (2 athletes per team) <p><u>'Track' Events - Each event has a Boys and a Girls race</u></p> <ul style="list-style-type: none"> 2 Lap Individual - each athlete completes two laps (2 people in a team) 4 Lap Individual - each athlete completes four laps (2 people in a team) 8 Lap Paarlauf - the team must complete 8 laps between 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) 6 Lap Individual - each athlete completes six laps (1 person in a team) 4x2 Lap Relay - each team member completes two consecutive laps (4 people in a team) <p>The winning boys teams is the team with the most points after all events. The winning girls teams is the team with the most points after all events.</p> <p>Further information about Sportshall athletics can be found at www.sportshall.org</p>

U13 SUPER 8's

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Teams must <u>consist of exactly 8 competitors</u>. There are separate competitions for boys and girls. No substitutes will be permitted. 	<ul style="list-style-type: none"> Students in year 7 & 8 only are eligible to take part.

Competition Format & Basic Rules
<p>Super8 is a quick, fun, participative modern format to revitalise inter-secondary school athletics competition. A key premise, is that a Super8 event with eg 8 schools and 130 athletes should be completed in less than 2 hrs.</p> <p>Super8, is built around 8 events (4 track & 4 field) and 2 relays. Teams are made up of 8 boys & 8 girls, but single sex competition is also possible. Each athlete does 1 track, 1 field and 1 relay event. Times and distances are scored against standard points tables, and the team score is the aggregate of the 8 or 16 athlete totals.</p> <p>Events:</p> <ul style="list-style-type: none"> - Hurdles - Will be set to minimum height for all races, with weights at the front. - 100m - 200m - 800m - High Jump - Long Jump - Shot - Javelin - 4 x 100m Relay - Local call. - Medley Relay <p>The weights of Javelins and Shot Puts will be age appropriate according to UKA rules.</p> <p>Further information about Super8 athletics can be found at http://www.quadkids.org/Super8.</p>

U15 SUPER 8's

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Teams must <u>consist of exactly 8 competitors</u>. There are separate competitions for boys and girls. No substitutes will be permitted. 	<ul style="list-style-type: none"> Students in Year 10 and below are eligible to take part.

Competition Format & Basic Rules
<p>Super8 is a quick, fun, participative modern format to revitalise inter-secondary school athletics competition. A key premise, is that a Super8 event with eg 8 schools and 130 athletes should be completed in less than 2 hrs.</p> <p>Super8, is built around 8 events (4 track & 4 field) and 2 relays. Teams are made up of 8 boys & 8 girls, but single sex competition is also possible. Each athlete does 1 track, 1 field and 1 relay event. Times and distances are scored against standard points tables, and the team score is the aggregate of the 8 or 16 athlete totals.</p> <p>Events:</p> <ul style="list-style-type: none"> - Hurdles - Will be set to minimum height for all races, with weights at the front. - 100m - 200m - 800m - High Jump - Long Jump - Shot - Javelin - 4 x 100m Relay - Local call. - Medley Relay <p>The weights of Javelins and Shot Puts will be age appropriate according to UKA rules.</p> <p>Further information about Super8 athletics can be found at http://www.quadkids.org/Super8.</p>

U14 Badminton

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> • 4 - (boys comp, girls comp) • No substitutions are permitted. 	<ul style="list-style-type: none"> • Year 7/8/9.

Competition Format & Basic Rules
<p>Seeds cannot be changed once the tournament has started.</p> <p>First Game: Seed 1 v Seed 1 Second Game: Seed 2 v Seed 2 Third Game: Doubles - Seed 3 & 4 v Seed 3 & 4.</p> <p>Each game will be 1 set to 21 points, using Rally Points scoring, with no extended scoring or setting. If time is restricted, the number of points played to can be adjusted (must be played to a minimum of 11 points).</p>

U16 Badminton

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> • 4 - (boys comp, girls comp) • No substitutions are permitted. 	<ul style="list-style-type: none"> • Year 10/11.

Competition Format & Basic Rules
<p>Seeds cannot be changed once the tournament has started.</p> <p>First Game: Seed 1 v Seed 1 Second Game: Seed 2 v Seed 2 Third Game: Doubles - Seed 3 & 4 v Seed 3 & 4.</p> <p>Each game will be 1 set to 21 points, using Rally Points scoring, with no extended scoring or setting. If time is restricted, the number of points played to can be adjusted (must be played to a minimum of 11 points).</p>

U12 & U13 Basketball - Suffolk Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Squad Sizes - Min 10, Max 12 (Separate Boys & Girls Competitions) In a situation where a school has less than 10 players, 10 points will be awarded for each player less than 10 to the opposite team. 	<ul style="list-style-type: none"> U13 - Year 8 and below U12 - Year 7

Competition Format & Basic Rules

Game Play

- The game starts with a 'jump ball' contested by a player from each team
- A dead ball is when the ball goes off the side or behind the basket
- A basket is worth 2 points. If a basket is scored outside the 3 point arc, it is 3 points
- Each player has 5 individual fouls per match, if they reach 5 fouls then they cannot participate in the rest of that match
- Team fouls will be played
- 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
- You must signal to the referee before a substitution may be made
- Each team gets two time outs in the first half and three in the second half
- Passerelle rules to be played;** 5 players play the 1st quarter and a different 5 play the 2nd quarter. Any combination of players can play in the 3rd & 4th quarters.

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
- 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)
- Front court - back court rule
- The 3 second rule will be applied. 5 second rule (in from sideline)

Balls will be size 5 for girls at U12 and size 6 for U13. Rings must ideally be 10 foot rings.

U14 & U16 Basketball - Suffolk Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Squad Sizes - Min 10, Max 12 (Separate Boys & Girls Competitions) In a situation where a school has less than 10 players, 10 points will be awarded for each player less than 10 to the opposite team. 	<ul style="list-style-type: none"> U16 year 11 and below U14 Year 9 and below If age permits you can play in any comp

Competition Format & Basic Rules

Game Play

- The game starts with a 'jump ball' contested by a player from each team
- A dead ball is when the ball goes off the side or behind the basket
- A basket is worth 2 points. If a basket is scored outside the 3 point arc, it is 3 points
- Each player has 5 individual fouls per match, if they reach 5 fouls then they cannot participate in the rest of that match
- Team fouls will be played
- At U16, man to man or zone can be played. At U14 man to man only, no zone to be played
- Substitutions can only be made during a dead ball - You cannot make a substitution after a basket has been scored
- You must signal to the referee before a substitution may be made
- Each team gets two time outs in the first half and three in the second half
- Timekeepers should remember to stop the clock after a basket is scored in the last two minutes of the last quarter of the game and in the event of an extra time.

