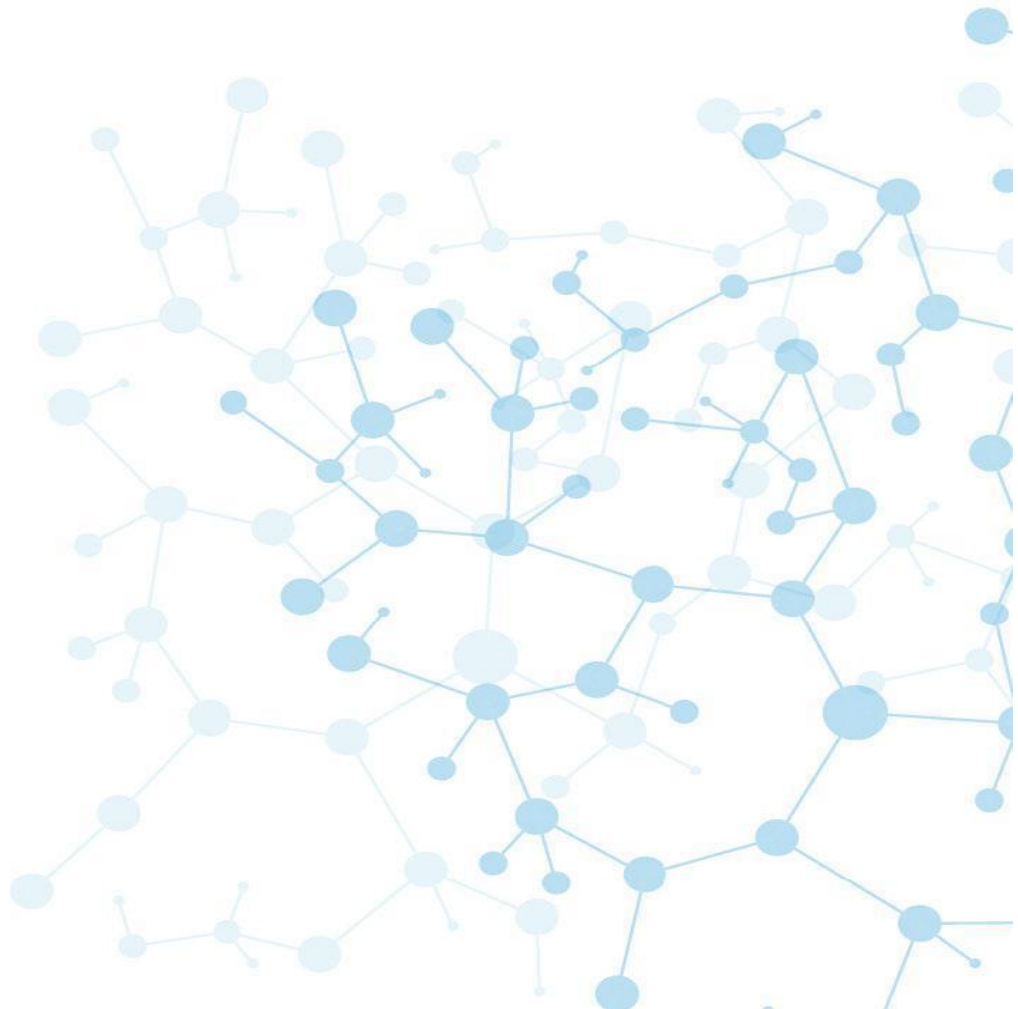


# BSME Games Handbook

Updated: May 2023 by the BSME Students Coordinator in consultation with the BSME HoPE Committee.

**2023-24**



# Table of Contents

<b>1 Preamble</b>	<b>8</b>
1.1 Purpose of the BSME Handbook	8
1.2 Co-opted HoPE Meeting	8
1.3 BSME Student Coordinator and BSME HoPE Committee	8
1.4 Procedures for updating the Handbook	8
1.5 Calendar Planning	9
<b>2 The Games</b>	<b>10</b>
2.1 Aims	10
2.2 Objectives	10
2.3 General Information	10
2.4 Host School Selection	10
2.5 Age Eligibility	11
2.5.1 Primary - U11 Large Games and U11 Small Games	11
2.5.2 Secondary – U13, U15, U19 Games	11
2.5.3 All Games	12
2.6 Current Games Schedule	12
2.7 Games Attendance	12
<b>3 Essential Information for Participating Schools</b>	<b>13</b>
3.1 General Information	13
3.2 Accommodation	13
3.3 Payments	13
3.4 Insurance	14
3.5 Team Kit	14
3.6 Supporters	14
3.7 Codes of Conduct	14
3.8 Breach of the Codes of Conduct	14
3.8.1 Players	14
3.8.2 Parents and Spectators	14
3.9 Participants	14
3.10 Safeguarding	15
<b>4 Roles</b>	<b>15</b>
4.1 Officials and Marshalling	15
4.2 Venues	15
4.3 Disputes	15
4.4 Awards Rationale	16
4.5 Awards Full List	16
4.6 BSME Website	19
4.7 Scoring	19

<b>5 U11 Games</b>	<b>20</b>
5.1 General Information	20
5.2 Competition Format	20
5.3 Pool Format	20
5.4 Event Listings	21
5.5 Laws, Rules and Regulations	21
5.6 Athletics - General	21
5.6.1 Entries and point allocations - School entries	21
5.6.2 Entries and point allocations - Individual entries	21
5.6.3 Track and Field Rotation	22
5.6.4 Point allocations	22
5.6.5 Events Offered	22
5.6.6 Officials	22
5.7 Athletics - Track	23
5.7.1 The Start	23
5.7.2 The Races	23
5.7.3 False Starts	23
5.7.4 The Finish	23
5.7.5 Relay Races	23
5.7.6 Finals	24
5.7.7 Substitutions/Injury	24
5.8 Athletics - Field	24
5.8.1 High Jump	24
5.8.2 Long Jump	25
5.8.3 Standing Triple Jump	25
5.8.4 Shot Putt	25
5.8.5 Turbo Javelin	25
5.9 Netball	26
5.9.1 Umpires	26
5.9.2 Duration of the game	26
5.9.3 Format of the tournament	25
5.9.4 Points	26
5.9.5 Golden Goal Rule	27
5.9.6 Offside	27
5.9.7 Over a Third	27
5.9.8 Height of goal	27
5.9.9 Number of players	27
5.9.10 Out of court	27
5.9.11 Ball	27
5.9.12 Starting or restarting the game	27
5.9.13 Playing the ball	28

5.9.14 Footwork	28
5.9.15 Scoring a goal	28
5.9.16 Toss up	28
5.9.17 Free pass	28
5.9.18 Obstruction	29
5.9.19 Contact	29
5.9.20 Penalty pass	29
5.9.21 Substitution	29
5.9.22 End of the Game	29
5.10 Football	30
5.10.1 General Information	30
5.10.2 Rules	30
5.10.3 League Positions	30
5.10.4 End of the Game	30
5.10.5 Football Order of Play	30
5.11 Basketball	31
5.11.1 Duration of the game	31
5.11.2 The Game	31
5.11.3 Full Court Press	31
5.11.4 In bound passes	31
5.11.5 Defence	32
5.11.6 Free throws	32
5.11.7 Turnover ball	32
5.11.8 Ball size	32
5.11.9 Referees	32
5.11.10 Height of hoop	32
5.11.11 Substitution	32
5.11.12 Fouls	32
5.11.13 Scoring	32
5.11.14 League Positions	32
5.11.15 End of the game	33
5.12 Swimming	33
5.12.1 General Information	33
5.12.2 Events	33
5.12.3 Procedures	34
<b>6 U13 &amp; U15 Games</b>	<b>37</b>
6.1 General Information	37
6.2 Competition Format	37
6.3 Pool Format	37
6.4 Event Listings	38

6.5 Laws, Rules and Regulations	38
6.6 Athletics - General	38
6.6.1 Entries and point allocations - School entries	38
6.6.2 Entries and point allocations - Individual entries	38
6.6.3 Track and Field Rotation	38
6.6.4 Point allocations	39
6.6.5 Events Offered	39
6.6.6 Officials	39
6.7 Athletics - Track	39
6.7.1 The Start	39
6.7.2 The Races	40
6.7.3 False Starts	40
6.7.4 The Finish	40
6.7.5 Relay Races	40
6.7.6 Finals	40
6.7.7 Substitutions/Injury	41
6.8 Athletics - Field	41
6.8.1 High Jump	42
6.8.2 Long Jump	42
6.8.3 Triple Jump	42
6.8.4 Shot Putt	43
6.8.5 Turbo Javelin	42
6.9 Netball	43
6.9.1 Umpires	43
6.9.2 Duration of the game	43
6.9.3 Format of the tournament	43
6.9.4 Points	43
6.9.5 Golden Goal Rule	44
6.9.6 Offside	44
6.9.7 Over a Third	44
6.9.8 Height of goal	44
6.9.9 Number of players	44
6.9.10 Out of court	44
6.9.11 Ball	44
6.9.12 Starting or restarting the game	45
6.9.13 Playing the ball	45
6.9.14 Footwork	45
6.9.15 Scoring a goal	45
6.9.16 Toss up	45
6.9.17 Free pass	46
6.9.18 Obstruction	46
6.9.19 Contact	46

6.9.20 Penalty pass	46
6.9.21 Substitution	46
6.9.22 End of the Game	47
6.10 Football	47
6.10.1 General Information	47
6.10.2 Rules	47
6.10.3 Key rules:	47
6.10.4 League Positions	47
6.10.5 End of the Game	48
6.10.6 Football Order of Play	48
6.11 Volleyball	48
6.11.1 General Information	48
6.11.2 General Rules	48
6.11.3 Key Rules	48
6.11.4 Execution of the Service	49
6.11.5 Pool Matches Point Scoring	49
6.11.6 Referee Assistance	49
<b>7 U19 Games</b>	<b>50</b>
7.1 General Information	50
7.2 Competition Format	50
7.3 Pool Format	50
7.4 Laws, Rules and Regulations	51
7.5 Netball	51
7.5.1 Umpires	51
7.5.2 Duration of the game	51
7.5.3 Format of the tournament	51
7.5.4 Points	52
7.5.5 Golden Goal Rule	52
7.5.6 Offside	52
7.5.7 Over a Third	52
7.5.8 Height of goal	52
7.5.9 Number of players	52
7.5.10 Out of court	53
7.5.11 Ball	53
7.5.12 Starting or restarting the game	53
7.5.13 Playing the ball	53
7.5.14 Footwork	53
7.5.15 Scoring a goal	53
7.5.16 Toss up	54
7.5.17 Free pass	54
7.5.18 Obstruction	54

7.5.19 Contact	54
7.5.20 Penalty pass	54
7.5.21 Substitution	55
7.5.22 End of the Game	55
7.6 Football	55
7.6.1 General Information	55
7.6.2 Rules	55
7.6.3 Key rules:	55
7.6.4 League Positions	56
7.6.5 End of the Game	56
7.6.6 Football Order of Play	56
7.7 Volleyball	56
7.7.1 General Information	56
7.7.2 General Rules	56
7.7.3 Key Rules	57
7.7.4 Execution of the Service	57
7.7.5 Pool Matches Point Scoring	57
7.7.6 Referee Assistance	58
<b>8 Codes of Conduct</b>	<b>59</b>
8.1 Players' Code of Behaviour	59
8.2 Parents' Code of Behaviour	59
8.3 Spectators' Code of Behaviour	59
8.4 Team Members' Code of Behaviour	59
8.4.1 As a Team Member	59
8.4.2 As a Guest in Hotels	59
8.5 Team Officials'/Teachers'/Coaches' Code of Behaviour	60
8.6 Sanctions	60
8.6.1 Sanction at the time of the event	60
8.6.2 Sanction at the time of the event due to inappropriate behaviour	60

# 1 Preamble

## 1.1 Purpose of the BSME Handbook

- Provide schools with the information essential to enable an informed decision as to whether a school is able to participate or host the U11, U13, U15, or U19 Games. When making this decision, it is important that the Principal and Head of PE has a thorough understanding of, and accept the recommendations detailed in this Handbook.
- Provide the Chairperson of the Committee responsible for organising the Games with a structure to help them with their planning.
- Provide the Games Sports Coordinator with the information necessary to organise the sports competitions.

## 1.2 Co-opted HoPE Meeting

- The annual meeting of co-opted Heads of PE (HoPE) and BSME Students Committee members provides the opportunity for both parties to agree recommendations for ongoing improvements to the structure and organisation of the BSME Games.
- The BSME HoPE Committee will officiate for BSME in conjunction with the BSME Students Events Lead and support the Games Host Coordinator with any issues related to Handbook guidance before, during or after the Games.

## 1.3 BSME Student Events Lead and BSME HoPE Committee

BSME HoPE Chair	Jonathan Coombs
BSME HoPE Vice-Chair (Games Lead & Oman)	Jeremy Wyre
Individual Sports Lead	Laura Brown
Country Lead: Bahrain	Rob Subbiani
Country Lead: Egypt & Jordan	Shaun Banham
Country Lead: Kuwait & Pakistan	David Bromage
Country Lead: Qatar	Martin Eldridge
Country Lead: Saudi Arabia	Gary Wambeek
Country Lead: UAE 1	Ryan Baker
Country Lead: UAE 2	Sonia Teodoro
BSME Students Coordinator	Rachel Thomas
BSME Student Executive Committee member	Giles Pruett

\*UAE 1 (Abu Dhabi, Ajman, Al Ain, Fujairah, Ras Al Khaimah, Sharjah & Umm Al Quwain)

\*UAE 2 (Dubai)

Any questions or queries should be raised to the BSME Students Lead by email ([students@bsme.org.uk](mailto:students@bsme.org.uk)).

