

# Amber Valley

## School Sport Partnership



# Competitions & Events Booklet

## Rules & Format 2024-2025

## Competition & Event classifications

To encourage students to have the most beneficial experience possible at all AVSSP events the below classifications will be used to describe each event.

These classifications aim to provide a guide for staff and schools when selecting students to represent their school with the aim being to not only provide competitive sporting experiences to a wide variety of pupils but also to attempt to deliver tangible events to like-minded individuals.

Please note the below classifications are simply a guide and should not prevent your school from participating in the event in any circumstances – if you are unsure of any of the information please contact [liam@avssp.co.uk](mailto:liam@avssp.co.uk)

### **Excel:**

These are competitive events where focus will be mainly placed on winning. In most cases these events will require a high skill level in the sport being delivered. In most cases team sizes will be small to medium. Rules will be strictly administered and will broadly follow National governing body guidelines. These events adopt healthy competition and would best suit pupils who are motivated by achieving personal and team goals through sport. Examples include football, Quad Kids Athletics, Basketball & High 5 Netball

### **Empower:**

In these events some focus will be placed on competition, with focus also placed upon pupil development and intrinsic values. The activities will require a moderate skill level to participate effectively. Team sizes will range from medium to large in size. There will be flexibility on rules and formats. Look to target students who enjoy taking part in sport but aren't necessarily motivated by winning. Pupils who enjoy participating with friends and like to build new social connections would benefit most. Examples include Sportshall Athletics, Handball, Cross Country & KS1 Football

### **Emerge:**

These events will focus mainly on student development and intrinsic values with some elements of competition. Most of these events will require a low to moderate skill level to effectively participate. Team sizes will range from medium to large in size. The event rules will be flexible and aim to suit the participant's and their needs. These events are aimed at the most inactive students who do not ordinarily value sport and physical activity. These events hope to inspire those pupils to enjoy taking part whilst building new skills along the way. Examples include Dance Platform, Development Rugby, Dodgeball & Orienteering.

# AVSSP Competition & Event Overview 2024-25

## Autumn Term

### AVSSP Primary Calendar 2024/25

| Half Term | Month     | Date | Day       | Event                        | Venue              | Ages    | Time         |
|-----------|-----------|------|-----------|------------------------------|--------------------|---------|--------------|
| 1         | September | 17th | Tuesday   | PE Subject Leader Meeting    | Charles Hill       | Staff   | 4.00 - 5.00  |
|           | October   | 1st  | Tuesday   | Small Schools Football       | Charles Hill       | Y5/6    | 4.00 - 6.00  |
|           | October   | 2nd  | Wednesday | Girls Only Football          | Charles Hill       | Y5/6    | 4.00 - 6.00  |
|           | October   | 3rd  | Thursday  | Large Schools Football       | Charles Hill       | Y5/6    | 4.00 - 6.00  |
|           | October   | 7th  | Monday    | KS1 Sportshall               | Belper LC          | KS1     | 4.00 - 6.00  |
|           | October   | 8th  | Tuesday   | KS1 Sportshall               | Heanor LC          | KS1     | 4.00 - 6.00  |
|           | October   | 10th | Thursday  | KS1 Sportshall               | Alfreton LC        | KS1     | 4.00 - 6.00  |
|           | October   | 14th | Monday    | Small Schools Sportshall     | Belper LC          | Y5/6    | 4.00 - 6.00  |
|           | October   | 15th | Tuesday   | Medium Schools Sportshall    | Alfreton LC        | Y5/6    | 4.00 - 6.00  |
|           | October   | 17th | Thursday  | Large Schools Sportshall     | Alfreton LC        | Y5/6    | 4.00 - 6.00  |
|           | October   | 21st | Monday    | Small Schools Sportshall     | Belper LC          | Y3/4    | 4.00 - 6.00  |
|           | October   | 22nd | Tuesday   | Sportshall Athletics Plus    | Alfreton LC        | Y3-6    | 1.00 - 3.00  |
|           | October   | 22nd | Tuesday   | Medium Schools Sportshall    | Alfreton LC        | Y3/4    | 4.00 - 6.00  |
|           | October   | 24th | Thursday  | Large Schools Sportshall     | Alfreton LC        | Y3/4    | 4.00 - 6.00  |
| 2         | November  | 8th  | Friday    | Junior Leadership Conference | TBC                | Y5/6    | 9.30 - 11.30 |
|           | November  | 8th  | Friday    | Junior Leadership Conference | TBC                | Y2      | 12.30 - 2.30 |
|           | November  | 11th | Monday    | KS1 Handball                 | Belper LC          | KS1     | 4.00 - 6.00  |
|           | November  | 12th | Tuesday   | Kurling Plus                 | Heanor LC          | KS2     | 1.00 - 3.00  |
|           | November  | 12th | Tuesday   | KS1 Handball                 | Heanor LC          | KS1     | 4.00 - 6.00  |
|           | November  | 14th | Thursday  | KS1 Handball                 | Alfreton LC        | KS1     | 4.00 - 6.00  |
|           | November  | 18th | Monday    | Mini Basketball              | Belper LC          | Y5/6    | 4.00 - 6.00  |
|           | November  | 19th | Tuesday   | Mini Basketball              | Aldercar High      | Y5/6    | 4.00 - 6.00  |
|           | November  | 20th | Wednesday | Small Schools Basketball     | Belper LC          | Y5/6    | 4.00 - 6.00  |
|           | November  | 21st | Thursday  | Mini Basketball              | Alfreton LC        | Y5/6    | 4.00 - 6.00  |
|           | November  | 25th | Monday    | Handball                     | Belper LC          | Y3/4    | 4.00 - 6.00  |
|           | November  | 26th | Tuesday   | Handball                     | Heanor LC          | Y3/4    | 4.00 - 6.00  |
|           | November  | 27th | Wednesday | Basketball Finals            | Aldercar High      | Y5/6    | 4.00 - 6.00  |
|           | November  | 28th | Thursday  | Handball                     | Alfreton LC        | Y3/4    | 4.00 - 6.00  |
|           | December  | 3rd  | Tuesday   | Multi-Sport Festival Plus    | Heanor LC          | KS1 & 2 | 1.00 - 3.00  |
|           | December  | 4th  | Wednesday | Dance Platform               | New Horizon Church | KS1 & 2 | 5:00-6:00    |

# Spring Term

## AVSSP Primary Calendar 2024/25

| Half Term | Month    | Date | Day       | Event                     | Venue                    | Ages | Time         |
|-----------|----------|------|-----------|---------------------------|--------------------------|------|--------------|
| 3         | January  | 13th | Monday    | Small Schools Boys Futsal | Ripley LC                | Y5/6 | 4.00 - 6.00  |
|           | January  | 14th | Tuesday   | Boccia Plus               | Alfreton LC              | KS2  | 1.00 - 3.00  |
|           | January  | 14th | Tuesday   | Boys Futsal               | Alfreton LC              | Y5/6 | 4.00 - 6.00  |
|           | January  | 16th | Thursday  | Boys Futsal               | Alfreton LC              | Y5/6 | 4.00 - 6.00  |
|           | January  | 21st | Tuesday   | Girls Futsal              | Alfreton LC              | Y5/6 | 4.00 - 6.00  |
|           | January  | 22nd | Wednesday | Indoor Rowing Plus        | Ripley LC                | KS2  | 1.00 - 3.00  |
|           | January  | 22nd | Wednesday | Indoor Rowing             | Ripley LC                | Y5/6 | 4.00 - 6.00  |
|           | January  | 23rd | Thursday  | Girls Futsal              | Alfreton LC              | Y5/6 | 4.00 - 6.00  |
|           | January  | 27th | Monday    | KS1 Dodgeball             | Belper LC                | KS1  | 4.00 - 6.00  |
|           | January  | 28th | Tuesday   | KS1 Dodgeball             | Heanor LC                | KS1  | 4.00 - 6.00  |
|           | January  | 30th | Thursday  | KS1 Dodgeball             | Alfreton LC              | KS1  | 4.00 - 6.00  |
|           | February | 3rd  | Monday    | Y3/4 Dodgeball            | Belper LC                | Y3/4 | 4.00 - 6.00  |
|           | February | 4th  | Tuesday   | Y3/4 Dodgeball            | Heanor LC                | Y3/4 | 4.00 - 6.00  |
|           | February | 6th  | Thursday  | Y3/4 Dodgeball            | Alfreton LC              | Y3/4 | 4.00 - 6.00  |
|           | February | 10th | Monday    | Y5/6 Dodgeball            | Belper LC                | Y5/6 | 4.00 - 6.00  |
|           | February | 11th | Tuesday   | Dodgeball Plus            | Heanor LC                | KS2  | 1.00 - 3.00  |
|           | February | 11th | Tuesday   | Y5/6 Dodgeball            | Heanor LC                | Y5/6 | 4.00 - 6.00  |
|           | February | 13th | Thursday  | Y5/6 Dodgeball            | Alfreton LC              | Y5/6 | 4.00 - 6.00  |
| 4         | February | 28th | Friday    | KS1 Fundamentals          | Ripley LC                | Y1/2 | 9.30 - 11.30 |
|           | March    | 4th  | Tuesday   | MATP                      | Alfreton LC - Bowls Hall | KS2  | 1.00 - 3.00  |
|           | March    | 4th  | Tuesday   | High 5 Netball            | Alfreton LC              | Y5/6 | 4.00 - 6.00  |
|           | March    | 5th  | Wednesday | Table Tennis              | Ripley Academy           | Y5/6 | 4.00 - 6.00  |
|           | March    | 6th  | Thursday  | High 5 Netball            | Alfreton LC              | Y5/6 | 4.00 - 6.00  |
|           | March    | 17th | Monday    | Swim Gala                 | TBC                      | Y5/6 | 9.30 - 11.30 |
|           | March    | 17th | Monday    | Swim Gala                 | TBC                      | Y5/6 | 12.30 - 2.30 |
|           | March    | 19th | Wednesday | Triathlon                 | Charles Hill             | Y5/6 | 4.00 - 5.30  |
|           | March    | 25th | Tuesday   | Girls Rugby Mega-Festival | Belper RFC               | Y5/6 | 4.00 - 6.00  |
|           | March    | 25th | Tuesday   | Rugby Mega-Festival       | Belper RFC               | Y5/6 | 4.00 - 6.00  |
|           | March    | 27th | Thursday  | Small Schools TAG Rugby   | Amber Valley RFC         | Y5/6 | 4.00 - 6.00  |
|           | March    | 27th | Thursday  | Elite TAG Rugby           | Amber Valley RFC         | Y5/6 | 4.00 - 6.00  |
|           | April    | 1st  | Tuesday   | Dance/Gymnastics Platform | Alfreton LC              | KS2  | 1.00 - 3.00  |
|           | April    | 1st  | Tuesday   | Key Steps 1 Gymnastics    | Alfreton LC              | Y1/2 | 4.00 - 6.00  |
|           | April    | 1st  | Tuesday   | Key Steps 2 Gymnastics    | Alfreton LC              | Y3/4 | 4.00 - 6.00  |
|           | April    | 3rd  | Thursday  | Key Steps 3 Gymnastics    | Alfreton LC              | Y5/6 | 4.00 - 6.00  |