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
- 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)
- Front court - back court rule
- The 3 second rule will be applied. 5 second rule (in from sideline)

In both age groups a size 6 ball is used for girls and a size 7 for boys. All rings must be 10 foot rings.

Boccia - National Championships

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Mixed Gender. 	<ul style="list-style-type: none"> Under 19.

Competition Format & Basic Rules
<p><u>Disability Division:</u> School Physical Disability Division Each participant must have a physical disability and at least one of whom must be a wheelchair user.</p> <p><u>School Pan Disability Division:</u> Open to pupils with an Education, Health and Care Plan (EHCP). For players with any disability, including learning, behavioural and sensory.</p> <p>Red side always starts the first end by propelling the jack into court. The captain chooses the player on their side to play the jack. The jack ball must cross the 'V' line to be in play.</p> <ul style="list-style-type: none"> The player who propels the jack ball also plays their team's first coloured ball. A player from the opposing side then propels their first coloured ball. The side not closest to the jack must play until they either manage to get closer to the jack, or run out of balls. The side with remaining balls then propels them. The end is completed when all balls from both sides have been played. The end is scored by awarding one point for every ball of the same colour closer to the jack than the nearest opposing coloured ball. <p><u>Second End</u></p> <ul style="list-style-type: none"> Blue side then starts the second end. After both ends have been completed the winning side is the team with the higher accumulative score from both ends.

U13 Chance2Compete Cricket

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 8 (Teams can either be mixed/boys or all girls) 	<ul style="list-style-type: none"> Year 7 & 8.

Competition Format & Basic Rules

Normal rules of cricket apply, except:

General

- The ball used for all matches shall be an Incrediball.
- Matches shall consist of 16 overs per side, split into two innings of 8 overs per side. For a match to be considered 'official' a minimum of 8 overs per side must be played.

Batting, Bowling, Fielding & Scoring

- 50% of team bat in the first innings and the remaining 50% in the second innings. The innings are closed after half the allotted overs have been bowled.
- A single remaining batter may continue batting, changing ends as necessary to receive strike; a partner must run with the remaining batter. Either batter may be run out to end the innings.
- LBW may only be given if a batter deliberately blocks the ball to prevent it hitting the wicket.
- A batter retires on 15 but the last scoring hit counts - e.g. if the batter is on 14 & scores 6 on their next hit, they retire on 20. A retired batter may resume their innings when only one batter remains.
- Bowlers will bowl from one end only - they will be told which end by the umpire on their pitch.
- At least 50% of the team must bowl. No bowler can bowl more than 4 overs. Only 6 balls to be bowled in any over.
- The ball which follows a no-ball or wide is a 'free hit' (the striker cannot be out on the hit other than run out).
- There will be no inner circle, meaning that shots are scored as normal. No fielder may stand closer than 12 yards to the batter.
- If a fielder attempts a run out and the ball hits the stumps, the ball is declared 'dead' & no further runs may be scored.
- 2 runs for a wide & no ball. 3 runs awarded to the fielding team each time a wicket is taken.
- If the free hit immediately following a wide or no ball is also a wide or no ball then that ball is pronounced 'dead' & 6 runs are added to the team score.

The winning team will be the one that scores the most runs in their two innings. A tied game is acceptable.

3pts are awarded for a win with **1pt** awarded for a draw. The team with the highest number of points will win their league. In the event of two or more teams tying for top position, the result(s) between those teams will determine the winners. If there is still a tie the team with the highest average run rate from all their matches will be declared the winners. If the average run rate is equal, the team which took the most wickets will be the winner. In the event of a dispute, the decision of the organiser is final.

U13 Lady Taverne's

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 8 (selected from a squad of 10). 	<ul style="list-style-type: none"> U13

Competition Format & Basic Rules
<p>The aim is to provide a fun introduction to the game for girls at cricket clubs and encourage fair play by all.</p> <p>Format - 8-a-side, softball, pairs cricket, runs total starts at 200 with five runs deducted for every wicket lost, all players encouraged to bowl.</p> <p>Please be aware that if you 'play up' into the U15 competition/league, you are then not eligible to play in the U13 competition/league.</p> <p>www.lordstaverners.org</p>

U14 Blast 18

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 11 per Team 	<ul style="list-style-type: none"> U14

Competition Format & Basic Rules

The Laws of Cricket will apply with the following exceptions:

- [a] The length of the innings shall be 18 overs. One hour will be allowed to bowl the 20 overs.

[b] Each side must face a minimum of five overs to constitute a match. A ten-minute break is allowed between innings.

[c] Players cannot be timed out.
- No player may bowl more than 4 overs and this amount should be reduced proportionately for 'reduced over' matches.
- If a bowler cannot complete an over, the remainder of the over will be completed by another player and will count as one of his full overs (re. Reg 2).
- The side that scores the most runs will be the winner.
- If the scores are level, the side which has lost the least number of wickets shall be the winner.
- If the scores are still level, the winning team shall be; [a] the side which has the highest scoring rate over the first 10 overs and, if necessary; [b] the side which loses the least number of wickets in the first 10 overs.
- If the scores are still level a bowl-off will take place. The toss of a coin is the last option.
- [a] If rain curtails a match, the winner shall be the side scoring most runs in the first 10 overs of their innings or 9,8,7,6,down to 5 overs.

[b] In rain affected matches, overs will be deducted at the rate of one per 3.75 minutes lost to a minimum of five overs per side.

The ECB/ESCA regulations concerning close fielders will apply. No other fielding restrictions, including circles apply.

suffolkricketboard.co.uk

U15 Girls Chance2Compete

Team / Squad Criteria	Age Group Eligibility
• 8	• U15

Competition Format & Basic Rules

Normal rules of cricket apply, except:

General

- The ball used for all matches shall be an Incrediball.
- Matches shall consist of 16 overs per side, split into two innings of 8 overs per side. For a match to be considered 'official' a minimum of 8 overs per side must be played.

Batting, Bowling, Fielding & Scoring

- 50% of team bat in the first innings and the remaining 50% in the second innings. The innings are closed after half the allotted overs have been bowled.
- A single remaining batter may continue batting, changing ends as necessary to receive strike; a partner must run with the remaining batter. Either batter may be run out to end the innings.
- LBW may only be given if a batter deliberately blocks the ball to prevent it hitting the wicket.
- A batter retires on 15 but the last scoring hit counts - e.g. if the batter is on 14 & scores 6 on their next hit, they retire on 20. A retired batter may resume their innings when only one batter remains.
- Bowlers will bowl from one end only - they will be told which end by the umpire on their pitch.
- At least 50% of the team must bowl. No bowler can bowl more than 4 overs. Only 6 balls to be bowled in any over.
- The ball which follows a no-ball or wide is a 'free hit' (the striker cannot be out on the hit other than run out).
- There will be no inner circle, meaning that shots are scored as normal. No fielder may stand closer than 12 yards to the batter.
- If a fielder attempts a run out and the ball hits the stumps, the ball is declared 'dead' & no further runs may be scored.
- 2 runs for a wide & no ball. 3 runs awarded to the fielding team each time a wicket is taken.
- If the free hit immediately following a wide or no ball is also a wide or no ball then that ball is pronounced 'dead' & 6 runs are added to the team score.