## 1.4 Procedures for updating the Handbook

- The Handbook will be reviewed annually at the co-opted HoPE Meeting.
- The BSME HoPE Chair and Vice-Chair may make minor changes to the Handbook.
- The BSME HoPE Committee may make major changes to the Handbook.
- Proposals may be submitted to the BSME Students Leads at anytime throughout the year.



- Proposals for changes must be submitted before the meeting and included in the meeting agenda.
- For any local changes to the rules for the Games, proposals must be sent to the BSME Students Lead as soon as possible following the procedure below:
  1. Students Lead will send each host school the Handbook as a Google doc with comment only access.
  2. Host schools cannot delete or change any rules without BSME HoPE Committee approval.
  3. Host schools need to propose and suggest changes to the Handbook, e.g. a 300m athletics track, not a 400m track.
  4. BSME Students Lead will then send proposed changes to HoPE Committee for approval.
  5. Once approved by HoPE Committee, the Games Handbook will be communicated to the Host School.
  6. The Games Handbook will then be circulated to all Participating Schools of that particular Games.
- Any changes agreed by the HoPE Committee must be communicated to all participating schools at least 3 months prior to the event.

## 1.5 Calendar Planning

- From 2023-24 the Games Point System will be implemented, this is required to make sure that more of our member schools host our events and it is a shared responsibility i.e. not the same schools hosting each year.
- The BSME Students Lead will write to Heads of PE in September to enable schools to come forward and propose a Games that they would like to host.
- Host Schools will be allocated after a discussion with the HoPE Committee, with varying host countries taken into consideration for the academic year.
- BSME Country Representatives and the BSME Students and Executive Committees will meet at the BSME Annual Conference in March to finalise the hosting schools and agree proposals for the following years' BSME Students calendar.

## 2 The Games

### 2.1 Aims

- To provide students with a variety of sporting opportunities at an appropriate level for all member schools in a safe and competitive environment.

### 2.2 Objectives

- To ensure equal opportunity and participation to both boys and girls.
- To ensure the Games provide a learning experience in sportsmanship and in the value of healthy competition.
- To understand the value of the benefits of training in preparation for competition.
- To enable students to specialise in sports appropriate to their age group.
- To enable schools to be able to host by having sufficient flexibility to organise a programme appropriate to their particular environment and capabilities.

### 2.3 General Information

- It is important to emphasise that hosting a successful BSME event requires considerable commitment and support on behalf of the Senior Management and Governors of the school. Inevitably there will be cost implications for the school with regards to staff time and facilities.
- The overall coordination of the Games must be the responsibility of the host school through a person as nominated by the Principal. This designated person will chair a committee to organise the event, working closely with the host school's leadership team to utilise the expertise of the school community and with the support of the BSME official supporting organisers and the BSME Student Lead.

### 2.4 Host School Selection

#### **System that will be implemented from 2023-24**

- All BSME Games will have a maximum of x12 schools entered
- The x12 schools that are able to enter each games are the x12 schools with the highest ranking points
- These x12 schools are required to pay their deposits by 1st June 2023 and if the deposit has not been paid the 13th highest ranking school will be given entry and so on to 14th, 15th etc.
- The deposit required will cover all of the Games that each school is entering for the following academic year
- All stand alone BSME events are based on 1st come, 1st serve, 1st paid
- Points allocated as follows;

POINTS	
GAMES HOST	15
GAMES CO-HOST	7.5
OTHER EVENT HOST	10
OTHER EVENT CO-HOST	5
ONLINE HOST	5
PARTICIPATION	1
CANCEL/WITHDRAWAL	-2
LATE PAYMENT	-2
BEHAVIOUR	-2

### To begin 2023-24;

- For this first year of the points coming into play, if a school has no hosting points they are able to enter ONE games only if that Games is not at capacity. Schools with hosting points take priority over schools with no hosting points.
- Qatar schools will be allocated points based on the three years that they were able to host a BSME Event prior to the blockade
- Pre-allocation of points for two years ahead, i.e. 2023-24 & 2024-25, when the registration form opens
- New members are able to offer to host from 2023-24; they would be allocated their points when the registration form opens
- U11 Games Tiers - Three host schools are confirmed, giving us a capacity of x36 schools. Entry will be on the total number of students in Year 6 and split to a Small, Medium & Large Games.
- BSME Saudi Members - As we have received confirmation that any individual under the age of 18 entering Saudi is unable to obtain a visit visa unless they are accompanied by a parent it would not be feasible for Saudi schools to host in person events. Saudi members are exempt from the hosting point rule for the 2023-24 academic year and we will review this exemption on a year by year basis.

## 2.5 Age Eligibility

### 2.5.1 Primary - U11 Large Games and U11 Small Games

- To qualify for the U11 Games, the students must be U11 as of 01 September at the start of the academic year in which the games are due to take place.

#### U11 Games

The student must be 10 or under on the 31st August 2023

### 2.5.2 Secondary – U13, U15, U19 Games

- Students will compete at U13, U15, and U19 level. Age is again taken on 01 September in the year of the competition.

- Please refer to the examples given to calculate the age that a student should be in order to qualify for any of the BSME Games:

### U13 Games

The student must be 12 or under on the 31st August 2023

### U15 Games

The student must be 14 or under on the 31st August 2023

### U19 Games

The student must be 18 or under on the 31st August 2023

## 2.5.3 All Games

- Students must not, under any circumstances, participate in the Games if they are 'over age' irrespective of whether or not they are academically placed in participating age groups.
- Schools must enter all competitions over the two/ three days for any BSME Games event and must be able to submit teams of both boys and girls, with the exception of single sex Schools, who must discuss their participation with the Students Lead ahead of time. In the event that only one single sex school participates in a Games (i.e. boys only), the host school will be expected to enter a second team of the opposite sex, in order to even play.
- All participating student passports must be checked by the host school. Failure of a participating school to adhere to the BSME age rulings will have significant repercussions and BSME reserves the right to decide the severity of the penalty to be imposed.
- In the unlikely event of an athlete being 'over aged' the competition will continue and the team will be placed last or the school will have the opportunity to remove the athlete. For an individual competition such as athletics, participation points will be removed and the school will be scored zero for each of the events.

## 2.6 Current Games Schedule

<b>Under 19</b>	Term 1: November
<b>Under 15</b>	Term 2: End of January
<b>Under 13</b>	Term 2: Beginning of February
<b>Under 11</b>	Term 2: Beginning of March

## 2.7 Games Attendance

- It is compulsory for schools to be in the host country the evening before the Games commences to ensure athletes are well rested.
- Attendance at the Gala Lunch/Dinner is compulsory.

## 3 Essential Information for Participating Schools

### 3.1 General Information

- It is essential that all participating schools supply information efficiently and meet all deadlines on requests from Games host organisers.
- Non-payment of the USD3,000 non-refundable deposit by the set deadline will result in the school losing their place at the Games.
- Once a Games has been awarded all participating schools should do everything possible to promote and support the event to ensure its success.
- To ensure Games are fairly priced, participating schools must confirm final numbers to the host school at least 8 weeks in advance and make necessary payments by the date specified by the host school.

### 3.2 Accommodation

- It is the responsibility of participating schools to inform hosts organisers of any cultural differences with regard to sleeping arrangements and special dietary requests.
- All participating schools must comply with the expectations set by the host school/ event organisers and the hotel for the use of the accommodation. Children may be required to share double/queen/king-sized beds if there is a shortage of twin/single-bedded rooms, however due notice of this must be given to any visiting schools who may be affected by this.

### 3.3 Payments

- Games organisers will supply bank transfer details and participating schools must arrange prompt payment of invoices by the dates specified by the Games organisers.
- For all Games the participating schools are required to have returned their formal email of acceptance to participate in the Games. Schools will be required to pay an entry deposit in order to make commitments binding. The Games organisers, with the assistance of the BSME Students Coordinator, will determine deadlines for all payments.
- In the event of a school withdrawing, deposits will only be returned if a replacement school is found.
- Participating schools must forward payments within the deadlines indicated otherwise the Games organisers have the right to exclude them from the Games.
- Participating schools are responsible for the payment of all bank charges for both banks.
- Visas - Teams travelling overseas with students that require visas must source the relevant visa to secure entry. We will send out visa support documentation in due course, but please prepare your teams with possible replacements in case any visas are denied.
- Injury Replacements - Reserve athletes should also be organised and able to step in, in the event that an athlete is forced to pull out through injury or illness, as event fees are not recoverable when late cancellations are made.
- Cancellation Policy - Individual Participants
  - Cancellations received 60 days or more prior to departure will result in a 100% refund of the amount paid
  - Cancellations received 45-59 days prior to departure will result in a 75% refund of the amount paid\*
  - Cancellations received 30-44 days prior to departure will result in a 50% refund of the amount paid\*
  - Cancellations received 15-29 days prior to departure will result in a 25% refund of the amount paid\*
  - Cancellations less than 15 days prior to departure will result in no refund\*

\*If a suitable replacement is found by the Group Leader, it may be possible to substitute one traveller for another, however, any additional costs incurred as a result of such changes shall be borne by the Group.

### 3.4 Insurance

- Insurance of individual participants is the responsibility of each participating school.

### 3.5 Team Kit

- Participating schools should provide their students team representatives with a standard uniform. Where possible this uniform should be numbered.
- Students must remove jewellery for all activities. Participating schools are responsible for all of their personal belongings.
- Schools must ensure that sponsor logos are discrete and in keeping with the aims and objectives of the Games.

### 3.6 Supporters

- The host school/ Games organisers can arrange for parents to participate in the formal and social functions associated with the Games at their discretion.
- The participating schools are responsible for the coordination and collection of any payments relating to their parents attending the Games and should then make these payments to the Games organisers as requested.
- **All accompanying parents are required to acknowledge and adhere to the Codes of Conduct as per section 7 of this handbook.**
- Any unreasonable or late requests by parents may not be accepted by the Games organisers.

### 3.7 Codes of Conduct

- By attending a BSME Games individuals agree to abide by the Codes of Conduct.
- There are codes for players, spectators, parents, team members and team officials.
- Participating schools must ensure that all athletes, coaches, spectators and parents have read and acknowledged the relevant Codes.

### 3.8 Breach of the Codes of Conduct

#### 3.8.1 Players

- A breach of the Code of Conduct, in the opinion of team officials, may result in the player being banned from the remainder of the Games and may also result in the player being sent home by the first available transport. Parents and the student's school will be notified. Any additional expense incurred will be the responsibility of the parents. Further disciplinary action may be considered depending on the seriousness of the breach.

#### 3.8.2 Parents and Spectators

- A breach of the code of conduct, in the opinion of the Games Coordinator, may result in the individual being asked to leave the playing area, be banned from the event and even the remainder of the Games. Any additional expense incurred will be the responsibility of the individual concerned. Further action may be considered against the participating school by the host school depending on the seriousness of the incident.

### 3.9 Participants

- All BSME member schools are invited to apply to participate in the BSME Games.

### 3.10 Safeguarding

- Participating schools must ensure that the minimum ratio of 1:8 teachers to students is met at all times. The paid staff to student ratio has been reflected to 1:8 in section 3.
- All participating schools must review the host school's safeguarding policy and adhere to it.
- Photographs and images will be taken of students during the events. These images and video footage will be used by BSME, including but not limited to, our social media platforms and websites. It is the participating school's responsibility to inform their parents of this.
- Participating schools are responsible for advising the Games organisers and BSME if photography of certain students is not permitted.

## 4 Roles

### 4.1 Officials and Marshalling

- The Games require a considerable number of trained and experienced officials.
- For some schools with minimum specialist support, this aspect of the organisation of the Games can be very daunting. To help alleviate the strain on the host school and to share the experience we have within the organisation, each visiting school may be asked to provide help with officiating at the Games. Details will be supplied by the host school, who will make contact with the participating schools to request assistance as required.
- In order to facilitate the smooth running of the event, it is expected that each participating school is accompanied by at least 3 members of staff.
- Accompanying members of staff should have the ability to officiate the sports played within the event. One of these members of staff may be asked by the host school to officiate as required. It is important to bear this in mind when staffing arrangements are being made.
- Staff must not be asked to officiate matches involving their own school in the team events.
- Professional officials may need to be enlisted by the host school. The cost implications for this should be built into the participation fee.

### 4.2 Venues

- The Games Organisers will locate suitable venues and will complete a risk assessment to ensure venues are suitable and safe.

### 4.3 Disputes

- Where issues cannot be resolved or where issues arise which occur outside the remit of the sporting competition (e.g. a problem with a spectator) the Games Coordinator and the BSME Students Lead will work to resolve the issue.
- The HoPE representative selected for the Games should be consulted with any handbook guidance issues that arise before, during and after the Games.
- Other staff and spectators must not interfere directly with sports marshals/referees/officials and adhere to the code of conduct.
- Appeals must be sent through the BSME Student Lead to the BSME Students Committee.

### 4.4 Awards: Rationale

- All students should receive a token of participation. This includes but is not limited to: medals, miniature plaques, ribbons, a certificate.
- Individual student medals and team trophies should be awarded for the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place in all sports.
- Medals should only be ordered for the maximum number of squad players in that event e.g. 10 or 12 in U11 or U13/U15 netball. Only the squad for that sport should collect the medal.
- 1st, 2nd and 3rd place medals will be given to U13/U15 athletic squads. A maximum of 28 medals will be provided.
- 1st, 2nd and 3rd place medals will be given to U11 athletic squads. A maximum of 40 medals will be provided.
- An award or recognition should be given to the top girls and boys athletic squad. This is calculated separately and will not affect the overall points.
- There will be a 'Fair Play' award to the school exhibiting the best sportsmanship in overall sports during the Games. This is awarded at the discretion of the host school.
- There will be an overall winner trophy. The top three schools overall should be announced in reverse order at the final awards ceremony. Medals and trophies should be given to the top three schools and students.
- Player of the match will be announced at the end of each tournament. This will be voted by the officiating referees/umpires per game. The hosting school/ tournament organiser will collect and count the ballots.

