



Girls and Boys Futsal

DATE:

- **Girls Year 7/8** Wednesday 8th January 2020 @ Newbridge, 3.30pm-5.30pm
- **Girls Year 9** Wednesday 15th January 2020 @ Newbridge, 3.30pm-5.30pm
- **Boys Year 7/8** Wednesday 22nd January 2020 @ Newbridge, 3.30pm-5.30pm
- **Girls & Boys Year 9/10** - Wednesday 29th January 2020 @ Newbridge, 4- 5pm

NEW for 2019/20

Y7/8 Boys
Y9/10 Boys

(NB: BOTH of these are allocated as Development Competitions – Please see guidelines below on player selection)

Development Competitions are a strand of competitive school sport where the focus is to increase the number of individual pupils that represent schools. These competitions provide the opportunity for less engaged students, or those that are engaged but are perhaps less talented in traditional sports, to participate in non-traditional competitions. The ideal model for this is that the pupils that represent a school in the 'Performance Competitions' would not be eligible to play in 'Development Competitions'.

This competition tier is a relatively new addition but is mostly based on existing sports. Where previously many schools have entered say, football and rugby players into dodgeball competitions, we aim to limit this so that other pupils may have the opportunity to represent their school at sport, rather than the most talented few monopolising the competition offer.

With this in mind, it is strongly requested that schools try to ensure their TL Boys Futsal Teams DO NOT include players from their First XI Football Teams but rather players that wish to engage with Football and / or Futsal but do not get any other opportunity to do so in school.

If you have any questions regarding this, please do not hesitate to contact: Liam Drake
Sports Development Officer Leicester-Shire and Rutland Sport l.drake@lrsport.org 01509
564865 / 07394 567814

Key Dates

Area competitions must be completed by 31st January 2020.

Finals Nights will be held on the following dates:

Year 7/8 Girls Finals – 26th February 2020, 3.45pm-6pm @ Crown Hills CC
Year 9/10 Girls Finals – 27th February 2020, 3.45pm-6pm @ Crown Hills CC
Under 18 Girls Finals – 6th February 2020, 3.30pm-6pm (@ WQE Regent Rd – Venue TBC)
Year 7/8 Boys Finals – 24th February 2020, 3.45pm-6pm @ Crown Hills CC
Year 9/10 Boys Finals – 28th February 2020, 3.45pm-6pm @ Crown Hills CC



FA Futsal Rules (simplified version)

Outlined below are an abridged version of the FA Rules to provide a simple introduction to the principles of Futsal, and to assist in differentiating the game from other versions of 5-a-side football.

The Pitch

Futsal is played on a marked pitch and the ball can go out of play Head Height. There are no height restrictions

Substitutions

Up to 12 players can be used in one match and there is no limit on how long a player must stay on or off the pitch. Players must enter and leave the field of play from in front of the respective team's bench.

Kick In

In order to restart the game after a ball has gone out of play the ball is kicked back into play from the touchline and from corners. The ball must be placed stationary on the touchline and the feet of the player taking the kick-in must not cross the line.

The Four Second Rule

For kick-ins, free kicks, goal clearances and corner kicks the player in possession of the ball has 4 seconds to restart play which the referee will count with their fingers in the air. If play isn't restarted within four seconds possession is surrendered to the opposing team. The goalkeeper is not allowed to control the ball for more than 4 seconds in his/her own half.

The Five Metre Rule

Players are required to keep 5m from the player in possession of the ball on free kicks, corners, goal clearances, kick-ins and penalties.

Goalkeepers

Goalkeepers are allowed to come out of and players are allowed to go into the penalty area. A restart from the goalkeeper must be thrown out, but the goalkeeper can use their feet to distribute the ball from open play.

Back Passes

Once the goalkeeper has played the ball he/she cannot touch the ball again unless an opposition player has touched the ball or if the goalkeeper is passed the ball in the opponent's half.

Red Cards

If a player is sent off then the team to which the player belongs must remain with 4 players until either two minutes have passed, or the opposition have scored a goal.

Accumulated Fouls

Each team will be allowed to give away 5 direct free kicks in each half of the game, then on the sixth foul a direct kick will be awarded to the opposing team and the defending team is not allowed to position any players (other than the goalkeeper) between the ball and the goal. The kick may be taken from the 10m mark or, if the foul was committed closer to the goal than the 10m mark, then the kick may be taken from the position where the foul took place.