The winning team will be the one that scores the most runs in their two innings. A tied game is acceptable.

3pts are awarded for a win with **1pt** awarded for a draw. The team with the highest number of points will win their league. In the event of two or more teams tying for top position, the result(s) between those teams will determine the winners. If there is still a tie the team with the highest average run rate from all their matches will be declared the winners. If the average run rate is equal, the team which took the most wickets will be the winner. In the event of a dispute, the decision of the organiser is final.

U15 Lady Taverner's

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 8 (selected from a squad of 10). 	<ul style="list-style-type: none"> U15

Competition Format & Basic Rules
<p>The aim is to provide a fun introduction to the game for girls at cricket clubs and encourage fair play by all.</p> <p>Format - 8-a-side, softball, pairs cricket, runs total starts at 200 with five runs deducted for every wicket lost, all players encouraged to bowl.</p> <p>Please be aware that if you 'play up' into the U15 competition/league, you are then not eligible to play in the U13 competition/league.</p> <p>www.lordstaverners.org</p>

U15 T20 Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 11 per Team. 	<ul style="list-style-type: none"> U15

Competition Format & Basic Rules

The Laws of Cricket will apply with the following exceptions:

- The length of the innings shall be 20 overs. One hour & fifteen minutes will be allowed to bowl the 20 overs.
 - Each side must face a minimum of five overs to constitute a match. A ten-minute break is allowed between innings.
 - Players cannot be timed out.
- No player may bowl more than 4 overs and this amount should be reduced proportionately for 'reduced over' matches.
- If a bowler cannot complete an over, the remainder of the over will be completed by another player and will count as one of his full overs (re. Reg 2).
- The side that scores the most runs will be the winner.
- If the scores are level, the side which has lost the least number of wickets shall be the winner.
- If the scores are still level, the winning team shall be; [a] the side which has the highest scoring rate over the first 10 overs and, if necessary; [b] the side which loses the least number of wickets in the first 10 overs.
- If the scores are still level a bowl-off will take place. The toss of a coin is the last option.
- If rain curtails a match, the winner shall be the side scoring most runs in the first 10 overs of their innings or 9,8,7,6,down to 5 overs.
 - In rain affected matches, overs will be deducted at the rate of one per 3.75 minutes lost to a minimum of five overs per side.

The ECB/ESCA regulations concerning close fielders will apply. No other fielding restrictions, including circles apply.

U12 Boys County Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 9 (squad size must not exceed double the playing size) 	<ul style="list-style-type: none"> U12 Pupils who have played up age-groups are still eligible to play at their current age group.

Competition Format & Basic Rules
<ul style="list-style-type: none"> 9 v 9 format, with no extra-time. U12 Boys - 30mins each way. Size 4 ball to be used. <p>Players can only play 1 year up - for example for an U16 Fixture you must be in school year 10 or 11, a year 9 pupil can't play in this fixture. Players can play in more than 1 age group, as long as they only play 1 year above and don't play 2 games on the same day.</p> <p>Details on Fixtures and Results;</p> <p>http://fulltime-league.thefa.com/ProcessPublicSelect.do?psSelectedSeason=227433630&psSelectedDivision=0&psSelectedCompetition=234271920&psSelectedLeague=810119339</p>

U13 Boys County Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 11 (squad size must not exceed double the playing size). 	<ul style="list-style-type: none"> U13 and below. Pupils who have played up age-groups are still eligible to play at their current age group.

Competition Format & Basic Rules
<ul style="list-style-type: none"> 11 v 11 format, with no extra-time. U13 Boys - 35 mins each way. Size 4 ball to be used. <p>Players can only play 1 year up - for example for an U16 Fixture you must be in school year 10 or 11, a year 9 pupil can't play in this fixture. Players can play in more than 1 age group, as long as they only play 1 year above and don't play 2 games on the same day.</p> <p>Details on Fixtures and Results;</p> <p>http://fulltime-league.thefa.com/ProcessPublicSelect.do?psSelectedSeason=227433630&psSelectedDivision=0&psSelectedCompetition=234271920&psSelectedLeague=810119339</p>

U14 Boys County Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 11 (squad size must not exceed double the playing size). 	<ul style="list-style-type: none"> U14 and below. Pupils who have played up age-groups are still eligible to play at their current age group.

Competition Format & Basic Rules
<ul style="list-style-type: none"> 11 v 11 format, with no extra-time. U14 Boys - 35 mins each way. Size 4 ball to be used. <p>Players can only play 1 year up - for example for an U16 Fixture you must be in school year 10 or 11, a year 9 pupil can't play in this fixture. Players can play in more than 1 age group, as long as they only play 1 year above and don't play 2 games on the same day.</p> <p>Details on Fixtures and Results;</p> <p>http://fulltime-league.thefa.com/ProcessPublicSelect.do?psSelectedSeason=227433630&psSelectedDivision=0&psSelectedCompetition=234271920&psSelectedLeague=810119339</p>

U14 Girls County Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 9 (squad size must not exceed double the playing size). 	<ul style="list-style-type: none"> U14 and below. Pupils who have played up age-groups are still eligible to play at their current age group.

Competition Format & Basic Rules
<ul style="list-style-type: none"> 9 v 9 format, with no extra-time. U14 Girls - 35 mins each way. Size 4 ball to be used. <p>Players can only play 1 year up - for example for an U16 Fixture you must be in school year 10 or 11, a year 9 pupil can't play in this fixture. Players can play in more than 1 age group, as long as they only play 1 year above and don't play 2 games on the same day.</p> <p>Details on Fixtures and Results;</p> <p>http://fulltime-league.thefa.com/ProcessPublicSelect.do?psSelectedSeason=227433630&psSelectedDivision=0&psSelectedCompetition=234271920&psSelectedLeague=810119339</p>

U15 Boys County Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 11 (squad size must not exceed double the playing size). 	<ul style="list-style-type: none"> U15 and below. Pupils who have played up age-groups are still eligible to play at their current age group.