# Summer Term

## AVSSP Primary Calendar 2024/25

| Half Term | Month | Date      | Day                        | Event                        | Venue                       | Ages        | Time         |
|-----------|-------|-----------|----------------------------|------------------------------|-----------------------------|-------------|--------------|
| 5         | April | 24th      | Thursday                   | Football League (Round one)  | TBC                         | Y3/4 & Y5/6 | 4.00 - 6.00  |
|           | April | 28th      | Monday                     | Quicksticks Hockey           | Belper Hockey Club          | Y3/4        | 4.00 - 5.30  |
|           | April | 29th      | Tuesday                    | KS1 Cross Country            | Shipley Park                | KS1         | 3.00 - 4.00  |
|           | April | 29th      | Tuesday                    | Cross Country                | Shipley Park                | Y3/4 & Y5/6 | 4.00 - 5.30  |
|           | April | 30th      | Wednesday                  | Cross Country                | Eyes Meadow                 | Y3/4 & Y5/6 | 4.00 - 5.30  |
|           | May   | 1st       | Thursday                   | Cross Country                | Sleetmoor United FC         | Y3/4 & Y5/6 | 4.00 - 5.30  |
|           | May   | 19th      | Monday                     | KS1 Football                 | Belper High School          | KS1         | 4.00 - 6.00  |
|           | May   | 20th      | Tuesday                    | KS1 Football                 | Charles Hill                | KS1         | 4.00 - 6.00  |
|           | May   | 21st      | Wednesday                  | Team Go Ride Cycling         | Charles Hill                | Y4-6        | 4.00 - 5.30  |
|           | May   | 22nd      | Thursday                   | Football Plus                | Swanwick Sports College     | Y4-6        | 1.00 - 3.00  |
|           | May   | 22nd      | Thursday                   | KS1 Football                 | Swanwick Sports College     | KS1         | 4.00 - 6.00  |
| 6         | June  | 4th       | Wednesday                  | Golf                         | Ormonde Fields GC           | Y5/6        | 4.00 - 6.00  |
|           | June  | 5th       | Thursday                   | Y3/4 Mini Tennis             | Ripley Alfreton Tennis Club | Y3/4        | 1.00 - 3.00  |
|           | June  | 5th       | Thursday                   | Tennis Skills Festival       | Alfreton LC                 | Y3/4        | 4.00 - 5.30  |
|           | June  | 10th      | Tuesday                    | Panathlon                    | Alfreton LC - Bowls Hall    | KS2         | 1.00 - 3.00  |
|           | June  | 11th      | Wednesday                  | Quadkids Athletics           | TBC                         | Year 3/4    | 1.00 - 3.00  |
|           | June  | 11th      | Wednesday                  | Quadkids Athletics           | TBC                         | KS1         | 3.00 - 4.00  |
|           | June  | 11th      | Wednesday                  | Quadkids Athletics           | TBC                         | Year 5/6    | 4.00 - 6.00  |
|           | June  | 17th      | Tuesday                    | Football League (Round two)  | TBC                         | Y3/4 & Y5/6 | 4.00 - 6.00  |
|           | June  | 18th      | Wednesday                  | Kwik Cricket Rounds          | Various                     | Y5/6        | 4.00 - 6.30  |
|           | June  | 19th      | Thursday                   | Rounders                     | Charles Hill                | Y4-6        | 4.00 - 6.00  |
|           | June  | 25th      | Wednesday                  | Kwik Cricket Finals          | Denby CC                    | Y5/6        | 3.00 - 6.00  |
|           | June  | 25th      | Wednesday                  | Kwik Cricket Girls           | Denby CC                    | Y5/6        | 4.00 - 6.00  |
|           | June  | 26th      | Thursday                   | Individual Go Ride (Round 1) | TBC                         | Y4-6        | 4.00 - 5.30  |
|           | June  | 30th      | Monday                     | KS1 Balance Bike Racing      | Alfreton LC                 | Y1/2        | 9.30 - 11.30 |
|           | July  | 3rd       | Thursday                   | Individual Go Ride (Round 2) | Eyes Meadow                 | Y4-6        | 4.00 - 5.30  |
|           | July  | 9th       | Wednesday                  | Orienteering                 | Eyes Meadow                 | Y3/4        | 1.00 - 3.00  |
|           | July  | 9th       | Wednesday                  | Orienteering                 | Eyes Meadow                 | Y5/6        | 4.00 - 6.00  |
|           | July  | 10th      | Thursday                   | Individual Go Ride Finals    | Charles Hill                | Y4-6        | 4.00 - 5.30  |
| July      | 16th  | Wednesday | Football Festival & Finals | Utd                          | Y4-6                        | 1.00 - 4.00 |              |



# Key Stage One

## Competitions and Events



# KS1 Dodgeball

|                        |               |
|------------------------|---------------|
| <b>Year Group (s)</b>  | <b>KS1</b>    |
| <b>Gender:</b>         | <b>Mixed</b>  |
| <b>Classification:</b> | <b>Emerge</b> |



## Format

Schools will be separated into small groups or put into one straight league depending on entries. Teams will then play one another possibly leading to a knockout round/finals to decide the winner

## Rules

Games will be 6 per side with an advised max squad of 9. The game starts with 4 balls in the middle of the court. On the referee's whistle player's race to collect the dodgeballs and then retreat past the back line. The game is then live, the objective being to strike an opponent with a ball below the shoulders and without the ball bouncing. If a player is hit in this way he/she is out of the game. Shots can be blocked using another ball or can be caught. If a ball is caught on the full the catching team recall a player to the game while the player who threw the ball is out. The game will be played inside a full badminton court. If a player leaves the court to avoid being hit they will be given out. When one team has eliminated all the oppositions players they are the winner. A time limit will also be set for each game, at the end of this time the team with the most players remaining are the winners. If there are equal numbers of players the game will be called a draw, if in a playoff round a 1v1 'throw-off' will be used

## Scoring

The winning team in each game will receive 3 points, 1 point for a draw, 0 for a defeat



# KS1 Handball

|                        |                |
|------------------------|----------------|
| <b>Year Group (s)</b>  | <b>KS1</b>     |
| <b>Gender:</b>         | <b>Mixed</b>   |
| <b>Classification:</b> | <b>Empower</b> |



## Format

Schools will be separated into small groups or put into one straight league depending on entries.

## Rules

Games will be 5 a side with an advised max squad of 9. Players will not be allowed to move once they have the ball under control (similar to netball) and can only pivot to change direction. The aim of the game is to pass the ball from player to player until there is an opportunity to shoot for goal by throwing the ball towards the goal.

Small goals will be used with clearly marked out 'areas' which players cannot enter (other than the goalkeeper). Doing so will result in a free shot/pass to the other team. There will be a goalkeeper for each team

The games are non-contact with only interceptions, errors and balls leaving the court resulting in a turnover.