## 4.5 Awards: Full List

		Individual Medals		Trophies	
		U19/U15/U13	U11	U19/U15/U13	U11
BSME UX Games Winners		28	40	1	1
BSME UX Games 2nd Place		28	40	1	1
BSME UX Games 3rd Place		28	40	1	1
Sportsmanship Award: Girls Football				1	1
Sportsmanship Award: Boys Football				1	1
Sportsmanship Award: Netball				1	1
Sportsmanship Award: Volleyball				1	1
Player of the Tournament: Girls Football				1	1
Player of the Tournament: Boys Football				1	1
Player of the Tournament: Netball				1	1
Player of the Tournament: Volleyball				1	1
Girls Athletics Team		12	18	1	1
Boys Athletics Team		12	18	1	1
Participation Medal		Every participant			
BSME UX Games: Girls Football Winners				1	1
BSME UX Games: Girls Football 2nd Place				1	1
BSME UX Games: Girls Football 3rd Place				1	1
BSME UX Games: Boys Football Winners				1	1



	BSME UX Games: Boys Football 2nd Place			1	1
	BSME UX Games: Boys Football 3rd Place			1	1
	BSME UX Games: Netball Winners			1	1
	BSME UX Games: Netball 2nd Place			1	1
	BSME UX Games: Netball 3rd Place			1	1
	BSME UX Games: Volleyball Winners			1	1
	BSME UX Games: Volleyball 2nd Place			1	1
	BSME UX Games: Volleyball 3rd Place			1	1
	BSME UX Games: Athletics Winners	28	40	1	1
	BSME UX Games: Athletics 2nd Place	28	40	1	1
	BSME UX Games: Athletics 3rd Place	28	40	1	1
	BSME U11 Games: Swimming Winners				1
	BSME U11 Games: Swimming 3rd Place				1
	BSME U11 Games: Swimming 2nd Place				1
<b>Individual Athletics Medals (2 medals = 1x Girls, 1 x Boys)</b>	Triple Jump Winner	2	2		
	Triple Jump 2nd Place	2	2		
	Triple Jump 3rd Place	2	2		
	Long Jump Winner	2	2		
	Long Jump 2nd Place	2	2		
	Long Jump 3rd Place	2	2		
	High Jump Winner	2	2		
	High Jump 2nd Place	2	2		
	High Jump 3rd Place	2	2		
	Shotputt Winner	2	2		
	Shotputt 2nd Place	2	2		
	Shotputt 3rd Place	2	2		
	Turbo Javelin Winner	2	2		
	Turbo Javelin 2nd Place	2	2		
	Turbo Javelin 3rd Place	2	2		
	800m Winner	2	2		
	800m 2nd Place	2	2		
	800m 3rd Place	2	2		
	400m Winner	2	2		
	400m 2nd Place	2	2		
400m 3rd Place	2	2			
100m Winner	2	2			
100m 2nd Place	2	2			
100m 3rd Place	2	2			

	200m Winner	2	2		
	200m 2nd Place	2	2		
	200m 3rd Place	2	2		
	4x100m Winner	8	8		
	4x100m 2nd Place	8	8		
	4x100m 3rd Place	8	8		
<b>Individual Swimming Medals (2 medals = 1 x Girls, 1 x Boys)</b>	100m Individual Medley: Winner		2		
	100m Individual Medley: 2nd Place		2		
	100m Individual Medley: 3rd Place		2		
	25m Freestyle: Winner		2		
	25m Freestyle: 2nd Place		2		
	25m Freestyle: 3rd Place		2		
	25m Breaststroke: Winner		2		
	25m Breaststroke: 2nd Place		2		
	25m Breaststroke: 3rd Place		2		
	25m Backstroke: Winner		2		
	25m Backstroke: 2nd Place		2		
	25m Backstroke: 3rd Place		2		
	50m Freestyle: Winner		2		
	50m Freestyle: 2nd Place		2		
	50m Freestyle: 3rd Place		2		
	50m Breaststroke: Winner		2		
	50m Breaststroke: 2nd Place		2		
	50m Breaststroke: 3rd Place		2		
	50m Backstroke: Winner		2		
	50m Backstroke: 2nd Place		2		
	50m Backstroke: 3rd Place		2		
	25m Butterfly: Winner		2		
	25m Butterfly: 2nd Place		2		
	25m Butterfly: 3rd Place		2		
	100m Freestyle: Winner		2		
	100m Freestyle: 2nd Place		2		
	100m Freestyle: 3rd Place		2		
	4 x 25m Freestyle Relay: Winner		8		
	4 x 25m Freestyle Relay: 2nd Place		8		
	4 x 25m Freestyle Relay: 3rd Place		8		
4 x 25m Medley Relay: Winner		8			
4 x 25m Medley Relay: 2nd Place		8			

	4 x 25m Medley Relay: 3rd Place		8		
	4 x 50m Freestyle Relay: Winner		8		
	4 x 50m Freestyle Relay: 2nd Place		8		
	4 x 50m Freestyle Relay: 3rd Place		8		

## 4.6 BSME Website

- Following the event the Games Coordinator is required to provide a short narrative of the event with accompanying photos, results and testimonials if applicable.
- Should the host school wish to publicise the event in advance on the BSME website they should send the relevant information in JPEG format to the BSME Student Events Lead.

## 4.7 Scoring

- Scoring for the event will be as follows (based on 16 schools):

	Netball	Girls Football	Boys Football	Basketball	Athletics
Place 1	16	16	16	16	16
Place 2	15	15	15	15	15
Place 3	14	14	14	14	14
Place 4	13	13	13	13	13
Place 5	12	12	12	12	12
Place 6	11	11	11	11	11
Place 7	10	10	10	10	10
Place 8	9	9	9	9	9
Place 9	8	8	8	8	8
Place 10	7	7	7	7	7
Place 11	6	6	6	6	6
Place 12	5	5	5	5	5
Place 13	4	4	4	4	4
Place 14	3	3	3	3	3
Place 15	2	2	2	2	2
Place 16	1	1	1	1	1

- Athletic points will be awarded for the boys and girls results combined. They must never be separated into two gender scores and added together, and are seen solely as one entity.
- The scores will adjust depending on the number of schools competing.
- After the last event the scores will be added up to provide final places which will be announced at the Gala Lunch/Dinner.

## 5 U11 Games

### 5.1 General Information

- All BSME schools are invited to apply to participate in the U11 Games.
- Schools are placed into groups depending on the size of the school in Year 6; this is done to provide the children with an appropriate level of competition.
- Entry will be on the total number of students in Year 6 and split; Small, Medium & Large Games.
- A school's size will be evaluated annually and groupings may be adjusted.
- Each sport within the Games will have a winning school, and one school will be defined as the overall 'Games' winner at the end of the weekend.
- The host school must allocate a separate individual purely for the checking of the results prior to publishing to participating schools. This should minimise errors and appeals.
- Where spectator space is limited, athletes will always take priority over spectators e.g. parents. Where possible, links should be set up for parents to be able to watch via a live stream.
- Lunch should not be scheduled into the itineraries, and lunches offered should be a nutritious packed lunch for students to eat when they wish/flexibility to fit in with their schedules.
- Coaches briefings will be held daily to review the following day's event and alert coaches to any important notices.

#### **BEST PRACTICE**

- Record scores on a laptop and project on to a TV monitor for schools and supporters to view throughout the event.
- Play music during intervals and between matches.

### 5.2 Competition Format

- Squad sizes are limited to a total of 36 students.
- Students will compete in five sports over three days. The sports will be decided by the host school.
- The sports that can be offered are athletics, football, netball, swimming and basketball.
- In athletics and swimming there are separate boys and girls competitions in each event.
- Netball allows a maximum squad size of 12 and all participants will be girls.
- Boys football allows a maximum squad size of 12 and all participants will be boys.
- Girls football allows a maximum squad size of 12 and all participants will be girls.
- Basketball allows a maximum squad size of 12 and participants should be boys.
- Each tournament will be played with schools in two pools followed by crossover play-offs.
- The format of the competition will be determined by the host school.

To determine the overall positions, points will be allocated as follows:

- Win 3 points
- Draw 1 point
- Defeat 0 points

### 5.3 Pool Format

In BSME games where there are 12 schools or less it is advised that for the team games there should be 2 pools. From these 2 pools the winning school (from each pool) will qualify for the semi finals. To ensure fairness with regards seedings the 2nd and 3rd place teams will play off in cross over matches to qualify for the semi final. For example:

- 2nd Pool A vs 3rd Pool B - the winner of this match should play the winner of group B in the semi final
- 2nd Pool B vs 3rd Pool A - the winner of this match should play the winner of group A in the other semi final

Where there are 16 teams there should be 4 groups of 4 teams. In each group the top team qualifies for the quarter final. Once again 2nd and 3rd place teams play off to ensure no group is stronger than others. For example

- 2nd Pool A vs 3rd Pool B - the winner of this match should play the winner of group C in the semi final
- 2nd Pool B vs 3rd Pool C - the winner of this match should play the winner of group D in the semi final
- 2nd Pool C vs 3rd Pool D - the winner of this match should play the winner of group A in the semi final
- 2nd Pool D vs 3rd Pool C - the winner of this match should play the winner of group B in the semi final

There will be similar play offs for the rest of the positions. The host school will determine the format of these 'play offs' depending on the total number of competing teams and the facilities/time available.

All pool formats must be sent to the HoPE Committee Vice Chair for approval before schedules are shared with participating schools.

## 5.4 Event Listings

- Each athletics event will have a Division A and Division B classification. Schools may have a maximum of one athlete in each Division.

## 5.5 Laws, Rules and Regulations

- The BSME Games Handbook must be used and adhered to for all aspects of the Games.
- As per section 1, any local changes to the rules for the Games must be sent to the BSME Students Lead as soon as possible after agreeing to host.
- Any changes agreed by the BSME Students Committee must be communicated to all participating schools at least 3 months prior to the event.

## 5.6 Athletics - General

### 5.6.1 Entries and point allocations - School entries

- 2 entries per school per event for all track and field events are allowed.
- Both entries from each school will be awarded points.

### 5.6.2 Entries and point allocations - Individual entries

- Each athlete is able to compete in a maximum of 2 track or field events, 1 other event and a relay.
  - E.g.: 2 track events, 1 field event and a relay
- OR
- 2 field events, 1 track event and a relay.

### 5.6.3 Track and Field Rotation

- Boys and girls should rotate between track and field. i.e. Girls will complete their track events whilst boys complete their field events, then switch over.
- High jump must take priority over all other field events.
- All track finals should take place with boys and girls present after their separate events.

### 5.6.4 Point allocations

All Events Point Allocation																								
Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th	21st	22nd	23rd	24th
Points	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

- Points awarded for the relays will remain the same as individual events.
- A results board should be visible for all participating schools and spectators.
- Each school will be allocated an event point total based on the position they are placed after merging the points obtained from both their A and B athletes.
  - Each event is scored separately.
  - In each event the total points (from the 2 athletes) will then be ranked to give a position for that event.
  - Points will then be awarded based on the ranked position achieved by the school.
  - This process will be repeated for each event.
- Schools will be allocated areas for their competitors around the field. Each school needs to ensure that they have adequate supervision for their team. Due to the confined space, students should remain in their designated areas unless going to an event.

### 5.6.5 Events Offered

U11	
Track	Field
75m	Long jump
150m	Standing triple jump
300m	High jump
600m	Shotputt
4 x 100m relay	Turbo javelin

### 5.6.6 Officials

- Each school must ensure that 1 member of staff is available to help with events if required. Schools should be informed of this prior to the competition.
- All decisions made at the athletic event will be at the discretion of the chief organiser and therefore no video or photographing will be allowed from coaches to be used as evidence.

## 5.7 Athletics - Track

### 5.7.1 The Start

- For long distance, “on your marks” followed by a whistle.
- For sprints, “take your mark, set” followed by a whistle.

### 5.7.2 The Races

- 75m, 150m and relays shall be run in lanes. Competitors should keep to their allotted lane from start to finish in these events.
- Any competitor jostling, running or walking across or obstructing another competitor so as to impede progress shall be liable to be disqualified.

### 5.7.3 False Starts

- The starter of individual athletic races events should be the most experienced official.
- In the event of a false start, the race must be restarted.
- Competitors must be aware of the ‘false start’ alarm
- An explanation must be given to the student that caused the false start.
- Competitors will be allowed two false starts; any additional false start is at the discretion of the Games Coordinator, but must keep the disruption to other competitors at a minimum.
- If competitors exceed the false start allowance, the race should continue but the offending competitor will be allocated last place.

### 5.7.4 The Finish

- The finish shall be a line 5cm in width drawn across the track at right angles to the inner edge.
- Two blue posts will denote the extremities of the finish line and shall be placed at least 30cm from the edge of the track.
- The competitors shall be placed in the order in which any part of the body i.e. torso (as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the edge of the finish line nearer to the start.

### 5.7.5 Relay Races

- The baton must be carried in the hand throughout the race. If dropped, the athlete who dropped it may leave the lane in order to retrieve the baton and recover it. Provided this procedure is adopted, no other athlete is impeded and by doing so the distance of the race is not lessened, dropping the baton shall not result in disqualification.
- Competitors after handing-over the baton should remain in their lanes until the course is clear to avoid obstruction to other competitors. Should any competitor willfully impede a member of another team by running out of position or lane at the finish of a stage that competitor is liable to cause the disqualification of his or her own team.
- On completion of the final leg the baton is to be handed to an official by the last runner.
- No competitor may run two sections for a team.
- A change over zone should be marked on the track (the distance will be at the discretion of the hosting school depending on the length of the track) If possible include change over judges.