Competition Format & Basic Rules
<ul style="list-style-type: none"> 11 v 11 format, with no extra-time. U15 Boys - 40 mins each way. Size 5 ball to be used. <p>Players can only play 1 year up - for example for an U16 Fixture you must be in school year 10 or 11, a year 9 pupil can't play in this fixture. Players can play in more than 1 age group, as long as they only play 1 year above and don't play 2 games on the same day.</p> <p>Details on Fixtures and Results;</p> <p>http://fulltime-league.thefa.com/ProcessPublicSelect.do?psSelectedSeason=227433630&psSelectedDivision=0&psSelectedCompetition=234271920&psSelectedLeague=810119339</p>

U16 Boys County Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 11 (squad size must not exceed double the playing size). 	<ul style="list-style-type: none"> U16 and below. Pupils who have played up age-groups are still eligible to play at their current age group.

Competition Format & Basic Rules
<ul style="list-style-type: none"> 11 v 11 format, with no extra-time. U16 Boys - 40 mins each way. Size 5 ball to be used. <p>Players can only play 1 year up - for example for an U16 Fixture you must be in school year 10 or 11, a year 9 pupil can't play in this fixture. Players can play in more than 1 age group, as long as they only play 1 year above and don't play 2 games on the same day.</p> <p>Details on Fixtures and Results;</p> <p>http://fulltime-league.thefa.com/ProcessPublicSelect.do?psSelectedSeason=227433630&psSelectedDivision=0&psSelectedCompetition=234271920&psSelectedLeague=810119339</p>

U16 Girls County Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 11 (squad size must not exceed double the playing size). 	<ul style="list-style-type: none"> U16 and below. Pupils who have played up age-groups are still eligible to play at their current age group.

Competition Format & Basic Rules
<ul style="list-style-type: none"> 11 v 11 format, with no extra-time. U16 Girls - 40 mins each way. Size 5 ball to be used. <p>Players can only play 1 year up - for example for an U16 Fixture you must be in school year 10 or 11, a year 9 pupil can't play in this fixture. Players can play in more than 1 age group, as long as they only play 1 year above and don't play 2 games on the same day.</p> <p>Details on Fixtures and Results;</p> <p>http://fulltime-league.thefa.com/ProcessPublicSelect.do?psSelectedSeason=227433630&psSelectedDivision=0&psSelectedCompetition=234271920&psSelectedLeague=810119339</p>

U18 Boys County Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 11 (squad size must not exceed double the playing size). 	<ul style="list-style-type: none"> U16 and below. Pupils who have played up age-groups are still eligible to play at their current age group.

Competition Format & Basic Rules
<ul style="list-style-type: none"> 11 v 11 format, with no extra-time. U18 Boys - 45 mins each way. Size 5 ball to be used. <p>Players can only play 1 year up - for example for an U16 Fixture you must be in school year 10 or 11, a year 9 pupil can't play in this fixture. Players can play in more than 1 age group, as long as they only play 1 year above and don't play 2 games on the same day.</p> <p>Details on Fixtures and Results;</p> <p>http://fulltime-league.thefa.com/ProcessPublicSelect.do?psSelectedSeason=227433630&psSelectedDivision=0&psSelectedCompetition=234271920&psSelectedLeague=810119339</p>

Inclusive Street Golf

Team / Squad Criteria	Age Group Eligibility
• 6 Pupils - 3 Boys, 3 Girls	• Years 7 to 10

Competition Format & Basic Rules
<p>Teams of six pupils (3 boys, 3 girls) play in pairs against another school over six holes.</p> <ul style="list-style-type: none"> • Shot gun start: all pairs tee off together on six tees. • Texas Scramble: each player in pair hits their shot, they choose best shot, and both play from that position. Continue process until ball is holed. • Stroke Play: Count how many shots are taken, the team with the lowest score across the 3 pairs are the winners. • Can be played on a school site where the course is built from marker cones or at a golf club on a short course. <p>Scorecards and example draw sheets are included on this link: www.golf-foundation.org/schools/school-games.</p>

U16 Super Sixes +

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 4 Players, split into two pairs. Each pair two have an SEND pupil, and a non-SEND pupil. 	<ul style="list-style-type: none"> Pupils from Year 11 and below.

Competition Format & Basic Rules
<ul style="list-style-type: none"> Each team starts at the same tee. Other teams of four can start at other tees. Tee-off – each player in a pair hits two balls each (four balls per pair). Each pair then chooses the ball in the best position to play the next shot (fairway or green). The other three balls are collected. Both players then hit their two shots from this ‘best’ position. The pair that takes the fewest shots to complete the hole wins and gets two points (one point for a draw). Players then move onto the next hole. The pair with the most points after six holes wins. If pairs draw then a hole should be selected to run a play off. A shot landing in a hazard such as water, a bunker or out of bounds cannot be used as a starting point for the next shot.

U14 Next Steps Trampolining

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 4 Students per team. 	<ul style="list-style-type: none"> Year 9 and below.

Competition Format & Basic Rules
<ul style="list-style-type: none"> - Competitors must know the set skills and the routine without prompts. - Pupils will be given 6 bounces to commence the routine. Before starting the routine, pupils will need to indicate to the judge that they are ready to begin, pupils must then wait for the judges to signal before starting the routine -1 out bounce to end the routine -At the end of the routine hold for 3 seconds <p>Judges will deduct points for the following-</p> <ul style="list-style-type: none"> -Double bounce in between routine moves -Travel on the bed (remain within the boxed/marked area) -More than 5 bounces used to commence the routine -More than 1 out bounce used to end the routine -Inconsistence of height throughout the routine -Lack of Body Tension -Lack of Body Extension -Error in the routine, i.e. incorrect order -If more than 10 moves are performed The Judges decision is final <p>All pupils will need to wear clothing that is tight to allow judges to see body alignment, no tracksuit bottoms or jumpers. Socks / trampoline shoes must be worn when on the trampoline. All jewellery must be removed. Long hair must be tied back.</p>

U16 Next Steps Trampolining

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 4 Students per team. 	<ul style="list-style-type: none"> Year 11 and below.

Competition Format & Basic Rules
<ul style="list-style-type: none"> - Competitors must know the set skills and the routine without prompts. - Pupils will be given 6 bounces to commence the routine. Before starting the routine, pupils will need to indicate to the judge that they are ready to begin, pupils must then wait for the judges to signal before starting the routine -1 out bounce to end the routine -At the end of the routine hold for 3 seconds <p>Judges will deduct points for the following-</p> <ul style="list-style-type: none"> -Double bounce in between routine moves -Travel on the bed (remain within the boxed/marked area) -More than 5 bounces used to commence the routine -More than 1 out bounce used to end the routine -Inconsistence of height throughout the routine -Lack of Body Tension -Lack of Body Extension -Error in the routine, i.e. incorrect order -If more than 10 moves are performed The Judges decision is final <p>All pupils will need to wear clothing that is tight to allow judges to see body alignment, no tracksuit bottoms or jumpers. Socks / trampoline shoes must be worn when on the trampoline. All jewellery must be removed. Long hair must be tied back.</p>

U13 Boys/Girls Suffolk Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 6 Outfield Players + 1 Goalkeeper (Max Squad Size - 14) 	<ul style="list-style-type: none"> U13 and below.