If the ball leaves the court possession is switched to the other team with a free first pass from the side-line where the ball left the court. A free pass cannot result directly in a goal.

Each goal will result in a centre pass.

The games will start with a jump ball in the centre to gain possession as in basketball.

The ball cannot be intentionally kicked, if the two players are grappling for the ball the referee will stop the game and award the ball to the first player to touch it.

## Scoring

Each successful throw into the goal results in 1 point. Three points will be awarded to winning teams, 1 point each for a draw





# KS1 Balance Bike Racing

|                 |         |
|-----------------|---------|
| Year Group (s)  | KS1     |
| Gender:         | Mixed   |
| Classification: | Empower |



## Format

Activities based around cycling proficiency and capability leading towards races and competition on both an oval velodrome track as well as a cross-country style track.

## Rules

Teams consisting of 6 riders should be entered for this event. Limit of only one team per school. Activities designed to develop understanding of starting, riding and stopping on balance bikes as well as taking corners and overtaking.

Two different track will be used, a small oval velodrome and a larger course with different types of turns and bends.

Students will compete in relay races and individual races within their teams on both types of track.

Students will rotate within their team to ensure everyone gets the same amount of time on the bikes.

Riders must wear helmets at all times which will be fitted and checked by SSP staff

## Scoring

Students performances on each track will earn points for their team. Points will then be added together to get a team score and a winning team will be decided however the main emphasis will be on students development and learning.



# KS1 Football

|                 |       |
|-----------------|-------|
| Year Group (s)  | KS1   |
| Gender:         | Mixed |
| Classification: | Excel |



## Format

Series of small sided games with teams either split into two smaller pools or in one large group depending on entries. Points awarded for each win/draw with winners decided through a knock-out system if necessary

## Rules

Games are 5 a side with a max squad of 9.  
Games to be played on small pitches with small goals.  
Each team will have one goalkeeper for each game, goals can be scored by any player from any area of the field.  
Players cannot handle the ball; a free-kick will be awarded.  
Corners or goal-kicks (which can be taken by any player) will be awarded when the ball goes behind the goal.  
Kick-ins will be taken rather than throw-ins.  
Goals cannot be scored directly from kick-ins or corners, but can be from free-kicks or goal-kicks.  
A centre kick will be taken after each goal scored.  
No slide-tackles will be permitted, no off-sides are played.

## Scoring

Teams will be awarded the following points per game:  
Win = 3 points  
Draw = 1 point  
Loss = 0 points



# KS1 Sportshall Athletics

|                 |       |
|-----------------|-------|
| Year Group (s)  | KS1   |
| Gender:         | Mixed |
| Classification: | Excel |



## Format

Athletics competition based on both individual and team performances. Event consisting of 3 field events followed by a series of relay races. Points are awarded for athletes' performance in each event which are added together to form a team total.

## Rules

Teams of 4 girls and 4 boys.

All athletes will complete field events in Standing Long Jump, Chest Push and Speed bounce.

Track events consist of:

4x1 Obstacle relay (Separate Boys/Girls races)

4x1 Hurdle relay (Separate Boys/Girls races)

4x1 flat relay (Separate Boys/Girls races)

8x1 flat relay (Whole team) N.B this race is not scored and is time dependent

## Scoring

Teams will be given a points total in each event to represent how they compared to the other teams. For example, if there are 9 teams the highest scoring team will get 90 points, the second place 80 points etc. This is repeated across all events and combined for each team's total.



# KS1 Gymnastics

|                 |                      |
|-----------------|----------------------|
| Year Group (s)  | KS1<br>(Key steps 1) |
| Gender:         | Mixed                |
| Classification: | Excel                |



## Format

A team for each age group is made up of 6 students, there is no ratio requirement for teams i.e. Full boys and or girls team is acceptable. Schools are to be scored for the performance of the whole team and not the individual. The scores from floor, body management and vault will be added to formulate the whole team result.

## Rules

Floor and body management exercises will be done as a team so a minimum of 3 gymnasts will undertake the performance together. Students will have the opportunity to practice their routines. Teams will be rotated in small groups around the activities with each child performing each activity

Key Steps routines need to be performed. These can be downloaded from [www.avssp.co.uk](http://www.avssp.co.uk), each child will need to have practiced and performed the vault, floor and body management sections.

Please advise students to bring a jumper with them to wear when not competing

## Scoring

Scores will be calculated across three main categories; knowledge of activity, technical application and effort to produce an overall team score. Judges will assess each performance



# KS1 Cross Country

|                        |              |
|------------------------|--------------|
| <b>Year Group (s)</b>  | <b>KS1</b>   |
| <b>Gender:</b>         | <b>Mixed</b> |
| <b>Classification:</b> | <b>Excel</b> |



## Format

Two races. Y1/2 Girls and Y1/2 Boys both of which will be approximately 600m.

Individual awards will also be given for the top 3 places overall in each race.

## Rules

A full team consists of 3 students in each race. However, schools are able to bring up to 8 students per race. Schools are welcome to bring fewer children to compete however they will not be scored on a race with fewer than 3 runners in.

Runners must wait for the signalled start before running and must follow the hare/cones to track the course. Runners must go outside or through all stakes and markers, never inside shortening the course. When approaching the finish line, no overtaking is allowed once runners have entered the funnel system. Entry to the funnel is the end of the race.

## Scoring

Top 3 runners from each school, in each race will be counted towards the team total. Each runner will be given a number which must then be presented to the member of school staff present. Staff should then fill out the given paperwork for the race, adding up their team score. The team with the lowest score across all 4 races will be the winner.



# Key Stage Two

## Competitions and Events





# Basketball

Year Group (s) Y55/6

Gender: Mixed

Classification: Excel



## Format

Each event will be comprised of either a straight league or separate groups leading to a knock out round/final depending on the number of entries.

## Rules

5 players on court at a time (may be reduced to 4v4 depending on venue/entries, max squad of 9 players A minimum of 1 girl and 1 boy on court at all times

Game times will be dependent on the number of entries in each event.

No personal fouls will be recorded, however referees will have the power to eject players if they are abusing this rule. Teams must retreat to half way after scoring.

A foul committed while a player is shooting results in a one shot free throw (worth 2 points) Three

basic rules apply to game play:

1. No double dribble
2. No travelling
3. No contact

## Scoring

Each successful basket is worth 2 points

Teams are awarded the following points per game: Win = 3 points

Draw = 1 point

Loss = 0 points



# KS2 Cross Country

**Year Group (s)** Y5/3/4 & 5/6

**Gender:** Mixed

**Classification:** Empower



## Format

There will be four races throughout the event. Y3/4 Girls and Y3/4 Boys both of which will be approximately 1000m and a Y5/6 Girls and Y5/6 Boys which will be approximately 1400m in length. Individual awards will also be given for the top 3 places overall in each race.

## Rules

A full team consists of 3 students in each race. However, schools are able to bring up to 8 students per race. Schools are welcome to bring fewer children to compete however they will not be scored on a race with fewer than 3 runners in.

Runners must wait for the signalled start before running and must follow the hare/cones to track the course. Runners must go outside or through all stakes and markers, never inside shortening the course. When approaching the finish line, no overtaking is allowed once runners have entered the funnel system. Entry to the funnel is the end of the race.

## Scoring

Top 3 runners from each school, in each race will be counted towards the team total. Each runner will be given a number which must then be presented to the member of school staff present. Staff should then fill out the given paperwork for the race, adding up their team score. The team with the lowest score across all 4 races will be the winner.



# Dodgeball

**Year Group (s)** Y5/3/4 & 5/6

**Gender:** Mixed

**Classification:** Empower



## Format

Schools will be separated into small groups or put into one Straight league depending on entries. Teams will then play one another leading to a knock out round/finals to decide the winner

## Rules

Games will be 6 per side with a max squad of 9.

The game starts with 4 balls in the middle of the court. On the referee's whistle player's race to collect the dodgeballs and then retreat past the back line.

The game is then live, the objective being to strike an opponent with a ball below the shoulders and without the ball bouncing. If a player is hit in this way he/she is out of the game.

Shots can be blocked using another ball or can be caught. If a ball is caught on the full the catching team recall a player to the game and the player who threw the ball is out.

The game will be played inside a full badminton court. If a player leaves the court to avoid being hit they will be given out.

When one team has eliminated all the oppositions players they are the winner. A time limit will also be set for each game, at the end of this time the team with the most players remaining are the winners.