SWIMMING GALA KS3

DATE: Tuesday 28th January 2020

TIME: 09:15 – 11:00 (09:30 first race)

VENUE: Ibstock Community College Pool

AGE GROUP: Years 7,8 & 9

GENDER: Mixed teams

NUMBER OF PUPILS:

- Minimum of 4 boys & 4 girls for open (pathway) competition, open to swimmers in Y7,8,9.
- Pupils can swim in a maximum of 3 open individual events + 1 relay
- Minimum of 2 boys and 2 girls per year group for NWLSSP events.
- Pupils can swim in a maximum of 2 NWLSSP individual events + relay
- *Pupils can swim in both NWLSSP and Open events (limitations do not apply across both events. i.e. an individual swimmer can compete in 2 NWLSSP individual events, and 2 individual Open events).*

TARGET GROUP: All pupils are eligible to take part in the gala (no stipulation on club swimmers)

FORMAT: The gala will include 25M NWLSSP year group events as well as 50M open events, which are the same as those in the level 3 School Games competition, and the winner of the level 2 open competition will progress to level 3.

Events: See order of events & team declaration sheets.

RULES:

- Pupils must touch the poolside with BOTH HANDS together at the finish, turn and change-over of all breaststroke & butterfly events
- To avoid disqualification in relays the outgoing swimmer must wait for the incoming swimmer to touch the side of the pool before pushing off.

EQUIPMENT: Pupils will need to wear appropriate swim wear and a swimming hat.

GOGGLES – Goggles are not permitted unless teachers have received written permission for them to do so.

ADDITIONAL INFORMATION: Please bring the team declaration form with you.

PROGRESSION: The school with the most points overall will win the NWLSSP shield. The school with the most points in the OPEN events will represent NWLSSP in the School Games Organiser lead level 3 on Thursday 15th May 2020 3.30pm – 5.30pm at Uppingham School Sports centre.



SWIMMING GALA 2020 ORDER OF EVENTS

9:10am	Warm up			
9:30am	1 Length	BREASTSTROKE	YEAR 9	GIRLS
9:32am	1 Length	BREASTSTROKE	YEAR 8	GIRLS
9:34am	1 Length	BREASTSTROKE	YEAR 7	GIRLS
9:36am	2 Length	BREASTSTROKE	OPEN	GIRLS
9:38am	1 Length	BREASTSTROKE	YEAR 9	BOYS
9:40am	1 Length	BREASTSTROKE	YEAR 8	BOYS
9:42am	1 Length	BREASTSTROKE	YEAR 7	BOYS
9:44am	2 Length	BREASTSTROKE	OPEN	BOYS
9:46am	1 Length	BACKSTROKE	YEAR 9	GIRLS
9:48am	1 Length	BACKSTROKE	YEAR 8	GIRLS
9:50am	1 Length	BACKSTROKE	YEAR 7	GIRLS
9:52am	2 Length	BACKSTROKE	OPEN	GIRLS
9:54am	1 Length	BACKSTROKE	YEAR 9	BOYS
9:56am	1 Length	BACKSTROKE	YEAR 8	BOYS
9:58am	1 Length	BACKSTROKE	YEAR 7	BOYS
10:00am	2 Length	BACKSTROKE	OPEN	BOYS
10:02am	1 Length	FREESTYLE	YEAR 9	GIRLS
10:04am	1 Length	FREESTYLE	YEAR 8	GIRLS
10:06am	1 Length	FREESTYLE	YEAR 7	GIRLS
10:08am	2 Length	FREESTYLE	OPEN	GIRLS
10:10am	1 Length	FREESTYLE	YEAR 9	BOYS
10:12am	1 Length	FREESTYLE	YEAR 8	BOYS
10:14am	1 Length	FREESTYLE	YEAR 7	BOYS
10:16am	2 Length	FREESTYLE	OPEN	BOYS
10:18am	2 Length	BUTTERFLY	OPEN	GIRLS
10:20am	2 Length	BUTTERFLY	OPEN	BOYS
10:23am	6 X 1 Length	MIXED BREASTSTROKE RELAY	1 girl & 1 boy from each year group	
10:28am	6 X 1 LENGTH	MIXED BACKSTROKE RELAY	1 girl & 1 boy from each year group	
10:33am	4 x 2 LENGTHS	FREESTYLE RELAY	OPEN – 2 girls and 2 boys from any year group	
10:38am	4 X 2 LENGTHS	MEDLEY RELAY	OPEN – 2 girls and 2 boys from any year group to swim 2 lengths each – you can choose who does which stroke: backstroke, breaststroke, butterfly, freestyle	



NWLSSP KS3 SWIMMING GALA TEAM DECLARATION FORM

SCHOOL: _____

Swimmers can compete in any event for their year group and any OPEN events, which do not have an age limit.

