



## North West Leicestershire School Sports Partnership

### Autumn term booklet 2021-22

The following competition structure will enable more individual young people to represent your school in sport or physical activity at a level that is appropriate to their interests and competencies. Each competition has been allocated to a tier, with a description of the tiers as follows. Please ensure that you are aware of the tier of competition so that you can select your teams appropriately.

Performance Competition	<p>Performance based competitions catering for the most talented athletes and teams that your school can field, subject to some eligibility criteria (e.g. National Governing Body age restrictions on competitions). These competitions are an opportunity to showcase the sporting prowess of your school and for teams to progress to County finals and in most competitions to Regional and National finals. We would advocate an 'in it to win it' approach to team selection for these competitions, however this does not mean that schools with 'weaker' sides should not enter as the local SSPAN and County Final structure will allow each school to perform at their relevant level as it has done so in the past.</p>
Development Competition	<p>A newly branded 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', though we understand that there may be some crossover for smaller schools.</p> <p>This competition tier is a new addition but is mostly based on existing sports. Where previously many schools have entered 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. The number of competitions has therefore not increased, but the new focus caters for an increase in the number of individual pupils that participate.</p> <p>The structure and format of these events may differ slightly with the potential introduction of alternative scoring and adapted rules implemented to assist with the provision of a more appropriate level of competition for the participants involved.</p>
Engagement Festival	<p>Competitions / Events that have the potential for different pupils, outside of the above competition pathways to represent their school in an event that is first and foremost about taking part and developing skills through sport. (Both physical and sport-transferable skills as well as life skills).</p>



## **Competition Intent**



Some event pages will feature a section called competition intent. These events will be run with the intent of developing one or more of the skills outlined below.

### **To develop character and life skills**

Young people do not always see or access the wider benefits from taking part in competitive sport. This theme shows that designing a competition around the process rather than focusing on the outcome (single measure of success) can help develop the children and young people's character and life skills.

### **To develop different sport specific skills**

A school sport competition should be a learning environment for the young people. It is very common that young people attending competitions may still need to develop their skills further. Incorporating skill development within a competition is an excellent way for the young people to learn and help them to understand how the skills link to the game itself. This can support the development of Physical Literacy for all young people and should not be seen as an approach only for younger less able pupils.

### **To engage new audiences**

Young people have different motivations to taking part in sport. Enjoyment is the biggest driver for activity (Active Lives Children and Young People Survey, Sport England, 2019).

### **To improve health**

If a single measure of success acts as a demotivator – utilising different approaches and celebrating success that is relative to the individual can help motivate and improve health.

### **To increase motivation**

Young people are motivated to take part in sport and competition for a variety of different reasons. Understanding your young people's motivations is the key to this theme. Designing competitions to increase a young person's motivations is a great way to ensure they continue to participate in the future.

### **To foster social connections**

Young people grow and mature at different rates, which has shown to impact on their performance in sport. Sport is typically played in chronological age groups but current research would suggest until the age of nine or ten, a child's month of birth can have an impact on selection within sport (relative age effect). Biological maturation is known to be a predictor of a young person's fitness and performance; young people who are advanced in maturation are likely to be identified as those with talent. However, young people who mature earlier are likely to play to their strengths (i.e. size, strength and power), meaning that they are less likely to develop their tactical and technical skills. Late maturers are often overlooked as being too small and therefore not provided with opportunities.

### **To develop physical skills**

Sport, physical activity and competition provides opportunities for young people to develop physical literacy skills in a fun environment at a level that is appropriate to them.

### **To support individual development in sport**

Sport can have a positive impact on developing young people as individuals. Whether a competition is for teams or individuals, there is still the opportunity to focus on individual development. This theme highlights the process of learning and values development of the young person rather than the result of the competition.