If there are equal numbers of teams the game will be called a draw, if in a playoff round a 1v1 'throw-off' will be used

## Scoring

The winning team in each game will receive 3 points, 1 point for a draw, 0 for a defeat



# Handball

|                        |                |
|------------------------|----------------|
| <b>Year Group (s)</b>  | <b>Y53/4</b>   |
| <b>Gender:</b>         | <b>Mixed</b>   |
| <b>Classification:</b> | <b>Empower</b> |



## Format

Schools will be separated into small groups or put into one straight league depending on entries. Teams will then play one another leading to a knock-out round/finals to decide the winner

## Rules

Games will be 5 a side with an advised max squad of 9. Players will not be allowed to move once they have the ball under control (similar to netball) and can only pivot to change direction. The aim of the game is to pass the ball from player to player until there is an opportunity to shoot for goal. Small goal's will be used with marked out 'areas' which players other than the goalkeeper cannot enter. Doing so will result in a free shot/pass to the other team. Each team has a Goalkeeper. The games are non-contact with only interceptions, errors and balls leaving the court resulting in a turn over. If the ball leaves the court possession is switched to the other team with a free first pass from the side-line where the ball left the court. A free pass cannot result directly in a goal. Each goal will result in a centre pass. The games will start with a jump ball in the centre to gain possession as in basketball. The ball cannot be intentionally kicked, if the two players are grappling for the ball the referee will stop the game and award the ball to the first player to touch it.

## Scoring

A successful shot thrown into the goal will result in a point being scored. Teams will be given 3 points for winning a game



# Football

|                        |              |
|------------------------|--------------|
| <b>Year Group (s)</b>  | <b>Y5/6</b>  |
| <b>Gender:</b>         | <b>Mixed</b> |
| <b>Classification:</b> | <b>Excel</b> |



## Format

Teams are grouped into leagues where everyone plays everyone to decide group standings. Teams progress to knock-out rounds and eventually a final to decide the winner.

## Rules

Games are 6 a side, advised max squad size of 10  
Standard small sided football rules with the clock constantly running.

Goals can be scored from anywhere, inside or outside the penalty area. Players can enter either penalty area. Goalkeepers can leave the area but cannot handle the ball outside it.

Corners will be played, throw ins should be taken in the traditional method with both hands behind the head and feet on the ground.

Offside will not be played and slide-tackles are not allowed. A centre kick will be taken after each goal is scored. Any foul including obstruction, shirt pulling, trips, kicks or handballs will all result in a direct free kick.

Defending players must be at least 5 yards away from any free-kick. Fouls inside the penalty area will result in a penalty kick.

Draws will be counted in the group games, games which end level in the knock-out round will progress straight to penalties with each team having 3 kicks. If scores are still level a sudden death penalty shoot-out will commence until a winner is found. Roll on/off substitutions can be made however teams must ensure the substituted player is off the pitch before their replacement enters it. Goalkeepers cannot kick the ball from their hands.

## Scoring

In the group stages teams will receive the following points.  
Win = 3 points, Draw = 1 point, Loss = 0 points



# Girls Football

|                        |                   |
|------------------------|-------------------|
| <b>Year Group (s)</b>  | <b>Y5/6</b>       |
| <b>Gender:</b>         | <b>Girls Only</b> |
| <b>Classification:</b> | <b>Excel</b>      |



## Format

Teams are grouped into leagues where everyone plays everyone to decide group standings. Teams progress to knock-out rounds and eventually a final to decide the winner.

## Rules

Games are 6 a side, advised max squad size of 10  
Standard small sided football rules with the clock constantly running.

Goals can be scored from anywhere, inside or outside the penalty area. Players can enter either penalty area. Goalkeepers can leave the area but cannot handle the ball outside it.

Corners will be played, throw ins should be taken in the traditional method with both hands behind the head and feet on the ground.

Offside will not be played and slide-tackles are not allowed. A centre kick will be taken after each goal is scored. Any foul including obstruction, shirt pulling, trips, kicks or handballs will all result in a direct free kick. Defending players must be at least 5 yards away from any free-kick. Fouls inside the penalty area will result in a penalty kick.

Draws will be counted in the group games, games which end level in the knock-out round will progress straight to penalties with each team having 3 kicks. If scores are still level a sudden death penalty shoot-out will commence until a winner is found. Roll on/off substitutions can be made however teams must ensure the substituted player is off the pitch before their replacement enters it. Goalkeepers cannot kick the ball from their hands.

## Scoring

In the group stages teams will receive the following points.  
Win = 3 points, Draw = 1 point, Loss = 0 points





# Futsal (boys)

|                        |                  |
|------------------------|------------------|
| <b>Year Group (s)</b>  | <b>Y5/6</b>      |
| <b>Gender:</b>         | <b>Boys Only</b> |
| <b>Classification:</b> | <b>Excel</b>     |



## Format

Teams will be put into two/three small groups with each team playing each other within their group. A knockout round/final will then be played to decide the winners

## Rules

Games of 5 a side, max squad of 9

Futsal is played with a reduced bounce football with emphasis on short passing and movement

Game is played to indoor court lines with kick-ins taken instead of throw-ins. The ball must be placed on the line where the ball left the court and must be stationary before it is kicked back in.

Goalkeepers cannot kick from their hands, must either pass from the floor or throw the ball out. Goalkeepers can leave their area but must not handle the ball outside it.

Players can enter either area and score from anywhere on the pitch. Corners will be taken as normal. Centre kick taken after each goal is scored. All free-kicks for offences such as trips, kicks, obstruction, shirt pulling or handball are direct. However, goals cannot be scored from corners or kick-ins. Fouls inside the penalty area result in a penalty kick.

Subs are roll on/off but teams must ensure the substituted players is off the pitch before their replacement enters it.

No offsides are played.

No slide tackles are permitted whatsoever

## Scoring

In the group stages teams will receive the following points.

Win = 3 points, Draw = 1 point, Loss = 0 points



# Futsal (girls)

|                        |                   |
|------------------------|-------------------|
| <b>Year Group (s)</b>  | <b>Y5/6</b>       |
| <b>Gender:</b>         | <b>Girls Only</b> |
| <b>Classification:</b> | <b>Excel</b>      |



## Format

Teams will be put into two/three small groups with each team playing each other within their group. A knockout round/final will then be played to decide the winners

## Rules

Games of 5 a side, max squad of 9

Futsal is played with a reduced bounce football with emphasis on short passing and movement

Game is played to indoor court lines with kick-ins taken instead of throw-ins. The ball must be placed on the line where the ball left the court and must be stationary before it is kicked back in.

Goalkeepers cannot kick from their hands, must either pass from the floor or throw the ball out. Goalkeepers can leave their area but must not handle the ball outside it.

Players can enter either area and score from anywhere on the pitch. Corners will be taken as normal. Centre kick taken after each goal is scored. All free-kicks for offences such as trips, kicks, obstruction, shirt pulling or handball are direct. However, goals cannot be scored from corners or kick-ins. Fouls inside the penalty area result in a penalty kick.

Subs are roll on/off but teams must ensure the substituted players is off the pitch before their replacement enters it.

No offsides are played.

No slide tackles are permitted whatsoever

## Scoring

In the group stages teams will receive the following points.  
Win = 3 points, Draw = 1 point, Loss = 0 points



# Go Ride Cycling (individual)

|                 |         |
|-----------------|---------|
| Year Group (s)  | Y4-6    |
| Gender:         | Mixed   |
| Classification: | Empower |



## Format

Individual racing league with the results from each round added together to formulate a league table. Leagues are separated into boys and girls.

## Rules

Event made up of a series of races both individually and in relays. Scored race will take the form of a scratch race on a marked out cyclo cross course over differing terrains.

Races may be split up using pre-race qualifying races. Riders must stay within the boundaries of the course and complete all laps. Overtaking is allowed but it is the rider who is overtaking's responsibility to ensure it is safe to do so. Intentional contact with other riders is not allowed!

Riders are allowed to get off their bike and push.

When the race leader has finished the allocated number of laps the race is over and all other riders must finish. Results will then be calculated accordingly

**HELMETS MUST BE WORN!**

**Riders are responsible for bringing their own bikes and helmets. These will not be provided.**

## Scoring

In the scored races the numbers of riders in each will be used to allocate points. For example, if there are 34 riders in the Girls race the winner will receive 34 points, with last place receiving 1 point. These points will then be added to those from previous rounds to decide the overall league positions



# Go Ride Cycling (team)

|                        |                |
|------------------------|----------------|
| <b>Year Group (s)</b>  | <b>Y5/6</b>    |
| <b>Gender:</b>         | <b>Mixed</b>   |
| <b>Classification:</b> | <b>Empower</b> |



## Format

Teams will compete in races in both relay and team pursuit formats. Potentially also individual races with all races forming part of the team score

## Rules

Teams of 6 are required, 3 boys and 3 girls.

One additional team can be entered upon request.

*Relay*; Riders will be numbered 1-6 within their team with rider 1 positioned on the start line. Rider 1 then completes the marked track which will return to the start line, then tag rider 2 to begin. Riders can give team-mates a push to start.

This process is then repeated until rider 6 crosses the line.

Riders must complete the whole track, and keep to the outside of all corners/changes of direction.

*Pursuit*; Teams to compete on a grass track oval. Full team to begin the race positioned one in front of the other. With each passing lap the front rider leaves the track resulting in the last rider doing 6 laps and the front rider completing 1. Riders cannot overtake their team-mates. Times will be taken in order to award points for each race type.

