



BASKETBALL

AGE GROUP: Years 7, 8 & 9 (separate competitions)

DATE: Boys - Thursday 22nd November 2018

Girls – Thursday 29th November 2018

VENUE: King Edward VII Science & Sport College / Castle Rock High School

TIME: 4.00pm – 5:30pm

GENDER: Boys / Girls – separate competitions

NUMBER OF PUPILS: 5 players on court at any one time, up to 10 players in a squad

TARGET GROUP: All pupils are eligible to play

FORMAT:

- Half court games.
- Schools will play against each other on a round robin basis.
- Games will be played for approximately 10 minutes (5 minutes per half), depending upon the number of schools entering.

RULES:

- Each game is started by a jump ball in the centre circle and begins when the ball is tapped in by one of the jumpers.
- A basket counts as 2 points.
- A basket from a free throw counts as 1 point.
- After a basket, play is re-started by the opponents from any point behind the baseline.
- Only half court man to man defence will be permitted (no full court press).
- No contact is allowed.
- One step is allowed while holding the ball.
- One dribble is allowed – (a dribble is a continuous bouncing action).
- Players may be substituted at any time during the game on a rolling subs basis.
- For all other regulations, games will be played under England Schools Basketball Rules
- Each player will be permitted a max of 3 fouls – 4th foul = out of game

EQUIPMENT: Schools are asked to bring numbered vests where possible (reversible if possible to avoid colour clashes).

PROGRESSION: All competitions progress to Team Leicestershire county playoffs. Please note that some rules and regulations are different for the level 3 playoffs.



DODGEBALL

AGE GROUPS & DATES:

Year 7 & 8/9- Boys Thursday 6th December 2018

Year 7 & 8/9- Girls Thursday 13th December 2018

VENUE: Ibstock Community College

TIME: 4.00pm – 5.15pm- (May vary dependant on entries)

GENDER: Boys and Girls – separate competitions on different days.

NUMBER OF PUPILS: 6 players on court at any one time, maximum 10 players in a squad.

TARGET GROUP:

- All pupils are eligible to take part.
- Schools should aim to engage pupils that haven't represented their school at (level 2) inter school competition.
- Depending of the number of schools entering, there may be the capacity for B & C teams. (Please indicate if you would like to bring more than one team in any age group / gender and we will get back to you to let you know if this is possible)

FORMAT:

- Schools will play against each other in a round robin format.
- Games will be played on a badminton size court.

The object of the game is to eliminate all opposing players by getting them OUT. This may be done by;

- Hitting the opposing player with a LIVE thrown ball below the shoulders
- Catching a LIVE ball thrown by the opposition before it touches the ground.
- If a player is out they can return to live play if a member of their team catches a live ball.

DEFINITION: LIVE: a ball that has been thrown and has not touched anything, including the floor, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc).

BOUNDARIES: During play all players must remain within the boundary lines. Players may leave and enter the boundaries through their end line only to retrieve balls.

THE OPENING RUSH: 3 balls are placed along the centre line. Players start behind the end line, touching the wall and on the official's start they 'rush' in and collect any of the balls. They must then ensure that they pass the ball backwards to a member of their team before they are allowed to strike the opposition.

TIMING AND WINNING A GAME: The first team to legally eliminate all opposing players will be declared winners. A 3 minute time limit applies to games and if neither team has been eliminated by the end of the minutes, the team with the greater number of players remaining will be the winners.

EQUIPMENT: NWLSSP will provide appropriate balls for the competition. All students must wear PE kit with all jewellery removed and long hair tied back.



Team Leicestershire Girls Football Qualifiers

Date: Tuesday 11th December 2018

Time: 9.00-11.00am

Venue: Ivanhoe College

Age Group: Year 7 & Year 8/9

Gender: Female

Number of pupils:

Under 12 (Y7) 9-a-side

Under 14 (Y8 & Y9) 11-a-side

Rules: Full rules will appear on the Team Leicestershire website under the Football section - <http://www.teamleicestershire.org/ssa/team-leicestershire-football>

Officials: NWLSSP will try to supply referees to help at this event however, in the event that this is not the case teachers will be required to officiate the games.

Pathway: The winning team from each age group will progress to represent NWLSSP at the Team Leicestershire County Playoffs. Date and Venues TBC.