Competition Format & Basic Rules
<p>Playing Area</p> <ul style="list-style-type: none"> Minimum 30m x 15m 3m x 2m goal at each end Court can be marked using throw down markers or tape Matches can be played indoors or outdoors <p>Regulations</p> <ul style="list-style-type: none"> Players are interchangeable at any time during the game Size 1 handballs should be used for U13, size 2 handballs for U15 Matches shall be 10 minutes straight through One referee is required on court - they will also be responsible for scoring

U15 Boys/Girls Suffolk Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 6 Outfield Players + 1 Goalkeeper (Max Squad Size - 14) 	<ul style="list-style-type: none"> U15 and below.

Competition Format & Basic Rules
<p>Playing Area</p> <ul style="list-style-type: none"> Minimum 30m x 15m 3m x 2m goal at each end Court can be marked using throw down markers or tape Matches can be played indoors or outdoors <p>Regulations</p> <ul style="list-style-type: none"> Players are interchangeable at any time during the game Size 1 handballs should be used for U13, size 2 handballs for U15 Matches shall be 10 minutes straight through One referee is required on court - they will also be responsible for scoring

U13 Emerging Schools In2Hockey Boys/Girls

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Squad Size 10 (7 on pitch at any one time - six field players, one goalkeeper) 	<ul style="list-style-type: none"> U13 and below.

Competition Format & Basic Rules
<p>The game (2x 20 minute halves) is started with a push or hit from the centre of the centre line. It follows the umpires whistle at the start of each half of the game and after a goal has been scored. Each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 5 metres from the ball until the centre pass is played. The ball can be played forwards, backwards or sideways and must move a minimum of 1m before being played by a player of the same team.</p> <p>A goal is scored when the ball has been struck by, or deflected off, an attacker while it is in the circle and crosses completely over the goal-line between the goalposts and under the crossbar. Substitutions are allowed at any time, except following the award of a penalty corner, when only the defending goalkeeper may be substituted if injured.</p> <p><u>Players Must Not</u></p> <ul style="list-style-type: none"> Intentionally use any part of their body to play the ball Play at any high ball with the stick held at above shoulder height unless attempting to prevent a goal from being scored (goalkeepers are permitted to use a high stick when defending a shot on goal) Use the rounded side of the stick when playing or striking the ball Kick the ball Obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball <p>Use any part of their body or stick to obstruct a player, hold, charge, kick, shove, intentionally trip or strike any player or umpire. Rough/dangerous play is not allowed, persistent offending will result in the player being sent from the pitch.</p> <p>A mini hockey ball shall be used and all goalkeepers must wear correctly fitting goalkeeping kit. Players should wear shin pads and it is recommended by the National Governing Body that all players wear mouth guards.</p>

U14 Emerging Schools In2Hockey Boys/Girls

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Squad Size 16 (11 on pitch at any one time - ten field players, one goalkeeper) 	<ul style="list-style-type: none"> U14 and below.

Competition Format & Basic Rules

The game (2x 20 minute halves) is started with a push or hit from the centre of the centre line. It follows the umpires whistle at the start of each half of the game and after a goal has been scored. Each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 5 metres from the ball until the centre pass is played. The ball can be played forwards, backwards or sideways and must move a minimum of 1m before being played by a player of the same team.

A goal is scored when the ball has been struck by, or deflected off, an attacker while it is in the circle and crosses completely over the goal-line between the goalposts and under the crossbar.

Substitutions are allowed at any time, except following the award of a penalty corner, when only the defending goalkeeper may be substituted if injured.

Players Must Not

- Intentionally use any part of their body to play the ball
- Play at any high ball with the stick held at above shoulder height unless attempting to prevent a goal from being scored (goalkeepers are permitted to use a high stick when defending a shot on goal)
- Use the rounded side of the stick when playing or striking the ball
- Kick the ball
- Obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball

Use any part of their body or stick to obstruct a player, hold, charge, kick, shove, intentionally trip or strike any player or umpire. Rough/dangerous play is not allowed, persistent offending will result in the player being sent from the pitch.

A standard hockey ball shall be used and all goalkeepers must wear correctly fitting goalkeeping kit. Players should wear shin pads and it is **recommended** by the National Governing Body that all players wear mouth guards.

U16 Emerging Schools In2Hockey Boys/Girls

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Squad Size 16 (11 on pitch at any one time - ten field players, one goalkeeper) 	<ul style="list-style-type: none"> U16 and below.

Competition Format & Basic Rules

The game (2x 20 minute halves) is started with a push or hit from the centre of the centre line. It follows the umpires whistle at the start of each half of the game and after a goal has been scored. Each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 5 metres from the ball until the centre pass is played. The ball can be played forwards, backwards or sideways and must move a minimum of 1m before being played by a player of the same team.

A goal is scored when the ball has been struck by, or deflected off, an attacker while it is in the circle and crosses completely over the goal-line between the goalposts and under the crossbar. Substitutions are allowed at any time, except following the award of a penalty corner, when only the defending goalkeeper may be substituted if injured.

Players Must Not

- Intentionally use any part of their body to play the ball
- Play at any high ball with the stick held at above shoulder height unless attempting to prevent a goal from being scored (goalkeepers are permitted to use a high stick when defending a shot on goal)
- Use the rounded side of the stick when playing or striking the ball
- Kick the ball
- Obstruct by running between an opponent and the ball, thereby unfairly preventing the opponent from playing the ball

Use any part of their body or stick to obstruct a player, hold, charge, kick, shove, intentionally trip or strike any player or umpire. Rough/dangerous play is not allowed, persistent offending will result in the player being sent from the pitch.

A standard hockey ball shall be used and all goalkeepers must wear correctly fitting goalkeeping kit. Players should wear shin pads and it is **recommended** by the National Governing Body that all players wear mouth guards.

Panathlon - Suffolk Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> • Team Size: Minimum 10, Maximum 20. • Open to SLD, PI, PD and complex needs. 	<ul style="list-style-type: none"> • Ages 11-19.