**HELMETS MUST BE WORN!**

**Riders are responsible for bringing their own bikes and helmets. These will not be provided.**

## Scoring

Points will be awarded for performances in each race category depending on the number of teams, for example if 6 teams are competing the winners will receive 6 points, with last place earning 1 point. The team with the highest number of points wins. If scores are tied the highest score on the grass track pursuit wins.



# Gymnastics

|                        |  |
|------------------------|--|
| <b>Year Group (s)</b>  | <b>Y3&amp;4 (Key Steps 2)<br/>Y5&amp;6 (Key Steps 3)</b> |
| <b>Gender:</b>         | <b>Mixed</b>   |
| <b>Classification:</b> | <b>Empower</b>   |



## Format

A team for each age group is made up of 6 students, there is no ratio requirement for teams i.e. Full boys and or girls team is acceptable. Schools are to be scored for the performance of the whole team and not the individual. The scores from floor, body management and vault will be added to formulate the whole team result.

## Rules

Floor and body management exercises will be done as a team so a minimum of 3 gymnasts will undertake the performance together. Students will have the opportunity to practice their routines. Teams will be rotated in small groups around the activities with each child performing each activity. Key Steps routines need to be performed. These can be downloaded from [www.avssp.co.uk](http://www.avssp.co.uk), each child will need to have practiced and performed the vault, floor and body management sections.

Please advise students to bring a jumper with them to wear when not competing

## Scoring

Scores will be calculated across three main categories; knowledge of activity, technical application and effort to produce an overall team score. Judges will assess each performance



# Kwik Cricket

|                        |                |
|------------------------|----------------|
| <b>Year Group (s)</b>  | <b>Y5/6</b>    |
| <b>Gender:</b>         | <b>Mixed</b>   |
| <b>Classification:</b> | <b>Empower</b> |



## Format

Each round will be comprised of either a straight league or smaller groups with teams progressing to borough finals

## Rules

8 players in a team

*Batting & scoring:* The batting side shall be divided into pairs, each pair batting 2 overs, with a new pair starting at the end of the second, fourth and sixth overs.

Each team starts with a score of 200. Each time the batter is out 5 runs are deducted. New batters only begin every 2 overs not after each wicket. A batter may be out bowled, caught or run-out. There is no LBW law unless the batter deliberately blocks the ball with their leg/foot on numerous occasions. A ball which is too far wide for the batter to hit will be called a wide while a ball which bounces more than twice on the way to the batter or a ball which reaches the batter above waist height without bouncing shall be called a no ball. All wides and no balls will result in 2 runs being added. Repeated deliveries are only given for the very last ball of the innings.

*Bowling & Fielding:* Each player on the fielding team must bowl 1 over. Over-arm bowling is compulsory for the first ball but can underarm thereafter if required.

## Scoring

The team with highest score wins, in the event of a tie the team who took most wickets will win. If it is equal each player bowls the ball at the stumps (no batter) the team with the most hits are the winner.





# Kwik Cricket (girls)

|                        |                   |
|------------------------|-------------------|
| <b>Year Group (s)</b>  | <b>Y5/6</b>       |
| <b>Gender:</b>         | <b>Girls Only</b> |
| <b>Classification:</b> | <b>Emerge</b>     |



## Format

Teams are separated into groups or will play as one straight league depending on the number of entries.

## Rules

Minimum of 4 players in a team, 2 teams will then be combined to make a 'full team'; teams of 8 can be entered from one school.

*Batting & scoring:* The batting side shall be divided into pairs, each pair batting 2 overs, with a new pair starting at the end of the second, fourth and sixth overs.

Each team starts with a score of 200. Each time the batter is out 5 runs are deducted. New batters only begin every 2 overs not after each wicket. A batter may be out bowled, caught or run out.

There is no LBW law unless the batter deliberately blocks the ball with their leg/foot on numerous occasions. A ball which is too far wide for the batter to hit will be called a wide while a ball which bounces more than twice on the way to the batter or a ball which reaches the batter above waist height without bouncing shall be called a no ball. All wides and no balls will result in 2 runs being added. Repeated deliveries are only given for the very last ball of the innings.

*Bowling & Fielding:* Each player on the fielding team must bowl 1 over. Over-arm bowling is compulsory for the first ball but can underarm thereafter if required.

## Scoring

The team with highest score wins, in the event of a tie the team who took most wickets will win. If it is equal each player bowls the ball at the stumps (no batter) the team with the most hits are the winner.



# Mini Tennis

|                 |        |
|-----------------|--------|
| Year Group (s)  | Y3/4   |
| Gender:         | Mixed  |
| Classification: | Emerge |



## Format

Boys no.1 seeds will all play each other with the same repeated for Boys no.2 seeds, Girls no.1 seeds and Girls no.2 seeds. Players will all earn points for their team overall.

## Rules

Teams to consist of 4 players. 2 boys and 2 girls who should be seeded 1 and 2.

Games are played as first to 10 points, games can finish 10-9. *Serve*; each player is allowed 2 serves before it changes hands. There are no second serves, if a player faults with a serve the point goes to the other player. Let's can be called on serve if the ball hits the net and goes over. No lets are called during general game play. The first serve of the two should be from the right-hand side, with the second of the two serves from the left. Serves should go diagonally across court. Serves can be played either in the traditional overhead method, underarm volley or underarm using a bounce. Players must stand behind the back line when serving, returning players can stand anywhere.

The games will be played within the doubles badminton court (widest white lines) on every shot including the serve. If the ball bounces twice on either side the point goes to the other player.

## Scoring

Games are played first to 10. Players are awarded 3 points for a win, and no points for a defeat. These points are then added to the results of the other 3 players within their team to make up an overall team score. Highest team score wins.



# Netball High 5

|                        |              |
|------------------------|--------------|
| <b>Year Group (s)</b>  | <b>Y5/6</b>  |
| <b>Gender:</b>         | <b>Mixed</b> |
| <b>Classification:</b> | <b>Excel</b> |



## Format

Teams will be put into two small groups with each team playing each other within their group. A knockout round/final will then be played to decide the winners

## Rules

Squads should consist of a minimum of 7 and a maximum of 9 players, with 5 on court at any one time. Max of 2 boys on court. Maximum of 2 boys in a squad of 7, or 3 boys in a squad of 8/9. Games are to be split into 2 halves, players must rotate positions every half. On field positions are: GS, GA, C, GD, GK. Each player will play in every position. Boys cannot occupy both shooting positions at any time.

Centre pass is taken alternately; all players must be in their area. Players must pass/shoot within 4 seconds of receiving the ball.

Footwork: A player's landing foot cannot be moved until they have released the ball; it can only be rotated to pivot.

A player is offside when entering an area of the court they are not allowed to. Netball is a non-contact sport. Goals can only be scored by GS or GA. Free passes are awarded for any of the above offences. Penalty pass/shot is awarded for obstruction/contact in the shooting area.

High 5 Netball rotations **MUST** be followed by all teams and can be downloaded from [www.avssp.co.uk](http://www.avssp.co.uk)

## Scoring

Teams are awarded 5 points for a win, 3 for a draw, 2 for a loss by scoring 75% or more of the winning teams' points, 1 for a loss by scoring 50%-74% of the winning score, 0 points for less than 50%.



# Orienteering

|                        |               |
|------------------------|---------------|
| <b>Year Group (s)</b>  | <b>Y4-6</b>   |
| <b>Gender:</b>         | <b>Mixed</b>  |
| <b>Classification:</b> | <b>Emerge</b> |



## Format

Teams to compete at the same time running a 16-control course in the form of an odds/even relay. Teams will attempt to be the first to visit all the controls correctly

## Rules

Teams of 4 students with either single sex or mixed teams.

Schools can enter a maximum of 3 teams.

Teams will be split into two pairs, with only one pair at a time on the course.

One pair will attempt to collect even numbered controls while the other pair will aim to collect all the odd numbered controls.

One pair will be appointed the starting pair and will take to the start line where they will be given a map of all the controls. This pair will then visit one of their controls (either odd or even depending on the pair) and mark their scorecard. They will then return to the holding area where the other pair will be waiting and tag them in. The new pair will then go in search of one of their controls (odd or even) before returning to the holding area and so on. Each pair will visit one control before swapping over in a relay format. When the whole team believes they have visited all the controls correctly the report to the scorers.

## Scoring

The team with the most markers in the fastest time will be declared the winners. This will be monitored by the orienteering equipment to ensure accuracy, and all results will be checked by SSP staff before a winner is declared. The highest number of markers will take priority over time. For example, a team with 16 markers in 40 minutes will finish above a team with 15 markers in 30 minutes



# Quadkids Athletics

|                 |       |
|-----------------|-------|
| Year Group (s)  | Y5/6  |
| Gender:         | Mixed |
| Classification: | Excel |



## Format

Four or five boys and four or five girls to compete as a team. There are four events – 75m sprint, 600m run, vortex javelin throw and standing long jump. Teams will rotate around the activities and will be scored on each

## Rules

Each athlete will participate and be scored in each of the four events. Individual performances are recorded and scored using a points table which calculates points automatically.