No competitors can swim in more than 2 age group events + 1 relay, & 3 open events + 1 relay

<u>EVENT</u>	<u>YEAR</u>	<u>BOYS</u>	<u>GIRLS</u>
1 L BREASTSTROKE	9		
1 L BREASTSTROKE	8		
1 L BREASTSTROKE	7		
2 L BREASTSTROKE	OPEN		
1 L BACKSTROKE	9		
1 L BACKSTROKE	8		
1 L BACKSTROKE	7		
2 L BACKSTROKE	OPEN		
1 L FREESTYLE	9		
1 L FREESTYLE	8		
1 L FREESTYLE	7		
2 L FREESTYLE	OPEN		
2 L BUTTERFLY	OPEN		
6 X 1 LENGTH BREASTSTROKE RELAY	9		
	8		
	7		
6 X 1 LENGTH BACKSTROKE RELAY	9		
	8		
	7		
4 X 2 LENGTHS MEDLEY RELAY	OPEN		
	OPEN		
4 X 2 LENGTHS FREESTYLE RELAY	OPEN		
	OPEN		



Boys and Girls Badminton KS3

DATE: 12th February 2020

TIME: 3.30pm-5.30pm (first game to start at 3.30pm)-arrive from 3.15pm

VENUE: Castle Rock and King Edward VII Sports Hall

Boys to take place in KE and girls in CRHS- teams are to head straight to the relevant hall.

YEAR GROUP (S): KS3 team

GENDER: Boys and Girls separate competitions

TEAM SIZE: Minimum of 4 in a team, maximum of 5 (Reserve) in a squad

Format

- Schools are to rank players 1-4 with 1 being the strongest. The selected players shall be arranged in order by their singles strength.
- Only 4 players may compete in any one match
- Each match will consist of 5 games: 2x singles and 3x doubles
- All games will be to 21points- no setting/extended play.
- Round robin format.

The winning team will be decided as follows:

- Most matches won. If this does not produce a winner, the following rules apply:
- If 2 teams are tied, the winner of the match between them;
- If 3 or more teams are tied, the team with greater games difference;
- If 2 teams are then tied, the winner of the match between them;
- If 3 or more teams are still tied, then the team with greater points difference;
- If 2 teams are then tied, the winner of the match between them.

Substitutes- if you have 5 players and you want to use them in a particular fixture they must fill in for the player ranked 4th.

For example if you place your no.2 ranked player as the reserve for a particular match, the reserve would take the place off the no.4 ranked player and everybody else would move up 1 rank.

- If a player withdraws during a game then that game is conceded and the 5th player may be substituted in for further games in that match.
- Matches will be officiated by the players



Match Order:

Each active player should play 2 games in each match.

- Game 1) Singles No.1 ranked players
- Game 2) Doubles the two players not selected for singles (**singles matches 1&3**)
- Game 3) Singles No.2 or 3 ranked player chosen for singles
- Game 4) Doubles First singles player + either one of the non-singles player
- Game 5) Doubles second singles player + the other non-singles player

Scoring and Service

- Call out score after each point
- If the servers score is even serve from the right if the score is odd serve from the left.
- Serves must be underarm, shuttle struck below your bottom rib.
- **Singles court**- long and thin - side tram lines are always out, back tram line is always in even when you serve.
- **Doubles court** - back tram lines only out when serving, but in the game they are in. Side tram lines in all the time.

Equipment

- Bring own rackets and shuttles for practicing- SSP will provide shuttles for matches
- Appropriate clothing and footwear
- A filled water bottle and no jewellery



Team Sheet- Bring 2 copies for each team

1x team manager

1x event organiser

To be filled out and given to organiser at the start of event

Name of School:	
Team Manager:	

Team:	<i>(delete as appropriate)</i>	
	Girls / Boys	Years 7/8/9

Rankings

Please follow these guidelines when making team nominations:

- Teams will consist of 4 players;
- Players must be ranked in strict order of singles playing ability.