### 5.7.6 Finals

- Finals will be held for the two shortest sprint distances (75m and 150m) and 4x100m relays.

### 5.7.7 Substitutions/Injury

- Substitutions should be made on trust, and it is the participating school's responsibility to ensure that athletes do not exceed the maximum entries allowed. Failure for school's to check this will result in a sanction.
- If the team cannot continue they will be offered last place in the finals unless they are able to replace an eligible athlete who is not involved in the other relay.
- Changes are allowed on the day of the Athletics event, communication will be completed by the participating school who will fill out the official change of entry sheet which will be signed by the PE teacher.
- Organisers should provide coloured paper sheets to all schools so changes are possible. If a student goes over his/her number of entries the points for the additional event will be zero.

## 5.8 Athletics - Field

- Events will be staggered. All competitors must take part in the event within the time allotted. Failure to do so could result in disqualification.
- Two athletes from each school for each event.
- In throwing or jumping for distance no competitor is allowed to have more than one go recorded in any one attempt of the competition.
- In the field events each competitor shall be allowed three attempts except high jump.
- Once the competition has begun competitors are not permitted to use the runways or takeoff areas for practice or warm up purposes nor are they permitted to use throwing sites for practice trials, with or without implements.
- Competitors must wear trainers for all events. Bare feet are not permitted.

### 5.8.1 High Jump

- High jump will take place in a suitable location. Where possible all field events will be on grass.
- Jumpers do not have to land on their feet. However a jumper should use a recognised High Jump technique. This will allow for a variety of jumping styles, not necessarily the scissors kick. Any clear illegal or dangerous techniques will be pointed out to a competitor and disqualification will only occur for safety reasons.
- One-foot take off is required.
- The height of the bar will start at 90cm for both boys and girls and the bar will be raised 5cm between each round. The competitors shall be informed of this before the competition begins.
- Competitors may commence jumping at any of the heights above the minimum height and may jump at their discretion at any subsequent height.
- Elimination will be after 3 consecutive failed attempts per height.
- Even after all the other competitors have failed, a competitor is entitled to continue until he or she has forfeited the right to compete further and the best jump shall be recorded as the winning height.
- After the competitor has won the competition the heights to which the bar is raised shall be decided after the judge of the competition has consulted the wishes of the competitor.
- Ties shall be decided by counting back. The competitor with the fewest failures in the previous height and then the height before, etc. will be the winner. (i.e. two athletes clear 1.40m but on countback athlete A cleared 1.35 first time whilst athlete B cleared it second time then athlete A is the winner.)



### 5.8.2 Long Jump

- Competitors will be allowed three jumps each.
- A run up shall be allowed.
- Competitors shall be credited with the best of all their attempts
- In the case of a tie, the second best performance of the competitors tying shall determine the result. If the tie still remains, the third best jump will be decisive and so on. If the tie still remains the competitors shall share the position.
- The takeoff shall be from the white line or take off board as marked.
- The back of the heel of the jumper's trainers is measured from the takeoff line or where the competitor's body landed closest to the takeoff line. If the competitor falls back after landing it is this mark that is to be measured.
- The distance shall be recorded to the nearest 1cm below the distance measured if that distance is not a whole centimetre.

### 5.8.3 Standing Triple Jump

- Competitors will be allowed three jumps each.
- Competitors shall be credited with the best of all their attempts.
- In the case of a tie, the second best performance of the competitors tying shall determine the result. If the tie still remains, the third best jump will be decisive and so on. If the tie still remains the competitors shall share the position.
- The takeoff shall be from a standing start from the white line on the mat.
- From a standing start, competitors will start on one foot (the other raised), hop on the same foot, step with the opposite foot and then jump to land on both feet.
- A rocking movement will be permitted before the start of the jump from one foot only.

### 5.8.4 Shot Putt

- Where possible a 2kg shot should be used. If not available, a 2.72kg shot can be used but the host schools must inform the participating schools as early as possible to allow ample practice time
- The 'push' must come out from the neck (not a throw).
- If possible, a teacher will demonstrate.
- There will be no throwing circle. Competitors may move between the two lines; the lines should be a max of 2m apart.
- Competitors must not step over the line or the attempt will not be counted.
- The measurement will be taken from where the shot first lands on the grass and back to the line, but must land within the allocated zone.
- The measurement will be taken from the closest part of the shot to the line from where it was thrown.

### 5.8.5 Turbo Javelin

- Turbo javelin will be offered if the host school can accommodate it at the weight of 400g unless otherwise stated.
- An athlete is not allowed to touch the line of the rim.
- When throwing, proper technique requires the athlete to hold the javelin with only one hand on the cord grip. Gloves aren't allowed, and tape on the fingers is permitted only if it's to cover an open wound.
- The javelin must be thrown with an over-the-shoulder motion. The competitor can't turn his/her back to the throwing area until the javelin is airborne.

- The javelin must land within the "sector" to register a score. This fan-shaped area extends out from the ends of the arch-shaped foul line. The javelin can't land on the lines marking the sides of the sector. The head of the javelin has to hit the ground first or the throw is a foul.

## 5.9 Netball

- These rules follow the rules set out by the International Netball Federation.

### 5.9.1 Umpires

- There should be two umpires per court.
- In any game, the umpires will have the authority to administer the rules of play. The umpire's decision is final. Only the Team Coach may approach an umpire for clarification of any rules or disputes on court. This may only be done at half time or full time.

### 5.9.2 Duration of the game

- The game should be a minimum of 10 minutes if the number of teams taking part allows.
- All matches to be centrally timed.
- Teams change ends at half time with a 1-minute changeover.

### 5.9.3 Format of the tournament

- Where there are 12 competing schools, the teams should be divided into 2 pools of 6.
- Each pool should be selected randomly.
- Each team should then play 5 games in a round-robin competition to determine places for play-offs.
- The top 2 teams in each pool should play-off in the semi-finals; 1<sup>st</sup> Pool A vs. 2<sup>nd</sup> Pool B and 2<sup>nd</sup> Pool A vs. 1<sup>st</sup> Pool B. The winners of these matches should progress to the final and the losers should compete for 3<sup>rd</sup> place.
- The 3<sup>rd</sup> and 4<sup>th</sup> teams in each pool should play off for 5<sup>th</sup>-8<sup>th</sup> place and the teams who finish 5<sup>th</sup> and 6<sup>th</sup> in the pool matches should play off for 9<sup>th</sup>-12<sup>th</sup> places.

### 5.9.4 Points

- The following points should be awarded during pool play:
  - Win: 3 points
  - Draw: 1 point
  - Defeat: 0 points
- The total number of points accumulated at the end of pool play will determine the rankings in each pool. If at the conclusion of the pool play two or more teams have an equal number of points, their respective ranking will be decided by:
  - The result between the two teams;
  - Goal difference.
- In the event that scores are still tied, the teams will play for an additional 5 minutes. If the teams are still deadlocked at the end of extra time, play will continue until the next goal has been scored (the Golden Goal Rule).
- In the event of a draw during a semi-final or final match, five minutes extra time will be played. There will be a 1-minute break, and teams will change ends.
- If teams are still deadlocked at the end of extra time (with the exception of the final), play will continue until the next goal has been scored (the Golden Goal Rule).

- For the final, up to two periods of extra time may be played (with a 2 minute break between each period) before resorting to the Golden Goal Rule.

### 5.9.5 Golden Goal Rule

- In the event that scores are tied when the final hooter sounds at the end of extra time, the following procedure will be followed:
  - The umpire in control of play will blow their whistle to stop play.
  - All players remain on court in the exact place.
  - No substitutes can be made.
  - The umpire will explain that time is up, and that the next goal will decide the match.
  - Play will recommence with a free pass, in the place/area where play stopped, to the team in possession prior to the whistle being blown.

### 5.9.6 Offside

- Player moving out of their own area, with or without ball (on a line counts as within either area).

### 5.9.7 Over a Third

- Ball may not be thrown over two transverse lines without being touched.

### 5.9.8 Height of goal

- The height of the goal will be 10ft.

### 5.9.9 Number of players

- The squads for all Games must be solely made up of girls.
- Seven-a-side with a squad number of 12.

### 5.9.10 Out of court

- Ball is out of court when it contacts anything outside the court area (not the goalpost). The ball is returned into play by a throw-in taken from a point outside the line where the ball left the court. The player stands with foot close to (but not touching) the line, and the ball must be thrown onto the court within three seconds.

### 5.9.11 Ball

- Players will use a size 5 ball.

### 5.9.12 Starting or restarting the game

- The first named team in the playing schedule will have the first centre pass and the second named team will select the shooting end. All teams must have, where possible, an equal number of first team draws.
- A central hooter will be used to start each round of matches, as well as the end of the first half and beginning of the second half. The umpire's whistle, however, officially starts and ends each period of play.
- Centre passes are taken alternately by the two Centres, after a goal has been scored.

- All players must start in the goal thirds except the two Centres.
- The Centre with the ball starts with either one or both feet in the Centre Circle, however the landing foot must remain in the centre circle until the ball has been thrown. The Centre must obey the footwork rule after the whistle has been blown.
- The opposing Centre stands anywhere within the Centre Third and is free to move.
- The Centre pass must be caught or touched by a player in or landing in or jumping from a stance in the Centre third.

### 5.9.13 Playing the ball

- A player who has caught the ball shall play it or shoot for goal within three seconds. A player may not bounce the ball to gain control.
- Once released, another player must next touch the ball.
- There must be room for a third player between the hands of the thrower and the catcher.
- A player on the ground must stand up before playing ball.
- Umpires will play advantage on a foul rather than blow the offence and re-set. There will be no set time on the advantage; that is at the umpires discretion.

### 5.9.14 Footwork

- Having caught the ball, a player may land or stand on:
  - One foot – while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re-grounded until the ball is released.
  - Two feet (simultaneously) – once one foot is moved, the other is considered to be the landing foot, as above. Hopping or dragging the landing foot is not allowed.

### 5.9.15 Scoring a goal

- Only GS or GA can score – they must be completely within the Goal Circle when the ball is received in order to shoot for goal.
- The umpire will raise their hand to indicate that a goal has been scored rather than blow the whistle. If a goal is not allowed, the umpire will cross their hands over to indicate 'no goal'.

### 5.9.16 Toss up

- This is administered for all simultaneous infringements. The two players stand facing each other at their own shooting ends with arms straight and hands by their sides at a distance of 3 feet from each other. They should not move until the whistle is blown. The umpire should release the ball midway between the two players from just below the shoulder level of the shorter player's normal standing position. The umpire should flick the ball upwards not more than 60cm (2ft) in the air as the whistle is blown.

### 5.9.17 Free pass

- A free pass is awarded for infringement of any of the preceding rules. It may be taken by any player allowed in that area, as soon as they have taken up a stationary position. (A player may not shoot from a free pass in the shooting circle).

### 5.9.18 Obstruction

- Player with ball:
  - The nearer foot of the defender must be 0.9m (3ft) feet from the landing foot of the player with the ball.
  - If the player's landing foot is lifted the distance is measured from the spot on the ground where the foot was lifted.
  - If a player lands on both feet simultaneously and remains grounded on both feet, the distance is measured from whichever is the nearer foot of that player to the nearer foot of the defender.
  - The defender may jump to intercept or defend the ball from this 0.9m (3ft) distance but must not land within 3 feet otherwise obstruction occurs.
- Player without ball: The defender may be close, but not touching, providing that:
  - No effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action.
  - Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.
- Intimidation of any kind is classed as obstruction.
- A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player.

### 5.9.19 Contact

- No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

### 5.9.20 Penalty pass

- A penalty pass (or penalty shot if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred.
- The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.

### 5.9.21 Substitution

- There is no limit to the number of substitutions, which can be made by a team provided that players used do not exceed the total number listed at any team registration.
- Rolling substitutions are allowed, all players must observe the offside rules as they enter/exit the court and not interfere with the umpire's movements.
- In the event of an injury, the injured player can be substituted and team changes can be made, provided the injured player is involved.

### 5.9.22 End of the Game

- There will be a bell/hooter to signal the end of time but the umpire's whistle will determine the end of the game.
- Three cheers and handshakes to be encouraged.
- Team managers shall shake hands.
- It is expected that team captains and managers shake hands with the match officials. Coaching is permitted during play from the side

## 5.10 Football

### 5.10.1 General Information

- All matches should be played on grass where possible.
- Players should ensure they are wearing appropriate footwear.
- The host school may outsource referees or may request visiting teams bring a teacher to assist with the officiating
- Pitch Dimensions: 7 a-side: 60x40 yards (or as near to these dimensions as possible)
- Recommended Goal Size is 2m x 5m

### 5.10.2 Rules

- 7 -a-side with a maximum squad size of 12 students.  
\*NB: If the pitch size is too small, the Games organisers can have a 7-a-side. This will be communicated before the Games.
- Games should be 7 minutes each way with 1 minute half time. (This will be established with the hosting school, where time permits in the schedule).
- All players must wear shin guards/pads. Players will not be allowed to play without them.
- In the event of a tie at full time the semi finals, third place playoffs and finals will be decided by extra time of 5 minutes one way and then 3 penalties.
- The pass back rule DOES APPLY. Should the goalkeeper handle the ball from a pass from one of his own team, an indirect free kick is awarded where the ball was picked up.
- No off side.
- Rolling substitutions are allowed.
- All other football rules apply.
- In the event of a draw in any playoff game from 5th downward there will be no extra time or penalties and the competition points will be added together and divided by two.