The scores of the top 4 boys and top 4 girls over the four events for each team are added together to give the overall team score. The team with the highest cumulative points score wins.

## Scoring

Athletes are awarded points for their performances in each of the four disciplines which are calculated by a Quadkids spreadsheet. These points are based on the quality of the performance against national average scores. The team with the highest number of points across their best four girls and boys will win.



# Rowing

**Year Group (s)** Y5/6

**Gender:** Mixed

**Classification:** Emerge



## Format

A variety of indoor rowing races (team and individual) will be run using Concept 2 rowing machines. Races will be shown on a large screen allowing students to track their progress throughout the race. Points will be awarded to school teams depending on their performances in each race

## Rules

Teams of 8 students are required – 4 girls and 4 boys. Schools will be able to nominate students to compete in individual races against students from the opposing teams. Boys only, Girls only and Whole team relay races will also be available to ensure every student can race in an inclusive environment. Some races will require students to race for a set amount of time, whilst others require the athletes to reach a certain distance. The winner of each race will score maximum points with further points being handed out to each competitor – points will be added to each school's team total

## Scoring

Teams are awarded points depending on their performances in both relay and individual races. Where schools have been split into two heats the times/distances will be recorded to allocate points. The team with the highest number of points is the winner





# Sportshall Athletics (small schs)

**Year Group (s)** Y3/4 & 5/6

**Gender:** Mixed

**Classification:** Empower



## Format

Athletics competitions based on both individual and team performances. Event consisting of 3 field events followed by a series of relay races.

## Rules

Teams consist of 4 boys and 4 girls as a minimum. With a maximum of 6 boys and 6 girls

All athletes will complete field events in Standing Long Jump, Chest Push and Speed Bounce before the track events.

Track events consist of:

4x1 Obstacle relay (Separate Boys/Girls races)

4x1 Hurdle relay (Separate Boys/Girls races)

4x1 flat relay (Separate Boys/Girls races)

8x1 flat relay (Whole school race) N.B this race is subject to time and will not be scored

## Scoring

Teams will be given a points total in each event to represent how they did compared to the other teams. For example, of there are 9 teams the highest scoring team for the chest push will get 90 points, the second place 80 points etc. This is repeated across all events and combined for each team's total.



# Sportshall Athletics (medium schs)

**Year Group (s)** Y3/4 & 5/6

**Gender:** Mixed

**Classification:** Empower



## Format

Athletics competitions based on both individual and team performances. Event consisting of 3 field events followed by a series of relay races.

## Rules

Teams consist of 6 boys and 6 girls as a minimum, with a maximum of 8 boys and 8 girls

All athletes will complete field events in Standing Long Jump, Chest Push and Speed Bounce before the track events.

Track events consist of:

4x1 Obstacle relay (Separate Boys/Girls races)

4x1 Hurdle relay (Separate Boys/Girls races)

6x1 flat relay (Separate Boys/Girls races)

Whole team relay (N.B. this race is time dependent and will not be scored)

## Scoring

Teams will be given a points total in each event to represent how they did compared to the other teams. For example, of there are 9 teams the highest scoring team for the chest push will get 90 points, the second place 80 points etc. This is repeated across all events and combined for each team's total.



# Sportshall Athletics (large schs)

**Year Group (s)** Y3/4 & 5/6

**Gender:** Mixed

**Classification:** Empower



## Format

Athletics competitions based on both individual and team performances. Event consisting of 3 field events followed by a series of relay races.

## Rules

Teams consist of 6 boys and 6 girls as a minimum, with a maximum of 8 boys and 8 girls

All athletes will complete field events in Standing Long Jump, Chest Push and Speed Bounce before the track events.

Track events consist of:

4x1 Obstacle relay (Separate Boys/Girls races)

4x1 Hurdle relay (Separate Boys/Girls races)

6x1 flat relay (Separate Boys/Girls races)

Whole team relay (N.B this race is time dependant and will not be scored)

## Scoring

Teams will be given a points total in each event to represent how they did compared to the other teams. For example, of there are 9 teams the highest scoring team for the chest push will get 90 points, the second place 80 points etc. This is repeated across all events and combined for each team's total.



# Swim Gala

|                        |                |
|------------------------|----------------|
| <b>Year Group (s)</b>  | <b>Y5/6</b>    |
| <b>Gender:</b>         | <b>Mixed</b>   |
| <b>Classification:</b> | <b>Empower</b> |



## Format

Teams to compete in a series of races in different strokes and relays against other schools with points awarded in each race.

## Rules

Schools to book in advance to arrange one of the above time slots. Only 6 schools at a time can be accommodated due to pool size.

Entries limited to one team per school.

Teams of 12 are required. Teams should consist of 3 Y5 girls, 3 Y5 boys, 3 Y6 girls and 3 Y6 boys.

Four races are scheduled for each of the following strokes; front crawl, breast stroke, back stroke.

Each swimmer must swim one individual race.

Pairs races in the following format:

Y5 Front crawl, Y6 Front crawl

Y5 Breast stroke, Y6 Breast stroke

Y5 Back stroke, Y6 Back stroke

Each paired race should include one boy and one girl

Relay races then follow with a boys' relay (all 6 boys), a girls' relay and a whole school relay (all 12 swimmers). Any stroke permitted.

No diving is permitted from the shallow end. Swimmers must stay in their lane at all times.

**Schools responsible for ensuring all swimmers can swim a minimum of 25m.**

## Scoring

Points will be awarded in the following manner for each race: 1<sup>st</sup> place: 6 points (assuming all 6 lanes are full), 2<sup>nd</sup> place 5 points etc. Team totals are then tallied at the end to decide overall winner.



# Table Tennis

|                 |         |
|-----------------|---------|
| Year Group (s)  | Y4-6    |
| Gender:         | Mixed   |
| Classification: | Empower |



## Format

Teams will either be separated into smaller pools or put into one large league depending on entries. Boy's no.1 seeds will all play each other with the same repeated for Boys no.2 seeds, Girls no.1 seeds and Girls no.2 seeds. Players will all earn points for their team overall.

## Rules

Teams to consist of 4 players. 2 boys and 2 girls who should be seeded 1 and 2.

Games are played as first to 11 points, games can finish 11-10. *Serve*; each player is allowed 2 serves before it changes hands. There are no second serves, if a player faults with a serve the point goes to the other player. Let's can be called on serve if the ball hits the net and goes over. No lets are called during general game play. The serve must bounce once on the servers' side of the net before going over the net.

*Scoring*; points are scored on every serve. Players are encouraged to score their own games.

## Scoring

Games are first to 11. Players are awarded 3 points for a win, and no points for a defeat. These points are then added to their results of the other 3 players within their team to make up an overall team score. Highest team score wins.



# TAG Rugby

|                        |              |
|------------------------|--------------|
| <b>Year Group (s)</b>  | <b>Y5/6</b>  |
| <b>Gender:</b>         | <b>Mixed</b> |
| <b>Classification:</b> | <b>Excel</b> |



## Format

Teams will be grouped into small pools and allocated an area of the club where their group games will take place. From there knock-out rounds will be played with the highest placed schools qualifying for quarters/semis/final round.

## Rules

Teams of 8 with max squad size of 12.

Teams should field a minimum of 1 boy and 1 girl at any one time.

*Free Pass*; a free pass from the centre of the pitch will be used to start the game, and after each try scored. It is also used at the side of the pitch when the ball goes into touch or when the referee calls for a foul. The pass must go backwards; opponents must be at least 5m away from the free pass.

*Scoring*; to score a try the ball must be placed down behind the scoring line. 1 step is allowed after a tag if it is to score a try

*Passing*; passes must be backwards or sideways. Forward passes result in a free pass to the opposition

*Knock-on*; when played a knock-on results in a free pass to the opposition when the ball is dropped forward.

*The Tag*; players can dodge but cannot prevent their tags from being taken. Players cannot twist/spin to avoid being tagged.

When a ball carrier is tagged they have 3 seconds to pass the ball and one step to score a try once tagged. After being tagged the player must retrieve their tag before they re-join the game.

The tagging player must hand the tag back and not throw it.

*Offside*; defending players must be between their try line and the ball when intercepting, interceptions from ahead of the ball will result in a free pass.

## Scoring

Each try is worth 1 point; the team with the most points wins the game. Teams will be awarded 3 points for a win





# TAG Rugby (small schools)

|                 |       |
|-----------------|-------|
| Year Group (s)  | Y5/6  |
| Gender:         | Mixed |
| Classification: | Excel |



## Format

Teams will be grouped into small pools and allocated an area of the club where their group games will take place. From there knock-out rounds will be played with the highest placed schools qualifying for quarters/semis/final round.

## Rules

Teams of 8 with max squad size of 12.

Teams should field a minimum of 1 boy and 1 girl at any one time.

*Free Pass*; a free pass from the centre of the pitch will be used to start the game, and after each try scored. It is also used at the side of the pitch when the ball goes into touch or when the referee calls for a foul. The pass must go backwards; opponents must be at least 5m away from the free pass.