Rank	First Name	Surname	School Year
1			
2			
3			
4			
Reserve			

(Highest ranked at the top)



Match Score Sheet- to be filled out and signed by both teams before giving to organiser after each match

Order of Play:

- 1st Game:** Singles (No.1 ranked player in the team)
- 2nd Game:** Doubles (the 2 players not selected for a singles game)
- 3rd Game:** Singles (No. 2 or 3 ranked player chosen for singles)
- 4th Game:** Doubles (first singles player + either one of non-singles players)
- 5th Game:** Doubles (second singles player + the other non-singles player)

Event: *(tick as appropriate)*

Boys Years 7/8/9	<input type="checkbox"/>
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Girls Years 7/8/9	<input type="checkbox"/>
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School names:

	vs	
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Game	Player / Pair Names	Scores	Player / Pair Names
1			
2			
3			
4			
5			
Total score in Points			
Total score in Games			
Winning Team			

Team Managers signature: *(to verify scores are correct)*

Print name:	Print name:
Sign:	Sign:



Secondary Sports Hall Athletics

AGE GROUP AND DATE:

- Year 7 – Wednesday 26th February 2020
- Year 8 – Wednesday 4th March 2020
- Year 9 – Wednesday 11th March 2020

TIME:

- 16:00 – 17:30

VENUE:

- Castle Rock High School

GENDER:

- Boys and girls (separate competitions)

NUMBER OF PUPILS:

- Minimum of 5 girls and 5 boys with a maximum of 8 girls and 8 boys

TARGET GROUP:

- All students are eligible to compete

FORMAT:

- Each athlete may compete in a maximum of three track and two field events, drawn from the following:

Track events (different number of athletes per event, see entry sheet)

- 2 Lap Individual race (A & B runners)
- 4 Lap Individual race (A & B runners)
- 6 Lap Individual race (A runner only)
- 8 Lap Paarlauf (2 runners competing together)
- 4 x 1 Lap Sprint relay (4 runners)
- 4 x 2 Lap Sprint relay (4 runners)

Field events (2 athletes per event)

- Shot put
- Speed Bounce (30 seconds)
- Standing Long Jump
- Standing Triple Jump
- Vertical Jump

PROGRESSION:

The winning year 7 girls' team, year 7 boys' team, year 8 girls' team and year 8 boys' team from these competitions will represent NWLSSP in the level 3 Super Series 31st March 2020 at Uppingham School Sports Centre



Secondary Orienteering

<u>DATE:</u>	31 st March 2020
<u>TIME:</u>	10am – 2.30pm with times allocated (TBC)- approx. 90mins from start to finish
<u>VENUE:</u>	Donisthorpe Woodlands
<u>YEAR GROUP (S):</u>	KS3 & KS4
<u>GENDER:</u>	Mixed teams
<u>TEAM SIZE:</u>	Initial limit of 10 pupils per school (increasing dependant on entries) At least 1 member of staff will need to attend and will be asked to help patrol the course while your team is competing

Leadership Opportunity: We will require 8-10 young leaders to help at this event from start to finish. Once they have finished leading they will be allowed to complete the course/compete if they would like. The SSP will be able to cover staffing and transport for schools that are providing leaders.

Rules

- Pupils will be set off at intervals in pairs.
- Results announced for each pair.
- School results = 4 highest scoring pairs.
- 10 points per control
- Minus 5 points for each minute over the 30 minute time limit

Format

- A network of points (controls) are planned across a mapped site.
- Teams start and finish at the same place, with start times staggered.
- Pairs will be given a copy of the course map.
- Pairs have an electronic “dibber” to show they have visited a control. (Each dibber cost £40 if lost, this is payable by the school)
- The aim is for teams to visit as many marked controls and return to the finish line in under 30mins.
- Controls can be visited in any order.

On Arrival

On arrival you will need to sign in and provide the SSP with a list off all the children you have competing. No children’s names will be required before the event but we will need a copy to keep while the children are competing, this will be returned to you after the event and will only be used in an emergency. This document will follow in the pre event email.

Map Walk

In order to speed up the preparation process, increase children’s understanding prior to the day and due to reduction in core SSP staffing, schools will be sent a video of the map walk and start line which children must be shown before arriving. Teachers will also need to do the map walk with their teams.

During the event

Due to the size of this event each school will be required to provide 1 members of staff to patrol a section on the course for the 25/30 mins that their school is competing. This is a necessity for all schools.

Equipment:

- **EACH PAIR WILL NEED A STOPWATCH/WATCH**
- Appropriate outdoor clothing (as it traditionally rains) including:
 - Waterproof coat

- Footwear to run on grass, mud, and hard surfaces
 - Warm clothing in case of cold weather
 - Full leg covering clothes
 - Change/Dry clothes or warm coat to travel back to school
 - Drinks and additional items as required.
- NWLSSP & Leicestershire Orienteering Club will provide maps, checkpoints and all associated event equipment.
- We ask that all schools wear distinctive clothing so that your children can be identified on the course- Bibs, school branded clothing etc.