Competition Format & Basic Rules
<p>Panathlon Multisport for secondary age disabled young people comprises six sports with NGB rules and with some adapted rules specific to appropriate impairment groups - certified adaption.</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 SGO's on process of all aspects of delivery (pre-event/ actual event delivery/post event requirements).</p> <ul style="list-style-type: none"> • Morning session of five sports. • Afternoon session of athletics. • Participants can compete in one morning sport plus athletics races in the afternoon. • Individual sports accumulate points, to bring a total score across all six events to establish overall winner. <p>www.panathlon.com</p>

U12 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) 	<ul style="list-style-type: none"> U12 and below.

Competition Format & Basic 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, a no ball will be called if;
 - 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)

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.

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).
- Players once substituted may return during the game, but batters only in the position of their original number.
- On the 20th ball or the last (and the only batter) - The ball should be placed in the batting box to rule the 'side out' and to prevent them from scoring. If the batter gets the 2nd base or 3rd base and remains there, and the fielders have stumped 3rd, 4th base they are awarded a half rounder, regardless of the fact that they have not passed 4th. However if the fields place the ball in the batting box, whilst the batter has remained at 2nd or 3rd 'side out' is awarded and the batting team do not score. When the ball has been placed in the batting box and 'side out' has been declared the last batter is considered 'out' and recorded as such.
- 'Last batter remaining' - if there is one player remaining (and they were waiting to bat when the 8th player was out) they have the best of three good balls. The good balls count as used balls on the scoresheet (whether taken or not), for example, the batter is on ball 13 - if they decide not to take the first good ball, ball 13 has gone. If they then decide not to take the next ball, ball 14 gone. They then take ball 15 and get rounder they have the best of 3 good balls but they are taken in the same system noted previously. They are only allowed to repeat this process until the 20 balls have all been used.

U13 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) 	<ul style="list-style-type: none"> U13 and below.

Competition Format & Basic 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, a no ball will be called if;
 - 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)

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.

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).
- Players once substituted may return during the game, but batters only in the position of their original number.
- On the 20th ball or the last (and the only batter) - The ball should be placed in the batting box to rule the 'side out' and to prevent them from scoring. If the batter gets the 2nd base or 3rd base and remains there, and the fielders have stumped 3rd, 4th base they are awarded a half rounder, regardless of the fact that they have not passed 4th. However if the fields place the ball in the batting box, whilst the batter has remained at 2nd or 3rd 'side out' is awarded and the batting team do not score. When the ball has been placed in the batting box and 'side out' has been declared the last batter is considered 'out' and recorded as such.
- 'Last batter remaining' - if there is one player remaining (and they were waiting to bat when the 8th player was out) they have the best of three good balls. The good balls count as used balls on the scoresheet (whether taken or not), for example, the batter is on ball 13 - if they decide not to take the first good ball, ball 13 has gone. If they then decide not to take the next ball, ball 14 gone. They then take ball 15 and get rounder they have the best of 3 good balls but they are taken in the same system noted previously. They are only allowed to repeat this process until the 20 balls have all been used.

U14 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) 	<ul style="list-style-type: none"> U14 and below.

Competition Format & Basic 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, a no ball will be called if;
 - 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)

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.

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).
- Players once substituted may return during the game, but batters only in the position of their original number.
- On the 20th ball or the last (and the only batter) - The ball should be placed in the batting box to rule the 'side out' and to prevent them from scoring. If the batter gets the 2nd base or 3rd base and remains there, and the fielders have stumped 3rd, 4th base they are awarded a half rounder, regardless of the fact that they have not passed 4th. However if the fields place the ball in the batting box, whilst the batter has remained at 2nd or 3rd 'side out' is awarded and the batting team do not score. When the ball has been placed in the batting box and 'side out' has been declared the last batter is considered 'out' and recorded as such.
- 'Last batter remaining' - if there is one player remaining (and they were waiting to bat when the 8th player was out) they have the best of three good balls. The good balls count as used balls on the scoresheet (whether taken or not) , for example, the batter is on ball 13 - if they decide not to take the first good ball, ball 13 has gone. If they then decide not to take the next ball, ball 14 gone. They then take ball 15 and get rounder they have the best of 3 good balls but they are taken in the same system noted previously. They are only allowed to repeat this process until the 20 balls have all been used.

U15 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) 	<ul style="list-style-type: none"> U15 and below.

Competition Format & Basic 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, a no ball will be called if;
 - 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)

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.

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).
- Players once substituted may return during the game, but batters only in the position of their original number.
- On the 20th ball or the last (and the only batter) - The ball should be placed in the batting box to rule the 'side out' and to prevent them from scoring. If the batter gets the 2nd base or 3rd base and remains there, and the fielders have stumped 3rd, 4th base they are awarded a half rounder, regardless of the fact that they have not passed 4th. However if the fields place the ball in the batting box, whilst the batter has remained at 2nd or 3rd 'side out' is awarded and the batting team do not score. When the ball has been placed in the batting box and 'side out' has been declared the last batter is considered 'out' and recorded as such.
- 'Last batter remaining' - if there is one player remaining (and they were waiting to bat when the 8th player was out) they have the best of three good balls. The good balls count as used balls on the scoresheet (whether taken or not), for example, the batter is on ball 13 - if they decide not to take the first good ball, ball 13 has gone. If they then decide not to take the next ball, ball 14 gone. They then take ball 15 and get rounder they have the best of 3 good balls but they are taken in the same system noted previously. They are only allowed to repeat this process until the 20 balls have all been used.

U12 & U13 Boys Rugby Union

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 12-a-side, Year 7 & Year 8. 	<ul style="list-style-type: none"> Only allowed to play up 1 age group.

Competition Format & Basic Rules
<p><u>Year 7 (U12) & Year 8 (U13)</u></p> <ul style="list-style-type: none"> 12-a-side 4 subs can be used in any one game. Rolling substitutions No limit on squad size 6 player scrums - 3 front row, 2 second row & No.8 (No.8 may NOT pick up) Half a full size pitch No kicking out-of-hand or for touch Kick-offs and 22 drops replaced by free kick 5 players in the line out. No 'long' or 'quick' throws <p>https://www.englandrugby.com/mm/Document/News/General/01/33/14/53/AG16_August2018_5_Neutral.pdf</p> <p>www.rfu.com</p>

U13 Girls Rugby Union

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 7 - Year 7 & 8 Combined (U13) 	<ul style="list-style-type: none"> Only allowed to play up 1 age group.