### 5.10.3 League Positions

To determine the overall position a league will operate:

- Win: 3 points
- Draw: 1 point
- Loss: 0 points
- If teams have equal points at the end of the division of play and the playoffs the tie-breaker used shall be:
  - The result between the two teams, Goal difference, Penalty shoot-out (each member of the team takes 1 shot (i.e. all 5 in the team) alternating with the other team followed by sudden death).

### 5.10.4 End of the Game

- This will be determined by the official.
- Three cheers and handshakes to be encouraged.
- Team managers shall shake hands.
- It is expected that team managers shake hands with the match officials.

### 5.10.5 Football Order of Play

- Please refer to the grouping section in pool format in section 5.3 for clarification of group sizes and play offs.
- Where there are 12 competing schools the teams are divided into 2 pools of 6.
- Each pool will be selected randomly: the names of schools will be pulled out of a hat prior to the competition starting. Each team then plays five games in a round-robin competition to determine league places for play-offs.
- The two top teams in each pool will play-off in the semi-finals; 1<sup>st</sup> Pool A vs. 2<sup>nd</sup> Pool B and \* 2<sup>nd</sup> Pool A vs. 1<sup>st</sup> Pool B. The winners of these matches proceeding to the 3<sup>rd</sup> final and the losers competing for 3<sup>rd</sup> place.
- The 2<sup>nd</sup> and 4<sup>th</sup> teams in each pool will play-off for 5<sup>th</sup> – 8<sup>th</sup> place and the teams who finish 5<sup>th</sup> and 6<sup>th</sup> in the pool matches play off for 9<sup>th</sup> – 12<sup>th</sup>.

## 5.11 Basketball

### 5.11.1 Duration of the game

- The host school will determine the length of games. Longer games are preferential (approximately 15mins) but this will depend on the host's facilities and the time available.
- Games should be individually timed where possible using 'running clock'.
- Each team is permitted 1 time out per game.

### 5.11.2 The Game

- Each team should consist of 12 players, with 5 on court at any one time.
- No travelling.
- No double dribble.
- No contact with opponents (pushing, pulling, holding).
- On loss of possession the defending team **MUST** withdraw to the halfway line.
- Double-teaming one player is not permitted.

NB: The following rules are not imposed:

- 3-second rule. Whilst the 3-second rule in the key will not be strictly enforced, players who clearly are not attempting to move in and out of the key will be warned and then will be called for 'loitering' in the key. The absence of the 3 second rule is designed to allow the game to flow but if coaches and players do not play within the spirit of this (absent) rule then the referees will have no option but to penalise these teams.

### 5.11.3 Full Court Press

- No pressing in the opponents half. If a basket is scored, or possession is lost, the defending team must retreat to beyond the halfway line. If this rule is violated a free pass from half way will be awarded.

### 5.11.4 In bound passes

- Two feet must remain out of the court when passing in.
- Coaching is permitted during play from the sideline.

### 5.11.5 Defence

- There will be no zone defence.

### 5.11.6 Free throws

- Free throws may be taken from the front of the netball circle or an equivalent distance at U11 age.

### 5.11.7 Turnover ball

- If the attacking team loses possession to the defending team in the attacking half they should immediately retreat to the halfway line. Umpires should remind players of this if they remain and try to regain the ball before penalising them.

### 5.11.8 Ball size

- For U11 - a size 5 ball should be used.

### 5.11.9 Referees

- If possible 2 referees should be used. There will be at least one referee and one scorer on each court. Schools should outsource for qualified referees if required.

### 5.11.10 Height of hoop

- U11 8ft high (if host school's posts allow), or 10ft if lower hoops are not available.

### 5.11.11 Substitution

- Substitutions can be made at any time from the halfway line. A player must leave the court before the replacement goes on. Substitutions can only be made when the ball is dead. There is no limit to the number of substitutions in any one game.

### 5.11.12 Fouls

- Half court man-to-man defence must be played with no double-teaming.
- Double-teaming or zone marking will result in a warning and a technical foul.
- 5 fouls will result in one free throw worth two points.
- Fouls will reset at half time.
- The clock will stop in the last minute of the game for free throws only, and the management of this time is down to the referee's decision.
- All shots will be one throw worth two points.

### 5.11.13 Scoring

- Two points for each basket, two points for each free throw. Where there are no 3-point lines on court there will be no three points awarded.

### 5.11.14 League Positions

- To determine the overall position a league will operate:
  - Win: 3 points



- Draw: 1 point
- Loss: 0 points
- If teams have equal points at the end of the division play and the playoffs the tie-breaker used shall be:
  - Head to head result; the result between the two teams, Goal difference; Goals for; Penalty shoot-out (each member of the team takes 1 shot (i.e. all 5 in the team) alternating with the other team followed by sudden death).

### 5.11.15 End of the game

- This will be determined by the official.
- Three cheers and handshakes are to be encouraged.
- Team managers shall shake hands.
- It is expected that team captains and managers shake hands with the match officials.

## 5.12 Swimming

### 5.12.1 General Information

- Competitors may only enter a maximum of 2 individual events and 2 relays – there is no minimum amount. For the fairness of competition it is very important that this is adhered to by all.
- All races will ideally take place in a 25m pool. Host school to inform participants of length of pool in advance, if the only pool available is 50M.
- Use of starting blocks is at the discretion of the host school but must be advised to participating schools in advance of the tournament if blocks are to be used.
- Events will be announced ahead of the actual race. This is when competitors must make their way to the competitors' marshalling area. Only one member of staff from each school will be allowed to take the swimmers to the swimmer marshalling area.
- Schools will be allocated areas for their competitors at the side of the pool. Each school needs to ensure that they have adequate supervision for their team.
- Lanes will be standardised so each school or two schools have the same lane each swim to make it easier to monitor the teams.
- DQ slips will be used. These will be made available to the team coach before the end of the swim meet.

### 5.12.2 Events

Boys 100 IM

Girls 100 IM

Boys 25m Freestyle

Girls 25m Freestyle

Boys 25 Breaststroke

Girls 25 Breaststroke

Boys 25m Backstroke

Girls 25m Backstroke

Boys 50m Freestyle

Girls 50m Freestyle  
Boys 50m Breaststroke  
Girls 50m Breaststroke  
Boys 50m Backstroke  
Girls 50m Backstroke  
Boys 25m Butterfly  
Girls 25m Butterfly  
Boys 100m Freestyle  
Girls 100m Freestyle  
Boys 4 x 25m Freestyle Relay  
Girls 4 x 25m Freestyle Relay  
Boys 4 x 25m Medley Relay  
Girls 4 X 25m Medley Relay  
Boys 4 x 50m Freestyle Relay  
Girls 4 X 50m Freestyle Relay

### 5.12.3 Procedures

#### The Start

- A series of 3 short sharp blasts on the whistle indicates a swimmer to stand up from the chair.
- 1 long blast of the whistle will be sounded for the swimmer to step forward and approach the starting area.
- On the starters command “take your marks”, they shall immediately take up a starting position with at least one foot at the front of the starting area.
- The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signalled by a final short blast of the whistle.
- A physical demonstration of the starting procedures is to take place at the start of the meet.
- The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive.
- The start in Backstroke and Medley Relay shall be from the water.
- At the first long whistle, the swimmers shall immediately enter the water and without undue delay go to the starting position. When all the swimmers have assumed their starting positions, the starter shall give the command “take your marks”. When all swimmers are stationary, the starter shall give the starting signal.
- Starting signal will be appropriate to the timing system used at the host school.
- A swimmer will only be disqualified if they personally cause a false start twice.
- Reference should be made to FINA rules for further clarification. These can be found at [www.fina.org](http://www.fina.org)

#### Freestyle

- Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any stroke other than backstroke, breaststroke or butterfly.
- Some part of the swimmer must touch the wall upon completion of each length and at the finish.
- Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

#### Backstroke

- Prior to the starting signal the swimmers shall line up in the water facing the starting end, with

both hands holding the side. The feet, including the toes can be above the surface but not on the poolside or on the gutter.

- At the signal for starting and after the turning the swimmer shall push off and swim on his back throughout the race except when executing a turn. A normal position on the back can include a roll movement of the body up to and including 90 degrees from the horizontal. The position of the head is not relevant.
- Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.
- During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn.
- Once the body has left the position on the back, there will be no kick or arm pull that is independent of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall. When executing the turn there must be a touch of the wall with some part of the swimmer's body.
- Upon the finish the swimmer must touch the wall on the back.
- Backstroke flags are placed 5 m from each end wall of the pool.

#### Breaststroke

- From the beginning of the first arm stroke after the turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time.
- All movements of the arms and legs shall be simultaneous and in the same horizontal plane without alternating movements.
- The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and turn.
- The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward kick is not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.
- At each turn and at the finish of the race, the touch shall be made with BOTH hands simultaneously at, above, or below the water level. Swimmers will be disqualified for a one handed touch on the turn or at the end of the race. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.
- During each complete cycle of one arm stroke and one leg kick, in that order, some part of the head must break the surface of the water, except after the start and after each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while totally submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and on the same horizontal plane without alternating movements.

#### Butterfly

- From the beginning of the first arm stroke the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the normal water surface. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.
- Both arms must be brought forward together over water and brought backward

simultaneously.

- All movements of the feet must be executed in a simultaneous manner.
- Simultaneous up and down movements of the legs and feet in the vertical plane are permitted. The legs and feet need not be the same level, but no alternating movements are permitted.
- At each turn and at the finish of the race, the touch shall be made with BOTH hands simultaneously, at, above or below the water surface.
- At the start and at turn, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

### Medley Swimming

- In the individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.
- In the medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.
- Each section must be finished in accordance with the rule, which applies to the style concerned.

### The Race

- A swimmer must finish the race in the same lane in which he started.
- In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall and it is not permissible to take a stride or step from the bottom of the pool.
- Standing on the bottom during a race shall not disqualify a swimmer, but they shall not walk.
- Pulling on the lane rope is not permitted.
- Obstructing another swimmer by swimming across a lane or otherwise interfering shall disqualify the offender.
- Any swimmer having finished his race and the last swimmer in the relay team must stay in the water until instructed to leave the water. In the 1st, 2nd and 3rd leg of the relay events swimmers must leave the pool as soon as possible without obstructing any other swimmers who have not yet finished the race.

### The Referees & Time Keepers

- The referee's decision concerning inconsistencies between placing, times and the stroke judge's decisions shall be final. Ideally three timekeepers will time each lane. The middle time will be counted. If only two timekeepers per lane are used, then the average time will be used.

### Points

- Points will be given on a time results basis, i.e. fastest time from both heats will be awarded. e.g. With 12 schools the following scoring system would be used:

Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
Points	12	11	10	9	8	7	6	5	4	3	2	1

The points for the relays will NOT count as double

## 6 U13 & U15 Games

### 6.1 General Information

- All BSME schools are invited to apply to participate in the U13 and U15 Games.
- Each sport within the Games will have a winning school, and one school will be defined as the overall 'Games' winner at the end of the weekend.
- Where spectator space is limited, athletes will always take priority over spectators e.g. parents. Where possible, links should be set up for parents to be able to watch via a live stream.
- Lunch should not be scheduled into the itineraries, and lunches offered should be a nutritious packed lunch for students to eat when they wish/flexibility to fit in with their schedules.
- Coaches briefings will be held daily to review the following day's event and alert coaches to any important notices.

### 6.2 Competition Format

- Squad sizes are limited to a total of 24; 12 boys and 12 girls.
- Students will compete in five sports over three days.
- The sports for the U13 and U15 Games will be as follows:
  - **Girls** Netball, Athletics, Football
  - **Boys** Volleyball, Athletics, Football
- The netball, football and volleyball teams will have a maximum of 12 players.
- In athletics there are separate boys and girls competitions in each event.
- Each tournament will be played with schools in two pools followed by crossover play-offs.
- The format of the competition will be determined by the host school.

To determine the overall positions, points will be allocated as follows:

- Win 3 points
- Draw 1 point
- Loss 0 points

### 6.3 Pool Format

In BSME games where there are 12 schools or less it is advised that for the team games there should be 2 pools. From these 2 pools the winning school (from each pool) will qualify for the semi finals. To ensure fairness with regards seedings the 2nd and 3rd place teams will play off in cross over matches to qualify for the semi final. For example:

- 2nd Pool A vs 3rd Pool B - the winner of this match should play the winner of group B in the semi final
- 2nd Pool B vs 3rd Pool A - the winner of this match should play the winner of group A in the other semi final

Where there are 16 teams there should be 4 groups of 4 teams. In each group the top team qualifies for the quarter final. Once again, 2nd and 3rd place teams play off to ensure not group is stronger than others. For example

- 2nd Pool A vs 3rd Pool B - the winner of this match should play the winner of group C in the semi final

- 2nd Pool B vs 3rd Pool C - the winner of this match should play the winner of group D in the semi final
- 2nd Pool C vs 3rd Pool D - the winner of this match should play the winner of group A in the semi final
- 2nd Pool D vs 3rd Pool C - the winner of this match should play the winner of group B in the semi final

There will be similar play offs for the rest of the positions. The host school will determine the format of these 'play offs' depending on the total number of competing teams and the facilities/time available.

All pool formats must be sent to the HoPE Committee Vice Chair for approval before schedules are shared with participating schools.

## 6.4 Event Listings

- Each athletics event will have a Division A and Division B classification. Schools may have a maximum of one athlete in each Division.

## 6.5 Laws, Rules and Regulations

- The BSME Games Handbook must be used and adhered to for all aspects of the Games.
- As per section 1, any local changes to the rules for the Games must be sent to the BSME Students Lead as soon as possible after agreeing to host.
- Any changes agreed by the BSME Students Committee must be communicated to all participating schools at least 3 months prior to the event.