*Scoring*; to score a try the ball must be placed down behind the scoring line. 1 step is allowed after a tag if it is to score a try

*Passing*; passes must be backwards or sideways. Forward passes result in a free pass to the opposition

*Knock-on*; when played a knock-on results in a free pass to the opposition when the ball is dropped forward.

*The Tag*; players can dodge but cannot prevent their tags from being taken. Players cannot twist/spin to avoid being tagged.

When a ball carrier is tagged they have 3 seconds to pass the ball and one step to score a try once tagged. After being tagged the player must retrieve their tag before they re-join the game.

The tagging player must hand the tag back and not throw it.

*Offside*; defending players must be between their try line and the ball when intercepting, interceptions from ahead of the ball will result in a free pass.

## Scoring

Each try is worth 1 point; the team with the most points wins the game. Teams will be awarded 3 points for a win



# Triathlon

## Row, Ride, Run

|                        |              |
|------------------------|--------------|
| <b>Year Group (s)</b>  | <b>Y5/6</b>  |
| <b>Gender:</b>         | <b>Mixed</b> |
| <b>Classification:</b> | <b>Excel</b> |



### Format

Triathlon will take the form of a Row, Ride and Run.

Teams will be split into 3 groups to compete in a carousel of activities in which each pupil taking part in a Row, Ride and Run.

### Rules

Teams of 6 (3 girls, 3 boys)

Each pupil will complete each of the Row, Ride and Run elements of the triathlon.

**Row:** Pupils will use a concept2 rowing machine to complete this activity. Rowing a set distance, pupils will race to the finish the the quickest time they can.

**Ride:** Pupils will complete this element of the triathlon on a bike, cycling a set distance of a cyclo-cross course. Riders will cycle as part of a team relay (6riders) to earn a school time.

*Bikes will be available for each team; however riders are encouraged to bring their own helmet and bikes.*

**Run:** Pupils will run a cross-country style course, on a grass track with athletes earning a run time when they cross the line.

### Scoring

Athletes will earn 3 individual times (one from each discipline) a team total is their combined total finish time. Rankings will be in ascending order with the 1<sup>st</sup> placed team that with the lowest overall time.



# Tri Golf

|                        |               |
|------------------------|---------------|
| <b>Year Group (s)</b>  | <b>Y5/6</b>   |
| <b>Gender:</b>         | <b>Mixed</b>  |
| <b>Classification:</b> | <b>Emerge</b> |



## Format

Teams will play a 9-hole course set up to encourage striking, chipping and putting. Teams will play together with all teams starting on a different hole. Players may play alternate shots in smaller teams/pairs or may play each individual shot depending on the number on entries. Team with the lowest score wins

## Rules

Teams of 4 required, 2 boys and 2 girls.

A 9-hole golf course is used with players trying to get the ball into the hole in as few shots as possible.

Players will begin from a tee box for each hole aiming for the flag. Once close to the flag players will be able to putt the ball into an enlarged hole.

Each hole will contain hazards such as a bunker or water hazard. These will be represented by yellow or blue cones, if a player enters a hazard area he/she must place their ball inside an upturned cone and hit their next shot from there, to mimic the effect of being in a bunker.

The ball must be hit from where it has landed unless moved due to being in a hazard. Players must wait for each other to play their next shot, 2 players should not hit their shots at the same time.

The ball which is furthest from the hole should be played next.

## Scoring

Each golfer/team of golfers will be given a scorecard to record their own scores. A sports leader/staff member will travel around the course with each group to ensure that each score is tallied correctly. The team with the lowest overall score at the end of 9 holes will be the winner.



# SEN/D

## Competitions and Events



# Boccia Plus

**Year Group (s)**      **KS1 / KS2**

**Gender:**              **Mixed**

**Classification:**      **Plus**



## Format

Two separate competitions for KS1 and KS2  
Teams will be split into small pools or be put into one large league depending on the number of entries. Teams will then play each other in their league with the potential for a knock-out round to decide the winner.

## Rules

Teams of 3 are required. Boys or Girls.  
Schools can bring teams for both KS1 and KS2 but are limited to 2 teams per age group  
Boccia is a seated game similar to bowls with both teams trying to get their ball to finish as close to the 'jack' (white ball) as possible.  
Each player will be given 2 balls (6 for the team) with teams taking it in turn to roll/throw their ball toward the jack.  
Only one player can throw at any one time.  
If a ball leaves the playing area (approx. badminton court size) it is removed from the game.  
Players cannot leave their seats to play a shot, but the ball can be played however they wish (thrown, rolled, kicked, pushed), ramps can be provided for players with reduced dexterity.

## Scoring

After all the balls have been delivered the team closest to the jack wins the end. If the winning team has 2 balls closer than the losing teams closest ball they gain 2 points. Ends can be scored 1-0, 2-0, 3-0, 4-0, 5-0 or 6-0. Both teams cannot score on the same end. Games will be best of 3 ends with the score from each end added together to form the result.  
Teams will be awarded 3 points for winning a game

*Schools are encouraged to bring students on the SEN register who would not normally have the opportunity to represent their school in competition.*



# Dodgeball Plus

|                 |       |
|-----------------|-------|
| Year Group (s)  | Y5/6  |
| Gender:         | Mixed |
| Classification: | Plus  |



## Format

Schools will be separated into small groups or put into one Straight league depending on entries. Teams will then play one another leading to a knock out round/finals to decide the winner

## Rules

Games will be 6 per side with a max squad of 9.

The game starts with 4 balls in the middle of the court. On the referee's whistle player's race to collect the dodgeballs and then retreat past the back line.

The game is then live, the objective being to strike an opponent with a ball below the shoulders and without the ball bouncing. If a player is hit in this way he/she is out of the game.

Shots can be blocked using another ball or can be caught. If a ball is caught on the full the catching team can recall a player to the game and the player who threw the ball is out.

The game will be played inside a full badminton court. If a player leaves the court to avoid being hit they will be given out.

When one team has eliminated all the oppositions players they are the winner. A time limit will also be set for each game, at the end of this time the team with the most players remaining are the winners.

## Scoring

The winning team in each game will receive 3 points, 1 point for a draw, 0 for a defeat

*Schools are encouraged to bring students on the SEN register who would not normally have the opportunity to represent their school in competition.*



# Football Plus

|                        |              |
|------------------------|--------------|
| <b>Year Group (s)</b>  | <b>KS2</b>   |
| <b>Gender:</b>         | <b>Mixed</b> |
| <b>Classification:</b> | <b>Plus</b>  |



## Format

An informal festival of small sided games and skill based sessions aimed to increase participant's confidence and understanding of football.

## Rules

Ideally teams of 5 but we can be flexible to accommodate individual schools' requirements.

Games will be 5 a side where feasible.

Potential for a combination of skills stations and activities leading into the games.

Large goals will be used to encourage shooting and goal-scoring.

Exact rules will be decided on the day taking into account entries and individual needs

## Scoring

Teams will be awarded the following points for the participation in games:

Win = 3 points

Draw = 1 point

Loss = 0 points

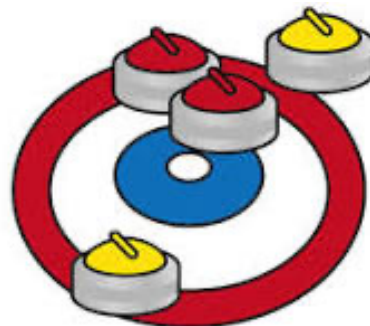
*Schools are encouraged to bring students on the SEN register who would not normally have the opportunity to represent their school in competition.*





# Kurling Plus

|                 |       |
|-----------------|-------|
| Year Group (s)  | KS2   |
| Gender:         | Mixed |
| Classification: | Plus  |



## Format

Schools can bring up to 6 student. A festival format of different fixtures/mini games.

## Rules

*Kurling*; A game similar to its on-ice equivalent. Two teams compete to slide their 'stone' toward a target with the team finishing the game closest to the centre winning. Teams are allowed to bash the other stones out of the way!

Variations and mini skill games will be played to help children's development.

## Scoring

The event is in a festival format with no overall champion, however, some of the activities can be scored on individual games

*Schools are encouraged to bring students on the SEN register who would not normally have the opportunity to represent their school in competition.*



# Multi Sport Festival Plus

**Year Group (s)**      **KS1 / KS2**

**Gender:**              **Mixed**

**Classification:**      **Plus**



## Format

Two separate events for KS1 and KS2. Schools can bring up to 6 students for each age group. A festival format of different inclusive sports will be available with fixtures/mini games in each

## Rules

The sports played will be suitable for those with limited mobility and physical capabilities and may include;

*Boccia*; seated game similar to bowls with many variations

*Seated Volleyball*; Volleyball over a lowered net, while seated on the floor. Using a large, light ball with flexible rules and formats.

*Goalball*; An invasion game involving two teams. The object of which is to bowl the ball past your opponent and into the goal. For some students, the game can be played blindfolded as the ball is designed to make a sound whilst moving.

*Polybat*; is a disability sport that takes the form of a bat and ball game, played on a table tennis table with the net removed and with side barriers added.