Competition Format & Basic Rules
<p><u>Year 7 & 8 combined (U13) - "Into Contact"</u></p> <ul style="list-style-type: none"> 7-a-side, No Limit on Squad Size, 4 subs can be used in any one game with rolling substitutions via the Pitch Marshall Half a full size pitch 3 Player Scrums (Uncontested), No Hand-Offs No kicking out-of-hand or for touch Kick-offs and 22 drops replaced by tap free kick 2 players in the line out. No 'long' or 'quick' throws After a tackle, only one player from each team can join the ruck or maul. The most players that can be in a ruck or maul is two per side - the ball carrier, the tackler, plus one additional player from each side <p>https://www.englandrugby.com/mm/Document/News/General/01/33/14/53/AG16_August2018_5_Neutral.pdf</p>

U14 Boys Suffolk Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 10-a-side (U14) 	<ul style="list-style-type: none"> Only allowed to play up 1 age group.

Competition Format & Basic Rules
<p><u>Year 9 (U14)</u></p> <ul style="list-style-type: none"> 10-a-side 4 subs can be used in any one game. Rolling substitutions No limit on squad size 6 player scrums - 3 front row, 2 second row & No.8 (No.8 may NOT pick up) Half a full size pitch No kicking out-of-hand or for touch Kick-offs and 22 drops replaced by free kick <p>5 players in the line out. No 'long' or 'quick' throws</p> <p>https://www.englandrugby.com/mm/Document/News/General/01/33/14/53/AG16_August2018_5_Neutral.pdf</p> <p>www.rfu.com</p>

U15 Boys 15v15 Suffolk Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 15 (Maximum Squad Size - 21) Male Only (15 players on the pitch at any one time) 	<ul style="list-style-type: none"> Under 15/Year 10.

Competition Format & Basic Rules
<p>U19 RFU Continuum Rules apply www.rfu.com including: (Size 5 Ball) – Hands off and kicking are allowed.</p> <p>Temporary Suspension Sin Bin Protocol – Law 10 – As per the adult game the player will remain in the Sin Bin for ten minutes actual playing time. The player will stand out of the field of play, in the vicinity of the half way line at a place readily identifiable to the referee. The player must be under the control of the teachers and coaches.</p> <p>Lineout – Lifting/supporting is <u>prohibited</u> i.e. a play may not bind to a jumper until that player has returned to the ground.</p> <p>Scrum – The scrum-half not throwing the ball into the scrum must not move beyond the middle line of the scrum until it has emerged from the scrum or an opponent has placed his hands on the ball. In the event of a strike against the head, the scrum-half who has thrown the ball into the scrum is similarly restricted in not following the ball (max 1.5m push)</p> <p>Duration/Result – Matches must be no longer than 30 minutes each way and no less than 15 minutes each way. In the event of a tie then 10 minutes each way extra time is played (or most tries scored if very short for time). If tries do not separate the teams then it is, 1) Tries conceded, 2) Penalties scored, 3) Drop goals scored, 4) Team to score the first try, 5) Penalty shootout</p> <p>Substitutions - Can only be made during a dead ball, substitutes can be re-used throughout the match. You must signal to the referee before a substitution can be made.</p> <p>https://www.englandrugby.com/mm/Document/News/General/01/33/14/53/AG16_August2018_5_Neutral.pdf</p> <p>www.rfu.com</p>

U15 Girls Suffolk Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 10 (Year 9/10 - U15) 	<ul style="list-style-type: none"> U15 and below.

Competition Format & Basic Rules
<p><u>Year 9 & 10 combined (U15)</u></p> <ul style="list-style-type: none"> 10-a-side, No Limit on Squad Size, 4 subs game be used in any one game with rolling substitutions via the Pitch Marshall Half a full size pitch 5 Player Scrums (Uncontested), Hand-Offs Allowed No kicking out-of-hand or for touch Kick-offs and 22 drops replaced by tap free kick 4 players in the line out. No 'long' or 'quick' throws <p>No limit on number of players who can join a ruck or maul situation</p> <p>https://www.englandrugby.com/mm/Document/News/General/01/33/14/53/AG16_August2018_5_Neutral.pdf</p> <p>www.rfu.com</p>

U16 Boys 15v15 Suffolk Cup

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 15 (Maximum Squad Size - 21) Male Only (15 players on the pitch at any one time) 	<ul style="list-style-type: none"> U16 and below.

Competition Format & Basic Rules
<p>U19 RFU Continuum Rules apply www.rfu.com including: (Size 5 Ball) - Hands off and kicking are allowed.</p> <p>Temporary Suspension Sin Bin Protocol - Law 10 - As per the adult game the player will remain in the Sin Bin for ten minutes actual playing time. The player will stand out of the field of play, in the vicinity of the half way line at a place readily identifiable to the referee. The player must be under the control of the teachers and coaches.</p> <p>Lineout - Lifting/supporting is allowed i.e. a play may bind to a jumper and return them to the ground.</p> <p>Scrum - The scrum-half not throwing the ball into the scrum must stay behind the ball until it has emerged from the scrum or an opponent has placed his hands on the ball (max 1.5m push)</p> <p>Duration/Result - Matches must be no longer than 35 minutes each way and no less than 15 minutes each way. In the event of a tie then 10 minutes each way extra time is played (or most tries scored if very short for time). If tries do not separate the teams then it is, 1) Tries conceded, 2) Penalties scored, 3) Drop goals scored, 4) Team to score the first try, 5) Penalty shootout</p> <p>Substitutions - Can only be made during a dead ball, substitutes can be re-used throughout the match. You must signal to the referee before a substitution can be made.</p> <p>https://www.englandrugby.com/mm/Document/News/General/01/33/14/53/AG16_August2018_5_Neutral.pdf</p> <p>www.rfu.com</p>

U16 Mixed Squash

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Teams of up to 10 pupils. 	<ul style="list-style-type: none"> Year 11 and below.

Competition Format & Basic Rules
<p>Stage 1 of the competition is a festival where each player scores points for their team, the team total seeds the teams for stage 2.</p> <p>Stage 2 of the competition sees teams compete in timed matches against each other scoring cumulative points.</p> <ul style="list-style-type: none"> Festival activities and timings of matches can be adapted to suit the competition need. Competitions can be delivered in sports halls, squash clubs or outside on courts using throw down lines. Courts can be sized to meet your needs, just make sure the activity is safe. Every point counts, the teams with the most points wins. <p>More information can be found at www.englandsquash.com/get-involved.</p>

U13 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 8 and below.

Competition Format & Basic Rules
<p><u>Individual Event Age Groups</u> U13 Boys & Girls.</p> <ul style="list-style-type: none"> 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 <p>All rubbers should ideally be played to best of three games, but local competitions may vary.</p> <p>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.</p> <p>www.suffolktabletennis.net</p>

U13 Team Table Tennis Boys/Girls

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> • 4 Players of the same sex. • No subs / no changing seeds 	<ul style="list-style-type: none"> • Year 8 and below.