## 6.6 Athletics - General

### 6.6.1 Entries and point allocations - School entries

- 2 entries per school per event for all track and field events are allowed.
- Both entries from each school will be awarded points.

### 6.6.2 Entries and point allocations - Individual entries

- Each athlete is able to compete in a maximum of 2 track or field events, 1 other event and a relay.
- E.g.: 2 track events, 1 field event and a relay  
OR
- 2 field events, 1 track event and a relay.

### 6.6.3 Track and Field Rotation

- Boys and girls should rotate between track and field.
- High jump must take priority over all other field events.
- All track finals should take place with boys and girls present after their separate events.

## 6.6.4 Point allocations

All Events Point Allocation																								
Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th	21st	22nd	23rd	24th
Points	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

- Points awarded for the relays will remain the same as individual events.
- A results board should be visible for all participating schools and spectators.
- Each school will be allocated an event point total based on the position they are placed after merging the points obtained from both their A and B athletes.
  - Each event is scored separately.
  - In each event the total points (from the 2 athletes) will then be ranked to give a position for that event.
  - Points will then be awarded based on the ranked position achieved by the school.
  - This process will be repeated for each event.
- Schools will be allocated areas for their competitors around the field. Each school needs to ensure that they have adequate supervision for their team. Due to the confined space, students should remain in their designated areas unless going to an event.

## 6.6.5 Events Offered

U13/U15	
Track	Field
100m	Long jump
200m	Triple jump
400m	High jump
800m	Shotputt
4x100m relay*	Turbo javelin

- \*NB There should be **two races** for 4x100m relays in U15 and U13. Schools can enter two separate relay teams.
- All other events must appear as standard.

## 6.6.6 Officials

- Each school must ensure that 1 member of staff is available to help with events if required. Schools should be informed of this prior to the competition.
- All decisions made at the athletic event will be at the discretion of the chief organiser and therefore no video or photographing will be allowed from coaches to be used as evidence.

## 6.7 Athletics - Track

### 6.7.1 The Start

- For long distance, "on your marks" followed by a whistle.

- For sprints, “take your mark, set” followed by a whistle.

### 6.7.2 The Races

- 100m, 200m, 400m and relays shall be run in lanes. Competitors should keep to their allotted lane from start to finish in these events.
- Any competitor jostling, running or walking across or obstructing another competitor so as to impede progress shall be liable to be disqualified.

### 6.7.3 False Starts

- The starter of individual athletic races events should be the most experienced official.
- In the event of a false start, the race must be restarted.
- Competitors must be aware of the ‘false start’ alarm
- An explanation must be given to the student that caused the false start.
- Competitors will be allowed two false starts; any additional false start is at the discretion of the Games Coordinator, but must keep the disruption to other competitors at a minimum.
- If competitors exceed the false start allowance, the race should continue but the offending competitor will be allocated last place.

### 6.7.4 The Finish

- The competitors shall be placed in the order in which any part of the body i.e. torso (as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the edge of the finish line nearer to the start.

### 6.7.5 Relay Races

- The baton must be carried in the hand throughout the race. If dropped, the athlete who dropped it, may leave the lane in order to retrieve the baton and recover it. Provided this procedure is adopted, no other athlete is impeded and by doing so the distance of the race is not lessened, dropping the baton shall not result in disqualification.
- Competitors after handing-over the baton should remain in their lanes until the course is clear to avoid obstruction to other competitors. Should any competitor willfully impede a member of another team by running out of position or lane at the finish of a stage that competitor is liable to cause the disqualification of his or her own team.
- On completion of the final leg the baton is to be handed to an official by the last runner.
- No competitor may run two sections for a team.
- A change over zone should be marked on the track (the distance will be at the discretion of the hosting school depending on the length of the track) If possible include change over judges.
- Athletes will have their times disqualified in the heat if stepped outside of the change over zone during the hand off transition (the violation will be at the discretion of the marshalls to make the call).

### 6.7.6 Finals

- Finals will be held for the two shortest sprint distances (100m and 200m) and 4x100m relays.



### 6.7.7 Substitutions/Injury

- Substitutions should be made on trust, and it is the participating school's responsibility to ensure that athletes do not exceed the maximum entries allowed. Failure for school's to check this will result in a sanction.
- If the team cannot continue they will be offered last place in the finals unless they are able to replace an eligible athlete that is not involved in another relay.
- Changes are allowed on the day of the Athletics event, communication will be completed by the participating school who will fill out the official change of entry sheet which will be signed by the PE teacher.
- Organisers should provide coloured paper sheets to all schools so changes are possible. If a student goes over his/her number of entries the points for the additional event will be zero.

## 6.8 Athletics - Field

- Events will be staggered. All competitors must take part in the event within the time allotted. Failure to do so could result in disqualification.
- Two athletes from each school for each event.
- In throwing or jumping for distance no competitor is allowed to have more than one go recorded in any one attempt of the competition.
- Once the competition has begun competitors are not permitted to use the runways or takeoff areas for practice or warm up purposes nor are they permitted to use throwing sites for practice trials, with or without implements.
- Competitors must wear trainers for all events. Bare feet are not permitted.

### 6.8.1 High Jump

- High jump will take place in a suitable location. Where possible all field events will be on grass.
- Jumpers do not have to land on their feet. However a jumper should use a recognised High Jump technique. This will allow for a variety of jumping styles, not necessarily the scissors kick. Any clear illegal or dangerous techniques will be pointed out to a competitor and disqualification will only occur for safety reasons.
- One-foot take off is required.
- The height of the bar will start at
  - U15 Boys - 110cm, Girls -100cm
  - U13 Boys - 100cm, Girls - 90cm
- The bar will be raised 5cm between each round.
- Competitors may commence jumping at any of the heights above the minimum height and may jump at their discretion at any subsequent height.
- Elimination will be after 7 jumps overall or 3 consecutive failed attempts. E.g. start at 110cm fails once can choose to attempt a higher height.
- Even after all the other competitors have failed, a competitor is entitled to continue until he or she has forfeited the right to compete further and the best jump shall be recorded as the winning height.
- After the competitor has won the competition the heights to which the bar is raised shall be decided after the judge of the competition has consulted the wishes of the competitor.
- Ties shall be decided by counting back. The competitor with the fewest failures in the previous height and then the height before, etc. will be the winner. (i.e. two athletes clear 1.40m but on countback athlete A cleared 1.35 first time whilst athlete B cleared it second time then athlete A is the winner.)

### 6.8.2 Long Jump

- Competitors will be allowed three jumps each.
- A run up shall be allowed.
- Competitors shall be credited with the best of all their attempts
- In the case of a tie, the second best performance of the competitors tying shall determine the result. If the tie still remains, the third best jump will be decisive. If the tie still remains the competitors shall share the position.
- The takeoff shall be from the white line or take off board as marked.
- The back of the heel of the jumper's trainers is measured from the takeoff line or where the competitor's body landed closest to the takeoff line. If the competitor falls back after landing it is this mark that is to be measured.
- The distance shall be recorded to the nearest 1cm below the distance measured if that distance is not a whole centimetre.

### 6.8.3 Triple Jump

- Competitors will be allowed 3 jumps each
- Competitors must start on 1 foot (either right or left)
- Competitors are allowed a run up.
- Competitors hop on to same leg (either right or left depending on position 1)
- Competitors should then jump on to the opposite leg.
- Competitors should then jump and land on 2 feet.

### 6.8.4 Shot Putt

- Minimum weight for boys:
  - U13 - 3.25kg
  - U15 - 4kg
- Minimum weight for girls:
  - U13 - 2.72kg
  - U15 - 3.25kg
- If the weights are not available 2.72kg shot can be used but the Games organisers must inform the participating schools as early as possible to allow ample practice time.
- The 'push' must come out from the neck (not a throw).
- If possible, a teacher will demonstrate.
- There will be no throwing circle. Competitors may make one step up to the line.
- Competitors must not step over the line or the attempt will not be counted.
- The measurement will be taken from where the shot first lands on the grass and back to the line, but must land within the allocated zone.
- The measurement will be taken from the closest part of the shot to the line from where it was thrown.

### 6.8.5 Turbo Javelin

- Turbo javelin will be offered if the host school can accommodate it at the weight of 600g unless otherwise stated.
- An athlete is not allowed to touch the line of the rim.

- When throwing, proper technique requires the athlete to hold the javelin with only one hand on the cord grip. Gloves aren't allowed, and tape on the fingers is permitted only if its to cover an open wound.
- The javelin must be thrown with an over-the-shoulder motion. The competitor can't turn his/her back to the throwing area until the javelin is airborne.
- The javelin must land within the "sector" to register a score. This fan-shaped area extends out from the ends of the arch-shaped foul line. The javelin can't land on the lines marking the sides of the sector. The head of the javelin has to hit the ground first or the throw is a foul.

## 6.9 Netball

- These rules follow the rules set out by the International Netball Federation.

### 6.9.1 Umpires

- There should be two umpires per court.
- In any game, the umpires will have the authority to administer the rules of play. The umpire's decision is final. Only the Team Coach may approach an umpire for clarification of any rules or disputes on court. This may only be done at half time or full time.

### 6.9.2 Duration of the game

- The game should be a minimum of 10 minutes if the number of teams taking part allows.
- All matches to be centrally timed.
- Teams change ends at half time with a 1-minute changeover.

### 6.9.3 Format of the tournament

- Where there are 12 competing schools, the teams should be divided into 2 pools of 6.
- Each pool should be selected randomly.
- Each team should then play 5 games in a round-robin competition to determine places for play-offs.
- The top 2 teams in each pool should play-off in the semi-finals; 1<sup>st</sup> Pool A vs. 2<sup>nd</sup> Pool B and 2<sup>nd</sup> Pool A vs. 1<sup>st</sup> Pool B. The winners of these matches should progress to the final and the losers should compete for 3<sup>rd</sup> place.
- The 3<sup>rd</sup> and 4<sup>th</sup> teams in each pool should play off for 5<sup>th</sup>-8<sup>th</sup> place and the teams who finish 5<sup>th</sup> and 6<sup>th</sup> in the pool matches should play off for 9<sup>th</sup>-12<sup>th</sup> places.

### 6.9.4 Points

- The following points should be awarded during pool play:
  - Win: 3 points
  - Draw: 1 point
  - Defeat: 0 points
- The total number of points accumulated at the end of pool play will determine the rankings in each pool. If at the conclusion of the pool play two or more teams have an equal number of points, their respective ranking will be decided by:
  - The result between the two teams;
  - Goal difference.

- In the event that scores are still tied, the teams will play for an additional 5 minutes. If the teams are still deadlocked at the end of extra time, play will continue until the next goal has been scored (the Golden Goal Rule).
- In the event of a draw during a semi-final or final match, five minutes extra time will be played. There will be a 1-minute break, and teams will change ends.
- If teams are still deadlocked at the end of extra time (with the exception of the final), play will continue until the next goal has been scored (the Golden Goal Rule).
- For the final, up to two periods of extra time may be played (with a 2 minute break between each period) before resorting to the Golden Goal Rule.

### 6.9.5 Golden Goal Rule

- In the event that scores are tied when the final hooter sounds at the end of extra time, the following procedure will be followed:
  - The umpire in control of play will blow their whistle to stop play.
  - All players remain on court in the exact place.
  - No substitutes can be made.
  - The umpire will explain that time is up, and that the next goal will decide the match.
  - Play will recommence with a free pass, in the place/area where play stopped, to the team in possession prior to the whistle being blown.

### 6.9.6 Offside

- Player moving out of their own area, with or without ball (on a line counts as within either area).

### 6.9.7 Over a Third

- Ball may not be thrown over two transverse lines without being touched.

### 6.9.8 Height of goal

- 10ft high

### 6.9.9 Number of players

- The squads for all Games must be solely made up of girls.
- Seven-a-side with a squad number of 12.

### 6.9.10 Out of court

- Ball is out of court when it contacts anything outside the court area (not the goalpost). The ball is returned into play by a throw-in taken from a point outside the line where the ball left the court. The player stands with foot close to (but not touching) the line, and the ball must be thrown onto the court within three seconds.

### 6.9.11 Ball

- Size 5 ball for U13/U15.

### 6.9.12 Starting or restarting the game

- The first named team in the playing schedule will have the first centre pass and the second named team will select the shooting end. All teams must have, where possible, an equal number of first team draws.
- A central hooter will be used to start each round of matches, as well as the end of the first half and beginning of the second half. The umpire's whistle, however, officially starts and ends each period of play.
- Centre passes are taken alternately by the two Centres, after a goal has been scored.
- All players must start in the goal thirds except the two Centres.
- The Centre with the ball starts with either one or both feet in the Centre Circle, however the landing foot must remain in the centre circle until the ball has been thrown. The Centre must obey the footwork rule after the whistle has been blown.
- The opposing Centre stands anywhere within the Centre Third and is free to move.
- The Centre pass must be caught or touched by a player in or landing in or jumping from a stance in the Centre third.

### 6.9.13 Playing the ball

- A player who has caught the ball shall play it or shoot for goal within three seconds. A player may not bounce the ball to gain control.
- Once released, another player must next touch the ball.
- There must be room for a third player between hands of thrower and catcher.
- A player on the ground must stand up before playing ball.
- Umpires will play advantage on a foul rather than blow the offence and re-set. There will be no set time on the advantage; that is at the umpires discretion.

### 6.9.14 Footwork

- Having caught the ball, a player may land or stand on:
  - One foot – while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re-grounded until the ball is released.
  - Two feet (simultaneously) – once one foot is moved, the other is considered to be the landing foot, as above. Hopping or dragging the landing foot is not allowed.