## Year 5/6 Tag Rugby

**Performance Event- Refer to page 1 for more information**

- Dates and Venues:** Wednesday 29<sup>th</sup> September 2021 – Ashby Rugby Club (LE65 1DP)  
Thursday 30<sup>th</sup> September 2021 – Coalville Rugby Club (LE67 5PF)
- Time:** 12pm – 5.30pm
- Age Group:** Year 5/6
- Gender:** Teams must have a minimum of 4 boys and 4 girls in the squad, with at least 2 boys and 2 girls on the pitch at all times.
- Number of Pupils:** Teams of 8-a-side, max squad of 12 (limit of 1 team per school).
- Target Group:** All pupils in the relevant age groups are eligible to compete.
- Final:** TBC after the event
- Format:**
- Schools will be put into pools and will play other schools in the pool in a round robin format.
  - Games will be two halves of a minimum of 6 minutes and a maximum of 10 minutes each way with 1 minute for half time. This may be changed dependent on number of entries.
  - In the pool stages, 3 points will be awarded for a win, 2 points for a draw and 1 point for a loss.
- Equipment:**
- Pupils will **need** to wear PE kit and **BOOTS**.
  - Each school will need to bring their own tag belts.
  - Appropriate clothing for outdoor activity is recommended.
  - Pupils will need to bring their own drinks.
- Rules:**
- See Below
- Pathway**
- All participants will be given information on Coalville RC and Ashby RFC on the day of the competition.
  - The winning school from the Ashby competition will play the winning team from the Coalville competition to crown a NWL winner.
  - There is no level 3 progression for this event.



## Tag Rugby Rules



**Rules video**- does not cover all rules but may help understand the main rules. <https://youtu.be/oCJvI0sm2NI>

**Accompanying rules slide** for video- <https://www.nwleics-ssp.org.uk/wp-content/uploads/2017/02/Rules-of-Tag-Rugby-1.pdf>

### **Ball Carrying**

- The ball must be carried in two hands and players must not obstruct the tags using the ball.

### **Free pass**

- A free pass from the centre of the pitch is used to start the game, and after every time a try is scored. It is also used at the side of the pitch when the ball goes out of bounds from where the referee determines.
- Free passes cannot be taken nearer than 7m from the goal line. The pass must go backwards to a member of the team starting 2m away from the taker. Opponents must be 7m away.

### **Scoring**

- To score a try the ball must be placed down behind the opponents scoring line (**no diving**).

### **Passing**

- Passes must be made sideways or backwards. If the ball is passed forward or handed to a team mate the opposition is awarded a free pass.
- All passes should have air between the passer, the ball and the catcher. If there is no air between the pass it will be deemed a grab and a free pass awarded to the opposition.
- The ball cannot be slapped or grabbed out of an opposing players' hands. If the ball is slapped/grabbed out of a player hands a free pass will be awarded.

### **The Tag**

- The tag is the removal of one of the tags from the ball carriers belt. The ball carrier can dodge but not prevent their tags being taken. Players must have 2 tags to be part of the game.
- When the ball carrier is tagged they must pass the ball within 3 seconds or 3 steps, the ball carrier has 1 step to score a try once tagged.
- After being tagged the player must retrieve and re-attach their tag before re-joining the game. The player making the tag must give the tag back to the player it came from and must not throw it on the floor.

### **Knock on**

- A knock on occurs when a player attempting to catch the ball fumbles or drops it forwards, a free pass is awarded to the opposition.

### **Offside**

- This is the hardest concept for the children to understand.
- An imaginary offside line is created horizontally across the pitch when a "tag" has been made.
- The defending team must get behind this line to continue playing and are only allowed over this line once the tagged player passes the ball.
- Defending players that cross this line and affect play are offside.
- This stops them from standing in passing lanes and pulling tags before receiving the ball.

### **Penalties (Turn Over)**

- Passing the ball forward/dropping the ball and it goes forward.
- Slapping, grabbing/snatching the ball off someone (your team or another team).
- Spinning to stop being tagged.
- Diving to score, pass or tag
- Contact in any form.

### **Free Pass**

- Being offside and interfering with play (catching the ball, tagging a player, gets in the way of a pass).
- Contact in any form.