Competition Format & Basic Rules
<p><u>Team Event Age Groups</u> U13 Boys & Girls.</p> <ul style="list-style-type: none"> • 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 <p>Scoring for all matches will be 1,2,3,4 etc and a game shall be won by the player first scoring 11 points.</p> <p>All rubbers should ideally be played to best of three games, but local competitions may vary.</p> <p>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.</p> <p>www.suffolktabletennis.net</p>

U16 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 9, 10 and 11.

Competition Format & Basic Rules
<p><u>Individual Event Age Groups</u> U16 Boys & Girls.</p> <ul style="list-style-type: none"> 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 <p>All rubbers should ideally be played to best of three games, but local competitions may vary.</p> <p>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.</p> <p>www.suffolktabletennis.net</p>

U16 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 9, 10 and 11.

Competition Format & Basic Rules
<p><u>Team Event Age Groups</u> U16 Boys & Girls.</p> <ul style="list-style-type: none"> 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 <p>Scoring for all matches will be 1,2,3,4 etc and a game shall be won by the player first scoring 11 points.</p> <p>All rubbers should ideally be played to best of three games, but local competitions may vary.</p> <p>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.</p> <p>www.suffolktabletennis.net</p>

U19 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 13 and below.

Competition Format & Basic Rules
<p><u>Individual Event Age Groups</u> U19 Boys & Girls.</p> <ul style="list-style-type: none"> 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 <p>All rubbers should ideally be played to best of three games, but local competitions may vary.</p> <p>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.</p> <p>www.suffolktabletennis.net</p>

U19 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 13 and below.

Competition Format & Basic Rules
<p><u>Team Event Age Groups</u> U19 Boys & Girls.</p> <ul style="list-style-type: none"> 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 <p>Scoring for all matches will be 1,2,3,4 etc and a game shall be won by the player first scoring 11 points.</p> <p>All rubbers should ideally be played to best of three games, but local competitions may vary.</p> <p>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.</p> <p>www.suffolktabletennis.net</p>

Year 8 Tennis Boys/Girls

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Team Size: 4. 	<ul style="list-style-type: none"> Year 7 & 8.

Competition Format & Basic Rules
<ul style="list-style-type: none"> Each event requires 4 players in a team with the format being 4 singles and 2 doubles rubbers Year 7&8 Boys and Year 7&8 Girls - A player must be in Years 7-8 or born between 1st September 2004 and 31st August 2006 inclusive. Players can play in one event only. Each rubber is one set. <p>Further LTA Resources and detailed rules: Click here.</p>

Year 10 Tennis Boys/Girls

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Squad Size: 4. 	<ul style="list-style-type: none"> Year 9 & 10.

Competition Format & Basic Rules
<ul style="list-style-type: none"> Each event requires 4 players in a team with the format being 4 singles and 2 doubles rubbers Year 9&10 Boys and Year 9&10 Girls - A player must be in Years 7-10 or born between 1st September 2002 and 31st August 2006 inclusive. Players can play in one event only. Each rubber is one set. <p>Further LTA Resources and detailed rules: Click here.</p>

Volleyball U13 Mixed/Girls 4v4

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Maximum Squad Size: 6. 	<ul style="list-style-type: none"> Year 8 and below.

Competition Format & Basic Rules
<p>Net Height:</p> <ul style="list-style-type: none"> U13 Girls and Boys: 2.24m. <p>Court Size:</p> <ul style="list-style-type: none"> Competition is held outdoors, Court Size: 12m x 6m. <p>Tournament Formats</p> <ul style="list-style-type: none"> A fifteen minute general warm-up period will be provided at the start of the tournament. Players will be expected to keep warm off-court between matches. To maximise matchplay time no dedicated warm-up period will be provided between matches. Matches will be single sets to allow teams to play as many different opponents as possible. <p>Substitutions</p> <ul style="list-style-type: none"> Teams can use either roll-on-roll-off (at service) or official substitutions (player off can come on, starting player can come back on for player who replaced them, but nobody else, original sub cannot be reused in that set). Captain to let referee know if using official substitutions. <p>Contact with the ball is allowed with any part of the body, however kicking is forbidden. If the ball strikes the foot when planted on the floor play will continue, a kick will result in loss of the point.</p>

Volleyball U15 Boys/Girls 4v4

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Maximum Squad Size: 6. 	<ul style="list-style-type: none"> Year 10 and below.

Competition Format & Basic Rules

Net Height:

- U15 Girls and Boys: 2.15m. Where not possible to set net heights differently for different categories that are run simultaneously, 2.24m minimum will be used.

Court Size:

- Doubles badminton courts, extended to line closest to 1 metre behind badminton baseline. Serve must be from behind the badminton court.

Tournament Formats

- A fifteen minute general warm-up period will be provided at the start of the tournament. Players will be expected to keep warm off-court between matches. To maximise matchplay time no dedicated warm-up period will be provided between matches.
- Matches will be single sets to allow teams to play as many different opponents as possible.

Substitutions

- Teams can use either roll-on-roll-off (at service) or official substitutions (player off can come on, starting player can come back on for player who replaced them, but nobody else, original sub cannot be reused in that set).
- Captain to let referee know if using official substitutions.

Contact with the ball is allowed with any part of the body, however kicking is forbidden. If the ball strikes the foot when planted on the floor play will continue, a kick will result in loss of the point.

Volleyball U17 Boys/Girls 4v4

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> Maximum Squad Size: 6. 	<ul style="list-style-type: none"> Year 12 and below.

Competition Format & Basic Rules
<p>Net Height:</p> <ul style="list-style-type: none"> U17 Girls: 2.24m, Boys: 2.35m. Where not possible to set net heights differently for different categories that are run simultaneously, 2.24m minimum will be used. <p>Court Size:</p> <ul style="list-style-type: none"> Doubles badminton courts, extended to line closest to 1 metre behind badminton baseline. Serve must be from behind the badminton court. <p>Tournament Formats</p> <ul style="list-style-type: none"> A fifteen minute general warm-up period will be provided at the start of the tournament. Players will be expected to keep warm off-court between matches. To maximise matchplay time no dedicated warm-up period will be provided between matches. Matches will be single sets to allow teams to play as many different opponents as possible. <p>Substitutions</p> <ul style="list-style-type: none"> Teams can use either roll-on-roll-off (at service) or official substitutions (player off can come on, starting player can come back on for player who replaced them, but nobody else, original sub cannot be reused in that set). Captain to let referee know if using official substitutions. <p>Contact with the ball is allowed with any part of the body, however kicking is forbidden. If the ball strikes the foot when planted on the floor play will continue, a kick will result in loss of the point.</p>