### 6.9.15 Scoring a goal

- Only GS or GA can score – they must be completely within the Goal Circle when the ball is received in order to shoot for goal.
- The umpire will raise their hand to indicate that a goal has been scored rather than blow the whistle. If a goal is not allowed, the umpire will cross their hands over to indicate 'no goal'.

### 6.9.16 Toss up

- This is administered for all simultaneous infringements. The two players stand facing each other at their own shooting ends with arms straight and hands by their sides at a distance of 3 feet from each other. They should not move until the whistle is blown. The umpire should release the ball midway between the two players from just below the shoulder level of the shorter player's normal standing position. The umpire should flick the ball upwards not more than 60cm (2ft) in the air as the whistle is blown.

### 6.9.17 Free pass

- A free pass is awarded for infringement of any of the preceding rules. It may be taken by any player allowed in that area, as soon as they have taken up a stationary position. (A player may not shoot from a free pass in the shooting circle).

### 6.9.18 Obstruction

- Player with ball:
  - The nearer foot of the defender must be 0.9m (3ft) feet from the landing foot of the player with the ball.
  - If the player's landing foot is lifted the distance is measured from the spot on the ground where the foot was lifted.
  - If a player lands on both feet simultaneously and remains grounded on both feet, the distance is measured from whichever is the nearer foot of that player to the nearer foot of the defender.
  - The defender may jump to intercept or defend the ball from this 0.9m (3ft) distance but must not land within 3 feet otherwise obstruction occurs.

- Player without ball:

The defender may be close, but not touching, providing that:

- No effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action.
- Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.
- Intimidation of any kind is classed as obstruction.
- A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player.

### 6.9.19 Contact

- No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

### 6.9.20 Penalty pass

- A penalty pass (or penalty shot if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred.
- The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.

### 6.9.21 Substitution

- There is no limit to the number of substitutions, which can be made by a team provided that players used do not exceed the total number listed at any team registration.
- Rolling substitutions are allowed, all players must observe the offside rules as they enter/exit the court and not interfere with the umpire's movements.
- In the event of an injury, the injured player can be substituted and team changes can be made, provided the injured player is involved.

### 6.9.22 End of the Game

- There will be a bell/hooter to signal the end of time but the umpire's whistle will determine the end of the game.
- Three cheers and handshakes to be encouraged.
- Team managers shall shake hands.
- It is expected that team captains and managers shake hands with the match officials. Coaching is permitted during play from the side.

## 6.10 Football

### 6.10.1 General Information

- All matches should be played on grass where possible.
- For their safety Players should ensure they are wearing appropriate footwear.
- All players must wear shin guards/pads. Players will not be allowed to play without them.
- The host school may outsource referees or may request visiting teams bring a teacher to assist with the officiating
- Pitch Dimensions: 7 a-side: 60x40 yards (or as near to these dimensions as possible)
- In the event of a draw in any playoff game from 5th downward there will be no extra time or penalties and the competition points will be added together and divided by two.
- In the event of a tie at full time the semi finals, third place playoffs and finals will be decided by extra time of 5 minutes one way and then 3 penalties.

### 6.10.2 Rules

- 7-a-side with a maximum squad size of 12
- Only boys are allowed to participate in the team for all age groups
- Rolling substitutions are allowed
- Game should be 7 minutes each way with 1 minute half time
- In the finals/play offs will be decided by extra time and then penalties.

### 6.10.3 Key rules:

- The pass back rule DOES APPLY. Should the goalkeeper handle the ball from a pass from one of his own team, an indirect free kick is awarded where the ball was picked up
- No off side
- All other football rules apply

### 6.10.4 League Positions

To determine the overall position a league will operate:

- Win: 3 points
- Draw: 1 point
- Defeat: 0 points
- If teams have equal points at the end of the division of play and the playoffs the tie-breaker used shall be:
  - Head to Head, Points difference; Points for; Penalty shoot-out (each member of the team takes 1 shot (i.e. all 5 in the team) alternating with the other team followed by sudden death).

### 6.10.5 End of the Game

- This will be determined by the official.
- Three cheers and handshakes to be encouraged.
- Team managers shall shake hands.
- It is expected that team managers shake hands with the match officials.

### 6.10.6 Football Order of Play

- Where there are 12 competing schools the teams are divided into 2 pools of 6.
- Each pool will be selected randomly: the names of schools will be pulled out of a hat prior to the competition starting. Each team then plays five games in a round-robin competition to determine league places for play-offs.
- The two top teams in each pool will play-off in the semi-finals; 1<sup>st</sup> Pool A vs. 2<sup>nd</sup> Pool B and \* 2<sup>nd</sup> Pool A vs. 1<sup>st</sup> Pool B. The winners of these matches proceed to the 3<sup>rd</sup> final and the losers compete for 3<sup>rd</sup> place.
- The 2<sup>nd</sup> and 4<sup>th</sup> teams in each pool will play-off for 5<sup>th</sup> – 8<sup>th</sup> place and the teams who finish 5<sup>th</sup> and 6<sup>th</sup> in the pool matches play off for 9<sup>th</sup> – 12<sup>th</sup>.

## 6.11 Volleyball

### 6.11.1 General Information

- There should be 2 courts playing matches concurrently
- It is strongly recommended that sunken/ socketed posts are used where feasible

### 6.11.2 General Rules

- 6 players on court. Teams can have a maximum of 12 players in the squad.
- The first to 25 using rally point scoring (on any teams serve).
- Finish at 25 – two clear points.
- Time-Out: One time-out per set per team.
- Net Heights: U15 Intermediate 2m 30cm. U13 Junior 2m 24cm.
- Matches will start every 20 minutes.
- Finals go to x3 games of 15 points.
- If an obstruction is on one side of the court and the ball hits it - then it is a replay point. Game organisers need to check and inform participating schools.

### 6.11.3 Key Rules

- Team roster: each School should provide a team roster to the scorekeeper along with each player's number.
- Serving:
  - There must be a gap between the ball and the hand when serving.
  - U13 only: Serves will be limited to 5 consecutive points from the same individual.
- Substitution: All substitute players must remain on the team's bench during the game.
- A substitute can only be replaced by the same player from the starting line-up.
- Teams should be on court at the correct time. Warm Ups should be completed prior to the official start time.



- With the exception of the serve, players may use any part of their body.
- Players cannot touch the net between the antennas.
- Players' whole foot cannot cross the middle of the court.

#### 6.11.4 Execution of the Service

- The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).
- Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted.
- At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the floor outside the service zone. After the hit, he/she may step or land outside the service zone, or inside the court.
- The server must hit the ball within 8 seconds after the 1st referee whistles for service.
- A service executed before the referee's whistle is cancelled and repeated.

#### 6.11.5 Pool Matches Point Scoring

- 3 points for a win, 1 point for a loss.
- Each team will play all other teams in their pool as part of a league round robin. On the completion of these matches the teams will be seeded according to their league standing.
- For the semi-finals the team seeded 1<sup>st</sup> in pool A will play against the team seeded 2<sup>nd</sup> in Pool B. The 2<sup>nd</sup> seeded team in Pool A will play against the team seeded 1<sup>st</sup> in Pool B in the other semi-final. The losers of these games will play the 3<sup>rd</sup> vs. 4<sup>th</sup> place match. The winners will contest the final.
- Additional play off matches will also be played. Teams finishing 3<sup>rd</sup> in their Pool will play to contest places 5 – 6. The teams finishing 4<sup>th</sup> in their Pool will play off for positions 7 – 8 and so on.
- Should 2 teams finish level on points then the score of their match will determine the highest placed team. Should it have been a draw or should there be more than 2 teams level on points then the following tie breakers will apply in order
  - Head to Head: The winning team will proceed through to the higher position ranking.
  - Point difference between the tying teams.
  - Points difference between all the matches they played in the group.

#### 6.11.6 Referee Assistance

- Once a school has played their game, a staff representative from that school must stay and be a line judge where possible.
- All semi-finals and finals must have line judges.

## 7 U19 Games

### 7.1 General Information

- All BSME schools are invited to apply to participate in the U19 Games.
- Each sport within the Games will have a winning school, and one school will be defined as the overall 'Games' winner at the end of the weekend.
- Where spectator space is limited, athletes will always take priority over spectators e.g. parents. Where possible, links should be set up for parents to be able to watch via a live stream.
- Lunch should not be scheduled into the itineraries, and lunches offered should be a nutritious packed lunch for students to eat when they wish/flexibility to fit in with their schedules.
- Coaches briefings will be held daily to review the following day's event and alert coaches to any important notices.

### 7.2 Competition Format

- Squad sizes are limited to a total of 24; 12 boys and 12 girls.
- Students will compete in three sports over two days.
- The sports for the U19 Games will be as follows:
  - **Girls** Netball & Football
  - **Boys** Volleyball & Football
- The netball, football and volleyball teams will have a maximum of 12 players.
- Each tournament will be played with schools in two pools followed by crossover play-offs.
- The format of the competition will be determined by the host school.
- For the 2024 -25 U19 Games Athletics will be added to the format as long as the host school can accommodate

To determine the overall positions, points will be allocated as follows:

- Win 3 points
- Draw 1 point
- Loss 0 points

### 7.3 Pool Format

In BSME games where there are 12 schools or less it is advised that for the team games there should be 2 pools. From these 2 pools the winning school (from each pool) will qualify for the semi finals. To ensure fairness with regards seedings the 2nd and 3rd place teams will play off in cross over matches to qualify for the semi final. For example:

- 2nd Pool A vs 3rd Pool B - the winner of this match should play the winner of group B in the semi final
- 2nd Pool B vs 3rd Pool A - the winner of this match should play the winner of group A in the other semi final

Where there are 16 teams there should be 4 groups of 4 teams. In each group the top team qualifies for the quarter final. Once again, 2nd and 3rd place teams play off to ensure not group is stronger than others. For example

- 2nd Pool A vs 3rd Pool B - the winner of this match should play the winner of group C in the semi final
- 2nd Pool B vs 3rd Pool C - the winner of this match should play the winner of group D in the semi final
- 2nd Pool C vs 3rd Pool D - the winner of this match should play the winner of group A in the semi final
- 2nd Pool D vs 3rd Pool C - the winner of this match should play the winner of group B in the semi final

There will be similar play offs for the rest of the positions. The host school will determine the format of these 'play offs' depending on the total number of competing teams and the facilities/time available.

All pool formats must be sent to the HoPE Committee Vice Chair for approval before schedules are shared with participating schools.

## 7.4 Laws, Rules and Regulations

- The BSME Games Handbook must be used and adhered to for all aspects of the Games.
- As per section 1, any local changes to the rules for the Games must be sent to the BSME Students Lead as soon as possible after agreeing to host.
- Any changes agreed by the BSME Students Committee must be communicated to all participating schools at least 3 months prior to the event.

## 7.5 Netball

- These rules follow the rules set out by the International Netball Federation.

### 7.5.1 Umpires

- There should be two umpires per court.
- In any game, the umpires will have the authority to administer the rules of play. The umpire's decision is final. Only the Team Coach may approach an umpire for clarification of any rules or disputes on court. This may only be done at half time or full time.

### 7.5.2 Duration of the game

- The game should be a minimum of 10 minutes if the number of teams taking part allows.
- All matches to be centrally timed.
- Teams change ends at half time with a 1-minute changeover.

### 7.5.3 Format of the tournament

- Where there are 12 competing schools, the teams should be divided into 2 pools of 6.
- Each pool should be selected randomly.
- Each team should then play 5 games in a round-robin competition to determine places for play-offs.
- The top 2 teams in each pool should play-off in the semi-finals; 1<sup>st</sup> Pool A vs. 2<sup>nd</sup> Pool B and 2<sup>nd</sup> Pool A vs. 1<sup>st</sup> Pool B. The winners of these matches should progress to the final and the losers should compete for 3<sup>rd</sup> place.

- The 3<sup>rd</sup> and 4<sup>th</sup> teams in each pool should play off for 5<sup>th</sup>-8<sup>th</sup> place and the teams who finish 5<sup>th</sup> and 6<sup>th</sup> in the pool matches should play off for 9<sup>th</sup>-12<sup>th</sup> places.

#### 7.5.4 Points

- The following points should be awarded during pool play:
  - Win: 3 points
  - Draw: 1 point
  - Defeat: 0 points
- The total number of points accumulated at the end of pool play will determine the rankings in each pool. If at the conclusion of the pool play two or more teams have an equal number of points, their respective ranking will be decided by:
  - The result between the two teams;
  - Goal difference.
- In the event that scores are still tied, the teams will play for an additional 5 minutes. If the teams are still deadlocked at the end of extra time, play will continue until the next goal has been scored (the Golden Goal Rule).
- In the event of a draw during a semi-final or final match, five minutes extra time will be played. There will be a 1-minute break, and teams will change ends.
- If teams are still deadlocked at the end of extra time (with the exception of the final), play will continue until the next goal has been scored (the Golden Goal Rule).
- For the final, up to two periods of extra time may be played (with a 2 minute break between each period) before resorting to the Golden Goal Rule.

#### 7.5.5 Golden Goal Rule

- In the event that scores are tied when the final hooter sounds at the end of extra time, the following procedure will be followed:
  - The umpire in control of play will blow their whistle to stop play.
  - All players to remain on court in the exact place.
  - No substitutes can be made.
  - The umpire will explain that time is up, and that the next goal will decide the match.
  - Play will recommence with a free pass, in the place/area where play stopped, to the team in possession prior to the whistle being blown.

#### 7.5.6 Offside

- Player moving out of own area, with or without ball (on a line counts as within either area).

#### 7.5.7 Over a Third

- Ball may not be thrown over two transverse lines without being touched.