## Scoring

The event is in a festival format with no overall champion, however, some of the activities can be scored on individual games

*Schools are encouraged to bring students on the SEN register who would not normally have the opportunity to represent their school in competition.*



# Rowing Plus

|                        |              |
|------------------------|--------------|
| <b>Year Group (s)</b>  | <b>Y5/6</b>  |
| <b>Gender:</b>         | <b>Mixed</b> |
| <b>Classification:</b> | <b>Plus</b>  |



## Format

A variety of indoor rowing races (team and individual) will be run using Concept 2 rowing machines. Races will be shown on a large screen allowing students to track their progress throughout the race. Points will be awarded to school teams depending on their performances in each race

## Rules

Teams of 6 students are recommended however we can be flexible to individual school's needs.

Schools will be able to nominate students to compete in individual races against students from the opposing teams. Paired races and Whole team relay races will also be available to ensure every student can race in an inclusive environment.

Some races will require students to race for a set amount of time, whilst others require the athletes to reach a certain distance. The winner of each race will score maximum points with further points being handed out to each competitor – points will be added to each school's team total

## Scoring

Teams are awarded points depending on their performances in both relay and individual races. Where schools have been split into two heats the times/distances will be recorded to allocate points. The team with the highest number of points is the winner



# Sportshall Athletics Plus

|                 |       |
|-----------------|-------|
| Year Group (s)  | KS2   |
| Gender:         | Mixed |
| Classification: | Plus  |



## Format

An opportunity to take part in field events such as standing long jump, speed bounce and chest push followed by a series of running races.

## Rules

Teams of 6 students, however we can be flexible to individual school's needs.

Every student will take part in each of the 3 field events with an average score being calculated for the team for each one. Teams will then take part in running races including some of the following:

Obstacle relay

Hurdle relay

Flat 1 lap

Exact races will be decided depending on needs of students

## Scoring

Teams will be given a points total in each event to represent how they did compared to the other teams. For example, if there are 9 teams the highest scoring team for the chest push will get 90 points, the second place 80 points etc. This is repeated across all events and combined for each team's total.

*Schools are encouraged to bring students on the SEN register who would not normally have the opportunity to represent their school in competition.*



# Panathlon

|                 |       |
|-----------------|-------|
| Year Group (s)  | KS2   |
| Gender:         | Mixed |
| Classification: | Plus  |



## Format

Teams of 6 students, however we can be flexible to individual school's needs.

Panathlon is an opportunity to take part in a variety of inclusive sports such as;

Parachute popcorn, polybat, precision bean bag, new age kurling, boccia blast, flight path, skittles, slam dunk, and table cricket.

All activities will be played to an adaptive set of rules and scoring based on the pupil's individual needs and ability.

Panathlon is delivered in a festival-based format, with no overall winning team or individual, however some scores may be recorded to allow pupils to beat their own Personal Best or given a target to beat.

*Schools are encouraged to bring students on the SEN register who would not normally have the opportunity to represent their school in competition.*



# KS1 & KS2

## Festivals and Conferences



# Dance Platform

**Year Group (s)**      **KS1 / KS2**

**Gender:**              **Mixed**

**Classification:**      **Emerge**



## Format

Performances open to KS1 and KS2 with schools required to submit songs to AVSSP at least 1 week prior to the platform. A running order will then be produced for the evening.

## Rules

Dance platforms coincide with the end of terms giving schools time to practice a routine/performance

Only one performance is allowed per group/individual with a limit per school determined by the interest in the event (usually 3 or 4 per school)

Song choices cannot be altered at the last minute as a playlist will have been put together in advance.

Performances can be in any style of dance but schools are responsible for ensuring the dance and song is appropriate.

## Scoring

Performances will not be formally judged as the platforms are an opportunity for students to express themselves through dance





# Rounders Festival

|                        |               |
|------------------------|---------------|
| <b>Year Group (s)</b>  | <b>Y4-6</b>   |
| <b>Gender:</b>         | <b>Mixed</b>  |
| <b>Classification:</b> | <b>Emerge</b> |



## Format

Teams will take part in small sided skill games and activities. Schools will then have the opportunity to play a section of non scored friendly games against each other.

## Rules

Teams to consist of 9 players.

- One team bats while the other team fields and bowls.
- The bowler bowls the ball underarm to the batter who hits the ball anywhere on the rounders pitch. The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is running towards.
- If the batter hits the ball backwards then they must wait at the 1st post until a fielder returns the ball to the forward area. Once in the forward area the batter can decide whether to run around the next post or not.
- If the batter reaches the 2nd or 3rd post in one hit, the batting team scores half a rounder. If the batter reaches 4th post in one hit, the batting team scores a rounder.
- Only one batter can wait at 1st, 2nd or 3rd post when it is not safe to run.
- A batter is out if the fielding team catch the ball hit by the batter before it touches the ground or by touching the post the batter is heading to with the ball before the batter reaches it.

## Scoring

The event is a festival with no overall winning team or individual, but scores will be kept on individual matches to show progress.



# Tennis Festival

|                 |        |
|-----------------|--------|
| Year Group (s)  | Y3/4   |
| Gender:         | Mixed  |
| Classification: | Emerge |



## Format

Informal festival themed around tennis and general racket skills aiming to develop confidence and competence in racket sports.

## Rules

Teams to consist of 6 players.

Activities will include games designed to support grip, movement, racket control and hitting both with and without a net.

Skills stations, coaching, drills and tennis matches will be used to increase participant confidence in racket sports throughout the session.

## Scoring

The event is a festival with no overall winning team or individual but scores will be kept on individual matches to show progress.



# TAG Rugby - Mega Festival

**Year Group (s)** Y3/4

**Gender:** Mixed

**Classification:** Emerge



## Format

Event will be formed of a combination of skills stations, games and activities which aim to increase confidence and competence in Rugby. Latter part of the event will take the form of an informal competition using the below rules.

## Rules

Teams of 5 with max squad size of 8.

*Free Pass*; a free pass from the centre of the pitch will be used to start the game, and after each try scored. It is also used at the side of the pitch when the ball goes into touch or when the referee calls for a foul. The pass must go backwards; opponents must be at least 5m away from the free pass. No free pass can be taken closer than 5m to the try line.

*Scoring*; to score a try the ball must be placed down behind the scoring line. 1 step is allowed after a tag if it is to score a try  
*Passing*; passes must be backwards or sideways. Forward passes result in a free pass to the opposition

*The Tag*; players can dodge but cannot prevent their tags from being taken. Players cannot twist/spin to avoid being tagged. When a ball carrier is tagged they have 3 seconds to pass the ball and one step to score a try once tagged. After being tagged the player must retrieve their tag before they re-join the game. The tagging player must hand the tag back and not throw it.

*Offside*; defending players must be between their try line and the ball when intercepting, interceptions from ahead of the ball will result in a free pass.

## Scoring

Each try is worth 1 point; the team with the most points wins the game. Teams will be awarded 3 points for a win



# TAG Rugby - Girls Mega Festival

|                        |                   |
|------------------------|-------------------|
| <b>Year Group (s)</b>  | <b>Y3/4</b>       |
| <b>Gender:</b>         | <b>Girls Only</b> |
| <b>Classification:</b> | <b>Emerge</b>     |



## Format

Event will be formed of a combination of skills stations, games and activities which aim to increase confidence and competence in Rugby. Latter part of the event will take the form of an informal competition using the below rules.

## Rules

Teams of 5 with max squad size of 8.

*Free Pass*; a free pass from the centre of the pitch will be used to start the game, and after each try scored. It is also used at the side of the pitch when the ball goes into touch or when the referee calls for a foul. The pass must go backwards; opponents must be at least 5m away from the free pass. No free pass can be taken closer than 5m to the try line.

*Scoring*; to score a try the ball must be placed down behind the scoring line. 1 step is allowed after a tag if it is to score a try  
*Passing*; passes must be backwards or sideways. Forward passes result in a free pass to the opposition

*The Tag*; players can dodge but cannot prevent their tags from being taken. Players cannot twist/spin to avoid being tagged. When a ball carrier is tagged they have 3 seconds to pass the ball and one step to score a try once tagged. After being tagged the player must retrieve their tag before they re-join the game. The tagging player must hand the tag back and not throw it.

*Offside*; defending players must be between their try line and the ball when intercepting, interceptions from ahead of the ball will result in a free pass.

## Scoring

Each try is worth 1 point; the team with the most points wins the game. Teams will be awarded 3 points for a win



# QuickSticks Hockey Festival

**Year Group (s)** Y3/4

**Gender:** Mixed

**Classification:** Emerge



## Format

Informal festival themed around hockey and general stick and coordination skills aiming to develop confidence and competence in Hockey.

## Rules

Teams to consist of 4 players, max squad size of 8.

Activities will include games designed to support grip, movement, stick control, passing, tackling and shooting skills stations. coaching, drills and mini 4v4 matches will be used to increase participant confidence in hockey throughout the session.

## Scoring

The event is a festival with no overall winning team or individual, but scores will be kept on individual matches to show progress.