#### 7.5.8 Height of goal

- 10ft high

#### 7.5.9 Number of players

- The squads for all Games must be solely made up of girls.
- Seven-a-side with a squad number of 12.

### 7.5.10 Out of court

- Ball is out of court when it contacts anything outside the court area (not the goalpost). The ball is returned into play by a throw-in taken from a point outside the line where the ball left the court. The player stands with foot close to (but not touching) the line, and the ball must be thrown onto the court within three seconds.

### 7.5.11 Ball

- Size 5 ball for U13/U15.

### 7.5.12 Starting or restarting the game

- The first named team in the playing schedule will have the first centre pass and the second named team will select the shooting end. All teams must have, where possible, an equal number of first team draws.
- A central hooter will be used to start each round of matches, as well as the end of the first half and beginning of the second half. The umpire's whistle, however, officially starts and ends each period of play.
- Centre passes are taken alternately by the two Centres, after a goal has been scored.
- All players must start in the goal thirds except the two Centres.
- The Centre with the ball starts with either one or both feet in the Centre Circle, however the landing foot must remain in the centre circle until the ball has been thrown. The Centre must obey the footwork rule after the whistle has been blown.
- The opposing Centre stands anywhere within the Centre Third and is free to move.
- The Centre pass must be caught or touched by a player in or landing in or jumping from a stance in the Centre third.

### 7.5.13 Playing the ball

- A player who has caught the ball shall play it or shoot for goal within three seconds. A player may not bounce the ball to gain control.
- Once released, another player must next touch the ball.
- There must be room for a third player between hands of thrower and catcher.
- A player on the ground must stand up before playing ball.
- Umpires will play advantage on a foul rather than blow the offence and re-set. There will be no set time on the advantage; that is at the umpires discretion.

### 7.5.14 Footwork

- Having caught the ball, a player may land or stand on:
  - One foot – while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re-grounded until the ball is released.
  - Two feet (simultaneously) – once one foot is moved, the other is considered to be the landing foot, as above. Hopping or dragging the landing foot is not allowed.

### 7.5.15 Scoring a goal

- Only GS or GA can score – they must be completely within the Goal Circle when the ball is received in order to shoot for goal.

- The umpire will raise their hand to indicate that a goal has been scored rather than blow the whistle. If a goal is not allowed, the umpire will cross their hands over to indicate 'no goal'.

### 7.5.16 Toss up

- This is administered for all simultaneous infringements. The two players stand facing each other at their own shooting ends with arms straight and hands by their sides at a distance of 3 feet from each other. They should not move until the whistle is blown. The umpire should release the ball midway between the two players from just below the shoulder level of the shorter player's normal standing position. The umpire should flick the ball upwards not more than 60cm (2ft) in the air as the whistle is blown.

### 7.5.17 Free pass

- A free pass is awarded for infringement of any of the preceding rules. It may be taken by any player allowed in that area, as soon as they have taken up a stationary position. (A player may not shoot from a free pass in the shooting circle).

### 7.5.18 Obstruction

- Player with ball:
  - The nearer foot of the defender must be 0.9m (3ft) feet from the landing foot of the player with the ball.
  - If the player's landing foot is lifted the distance is measured from the spot on the ground where the foot was lifted.
  - If a player lands on both feet simultaneously and remains grounded on both feet, the distance is measured from whichever is the nearer foot of that player to the nearer foot of the defender.
  - The defender may jump to intercept or defend the ball from this 0.9m (3ft) distance but must not land within 3 feet otherwise obstruction occurs.
- Player without ball:

The defender may be close, but not touching, providing that:

  - No effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action.
  - Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.
- Intimidation of any kind is classed as obstruction.
- A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player.

### 7.5.19 Contact

- No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

### 7.5.20 Penalty pass

- A penalty pass (or penalty shot if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred.

- The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.

### 7.5.21 Substitution

- There is no limit to the number of substitutions, which can be made by a team provided that players used do not exceed the total number listed at any team registration.
- Rolling substitutions are allowed, all players must observe the offside rules as they enter/exit the court and not interfere with the umpire's movements.
- In the event of an injury, the injured player can be substituted and team changes can be made, provided the injured player is involved.

### 7.5.22 End of the Game

- There will be a bell/hooter to signal the end of time but the umpire's whistle will determine the end of the game.
- Three cheers and handshakes to be encouraged.
- Team managers shall shake hands.
- It is expected that team captains and managers shake hands with the match officials. Coaching is permitted during play from the side.

## 7.6 Football

### 7.6.1 General Information

- All matches should be played on grass where possible.
- For their safety Players should ensure they are wearing appropriate footwear.
- All players must wear shin guards/pads. Players will not be allowed to play without them.
- The host school may outsource referees or may request visiting teams bring a teacher to assist with the officiating
- Pitch Dimensions: 7 a-side: 60x40 yards (or as near to these dimensions as possible)
- In the event of a draw in any playoff game from 5th downward there will be no extra time or penalties and the competition points will be added together and divided by two.
- In the event of a tie at full time the semi finals, third place playoffs and finals will be decided by extra time of 5 minutes one way and then 3 penalties.

### 7.6.2 Rules

- 7-a-side with a maximum squad size of 12
- Only boys are allowed to participate in the team for all age groups
- Rolling substitutions are allowed
- Game should be 7 minutes each way with 1 minute half time
- In the finals/play offs will be decided by extra time and then penalties.

### 7.6.3 Key rules:

- The pass back rule DOES APPLY. Should the goalkeeper handle the ball from a pass from one of his own team, an indirect free kick is awarded where the ball was picked up

- No off side
- All other football rules apply

#### 7.6.4 League Positions

To determine the overall position a league will operate:

- Win: 3 points
- Draw: 1 point
- Defeat: 0 points
- If teams have equal points at the end of the division of play and the playoffs the tie-breaker used shall be:
  - Head to Head, Points difference; Points for; Penalty shoot-out (each member of the team takes 1 shot (i.e. all 5 in the team) alternating with the other team followed by sudden death).

#### 7.6.5 End of the Game

- This will be determined by the official.
- Three cheers and handshakes to be encouraged.
- Team managers shall shake hands.
- It is expected that team managers shake hands with the match officials.

#### 7.6.6 Football Order of Play

- Where there are 12 competing schools the teams are divided into 2 pools of 6.
- Each pool will be selected randomly: the names of schools will be pulled out of a hat prior to the competition starting. Each team then plays five games in a round-robin competition to determine league places for play-offs.
- The two top teams in each pool will play-off in the semi-finals; 1<sup>st</sup> Pool A vs. 2<sup>nd</sup> Pool B and \* 2<sup>nd</sup> Pool A vs. 1<sup>st</sup> Pool B. The winners of these matches proceed to the 3<sup>rd</sup> final and the losers compete for 3<sup>rd</sup> place.
- The 2<sup>nd</sup> and 4<sup>th</sup> teams in each pool will play-off for 5<sup>th</sup> – 8<sup>th</sup> place and the teams who finish 5<sup>th</sup> and 6<sup>th</sup> in the pool matches play off for 9<sup>th</sup> – 12<sup>th</sup>.

### 7.7 Volleyball

#### 7.7.1 General Information

- There should be 2 courts playing matches concurrently.
- It is strongly recommended that sunken/ socketed posts are used where feasible

#### 7.7.2 General Rules

- 6 players on court. Teams can have a maximum of 12 players in the squad.
- The first to 25 using rally point scoring (on any team's serve).
- Finish at 25 – two clear points.
- Time-Out: One time-out per set per team.
- Net Heights: U15 Intermediate 2m 30cm. U13 Junior 2m 24cm.



- Matches will start every 20 minutes.
- Finals go to 3 sets of 2x25 and 1x15 including a tie break.
- If an obstruction is on one side of the court and the ball hits it - then it is a replay point. Game organisers need to check and inform participating schools.

### 7.7.3 Key Rules

- Team roster: each School should provide a team roster to the scorekeeper along with each player's number.
- Serving:
  - There must be a gap between the ball and the hand when serving.
  - U13 only: Serves will be limited to 5 consecutive points from the same individual.
- Substitution: All substitute players must remain on the team's bench during the game.
- A substitute can only be replaced by the same player from the starting line-up.
- Teams should be on court at the correct time. Warm Ups should be completed prior to the official start time.
- With the exception of the serve, players may use any part of their body.
- Players cannot touch the net between the antennas.
- Players whole foot cannot cross the middle of the court.

### 7.7.4 Execution of the Service

- The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).
- Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted.
- At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the floor outside the service zone. After the hit, he/she may step or land outside the service zone, or inside the court.
- The server must hit the ball within 8 seconds after the 1st referee whistles for service.
- A service executed before the referee's whistle is cancelled and repeated.

### 7.7.5 Pool Matches Point Scoring

- 3 points for a win, 1 point for a loss.
- Each team will play all other teams in their pool as part of a league round robin. On the completion of these matches the teams will be seeded according to their league standing.
- For the semi-finals the team seeded 1<sup>st</sup> in pool A will play against the team seeded 2<sup>nd</sup> in Pool B. The 2<sup>nd</sup> seeded team in Pool A will play against the team seeded 1<sup>st</sup> in Pool B in the other semi-final. The losers of these games will play the 3<sup>rd</sup> vs. 4<sup>th</sup> place match. The winners will contest the final.
- Additional play off matches will also be played. Teams finishing 3<sup>rd</sup> in their Pool will play to contest places 5 – 6. The teams finishing 4<sup>th</sup> in their Pool will play off for positions 7 – 8 and so on.
- Should 2 teams finish level on points then the score of their match will determine the highest placed team. Should it have been a draw or should there be more than 2 teams level on points then the following tie breakers will apply in order
  - Head to Head: The winning team will proceed through to the higher position ranking.
  - Point difference between the tying teams.
  - Points difference between all the matches they played in the group.

### 7.7.6 Referee Assistance

- Once a school has played their game, a staff representative from that school must stay and be a line judge where possible.
- All semi-finals and finals must have line judges.

## 8 Codes of Conduct

### 8.1 Players' Code of Behaviour

- Be a good sport and play for enjoyment.
- Strive for personal excellence
- Work hard for your team as well as yourself.
- Treat all teammates and opponents as you enjoy being treated yourself.
- Play by the rules.
- Cooperate with team and game officials.
- Control your behaviour on and off the field.
- Learn to value honest effort, skilled performance and improvement.

### 8.2 Parents' Code of Behaviour

- Encourage participation by your children.
- Provide a model of good sportsmanship for your child to copy.
- Be courteous in your communication with players, teachers, game officials and sport administrators.
- Encourage honest effort, skilled performance and team loyalty.
- Make any new parents feel welcome on all occasions.
- Do not interfere with the conduct of any events.

### 8.3 Spectators' Code of Behaviour

- Demonstrate appropriate social behaviour.
- Remember children play for enjoyment. Don't let your behaviour detract from their enjoyment.
- Let game officials conduct events without interference.
- Support skilled performances and team play with generous applause.
- Demonstrate respect for opposing players and their supporters.

### 8.4 Team Members' Code of Behaviour

#### 8.4.1 As a Team Member

- Compete by the competition conditions and rules.
- Never argue with the Judge's, Referee or Umpire's decision.
- Control your temper - no criticism by word or gesture.
- Work equally hard for yourself and your team.
- Going to bed at a reasonable hour will assist your own and your team's performance.
- Be a good sport. Encourage and support your own team members.
- Cooperate with your coach and teammates. Show respect for your opponents and their skills.
- Be friendly to all participants.

#### 8.4.2 As a Guest in Hotels

- Check for any damage to premises on arrival and notify your team official.
- Keep your room tidy - make your own bed, help with chores.
- Do not leave the accommodation area without permission from the team manager.
- Be aware of which teacher is on supervision duty.
- Know where your team officials are staying.

## 8.5 Team Officials'/Teachers'/Coaches' Code of Behaviour

- Ensure that your behaviour at all times does not bring the name of "School Sport" into disrepute
- Avoid over-playing the talented players. All players need and deserve appropriate time
- Develop team respect for the opponents as well as for the officials and opposing coaches
- Compliment participants on their efforts
- Condemn unsporting behaviour
- Ensure that your behaviour is consistent with the principles of good sporting behaviour
- Refrain from criticism of or reaction to the umpire's/referee's judgement and decision
- Maintain a standard of dress appropriate to the presentation of the team
- Refrain from overzealous coaching from the sideline.
- Refrain from smoking and consuming alcohol at any time while in the direct supervision of students.

## 8.6 Sanctions

- Draw attention of the individual to the Code of Conduct, which will be displayed at the event.
- The Games Coordinator will speak to the staff member who is in charge of the school.
- The Games Coordinator will then issue an official warning and record notes surrounding the incident. (The notes will be passed onto the BSME Students Lead after the event who will send a follow up email to the Principal of the school copying in the Head of PE).
- The Games Coordinator will ask the individual to leave the ground.
- The BSME Student lead will keep a record of all sanctions.

### 8.6.1 Sanction at the time of the event

- Team/squad size breach of rules and age eligibility - The team/individual will be allowed to carry on playing. All results against that team will be null and void.
- Swimmer/athlete involved, the whole school will be removed from the competition.

**NB:** Age eligibility is the responsibility of the school. The host will check all participating schools' age eligibility. The BSME Students Lead will check the age eligibility of the host school participants.

### 8.6.2 Sanction at the time of the event due to inappropriate behaviour

- Depending on the level of offence host schools should use the following as a guideline;
  - Red Card - 1 match ban - dangerous challenge/ tackle
  - Inappropriate behaviour involving two individuals from one school - Individuals will be disqualified from participating in that particular sport/ day
  - Inappropriate behaviour from more than two members from one school - team will be disqualified from that particular sport/day and points will be allocated as last position for the school for that sport/ day.