

# FOBISIA

ESTABLISHED IN 1988

## The FOBISIA 'Friendly' Games

### Secondary Games Handbook

March 2024 Edition



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# 1. General Information

## 1.1 Overview

The U13 Friendly Games and the U15 Friendly Games are competitions encompassing both individual activities and team sports. The competitions will provide participants with the opportunity to compete in athletics, swimming, basketball and football. The competition should provide equal opportunities for both genders in both age groups.

Schools should be placed in groups with a maximum of eight schools in each group to provide participants with an appropriate level of competition. After each round of age group Games, overall performances will be evaluated and groupings may be adjusted. Additional groups will be included as necessary when new schools are admitted to the Federation.

Participants will compete in Athletics, Swimming, Basketball and Football. Whilst it is not an expectation that competitors participate in all 4 activities it is a *general guideline* that competitors participate in 2 or more of the 4.

Competitions for each of the sports will take place over the course of a whole day for football and basketball and one half day per swimming and athletics.

**No school will be defined as an overall winner, although each component activity will have a winner.**

## 1.2 Teams

### 1.2.1 Eligibility

Year	U13 Games	U15 Games
<b>2022/23</b>	All athletes should be born on or after <b>1st August 2009</b>	All athletes should be born on or after <b>1st August 2007</b>
<b>2023/24</b>	All athletes should be born on or after <b>1st August 2010</b>	All athletes should be born on or after <b>1st August 2008</b>
<b>2024/25</b>	All athletes should be born on or after <b>1st August 2011</b>	All athletes should be born on or after <b>1st August 2009</b>
<b>2025/26</b>	All athletes should be born on or after <b>1st August 2012</b>	All athletes should be born on or after <b>1st August 2010</b>

## 1.2.2 Squad Format

Squad sizes should be a maximum of 18 boys and 18 girls for each U13 and U15.

**Team sizes** for each of football and basketball at U13 and U15 are limited to a maximum of 15 individuals. These must be the same individuals for the whole tournament.

## 1.2.3 Schools Combining to participate

Two schools are permitted to join together to form a team at the FOBISIA games, but they need to be aware of the following:

1. When two schools combine at the FOBISIA Games, each contributing several students, students earn points for their own teams in swimming and athletics, but a combined team cannot earn points in basketball and football. *(NOTE: if there are only 1 or two students joining from another school, they can choose to compete as part of the main team in all events. As such they would score points for the main team, rather than for their own school in all events).*
2. Schools joining to form a team needs to be agreed by the HoPEs of the other schools in the group.
3. FOBISIA would expect coaches/members of staff from both schools to attend the Games to fulfil safeguarding obligations (these should be gender appropriate so if it a group of male and females from each school, both a male and female staff member is required) Even if just one student joins another team, a staff Member from that school **MUST** attend. How the staff are incorporated into the staffing of the combined squad would be for the 2 schools to determine.  
*(FOBISIA Board: 02/11/23)*

## 1.3 Competition Formats

### 1.3.1. Swimming

- Swimming will be a competition run over a 'short' course (25m pool) - it is recommended that the Friendly Games should always where possible be a short course event (25m pool), the understanding being that at this age group it is harder to field club standard swimmers.
- This is determined by the multidisciplinary nature of the overall Games, whereby swimmers may not be strong across all schools, and also by the facilities available to the host, (such as swimming across a 50m pool).
- The dimensions of the pool etc should be communicated to participating schools at the earliest possible time, to assist in their selection process.
- In all swimming events seeding in races will be based on times provided by visiting schools,

entries submitted without times will not be considered.

- *Note - It is an expectation that qualifying times are provided to the event organiser, meeting such deadlines that are set.*

Scoring: In swimming (for an 8 school tournament) the scoring will be thus: A races 16-9 points, B races 8-1 points This scoring system will change depending on the number of teams competing.

### 1.3.2. Athletics

- Athletics will be a standard meeting, with possible formats including one gender competing on the field while the other runs track and then rotate.
- Lanes in athletics will be drawn randomly.

Scoring: In athletics (for an 8 school tournament) the scoring will be thus: A races 16-9 points, B races 8-1 points This scoring system will change depending on the number of teams competing.

### 1.3.3. Football / Basketball

Football and Basketball may be played either as a league followed by play-offs or with schools in two pools followed by cross-over play-offs.

The format of the competition will be determined by the number of participating schools. Seeded groups will be created using results from the previous Games (1<sup>st</sup> pool=1<sup>st</sup>, 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup> / 2<sup>nd</sup> pool=2<sup>nd</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>)

To determine the overall positions within preliminary stages, points will be allocated thus:  
Win = 4 points Draw = 2 points Defeat = 1 point

The following formats must be adopted based on the number of participating schools:

<b>8 Schools</b>	2 groups of 4. Round Robins in group followed by play-off games & finals. (See Handbook page 27/28). This equates to 5 games per team.
<b>7 Schools</b>	Round Robin to create league placings. There will be no finals/semi finals. This equates to 6 games per team.
<b>6 Schools</b>	Round Robin to create league placings. There will be no finals/semi finals. This equates to 5 games per team.

<b>5 Schools</b>	Round Robin to create league placings with the discretion to extend game times for the better experience for the students/children. This equates to 4 games per team.
<b>4 Schools</b>	Round Robin format to create league placings followed by cross over semi finals and finals (1st v 4th & 2nd v 3rd). This equates to 5 games per team.

## 1.4 Awards

In athletics and swimming, medals will be awarded to the first three finishers in both A and B races. For non-swimming schools, medals will be awarded in athletics to the first 3 places in Athletic events, where these are completed.

In both athletics and swimming scoring (for an 8 school tournament) will be thus: A races 16-9 points, B races 8-1 points This scoring system will change depending on the number of teams competing.

Trophies will be awarded as follows:

<b>Discipline:</b>	<b>Trophies:</b>	<b>Awarded to:</b>
<b>Swimming</b>	1st, 2nd, 3rd	Combined Boys and Girls Award
<b>Athletics</b>	1st, 2nd, 3rd	Combined Boys and Girls Award
<b>Basketball</b>	1st, 2nd, 3rd	Separate Boys and Girls Awards
<b>Football</b>	1st, 2nd, 3rd	Separate Boys and Girls Awards

Medals are awarded to each member of teams that place 1st, 2nd and 3rd in Basketball and Football.

### 1.4.1 Ties in Athletics and Swimming

If two athletes share a place in an athletics or swimming event, the following places and points are given.

If two athletes come in 1st place, they each get the full points for 1st position and a gold medal. The athlete who places next takes the points and medal for 3rd place.

If two athletes share 2nd place, they each get a silver medal and each receive the full points for 2nd place. The next athlete will take 4th position and points.

If two athletes share 3rd place, they each get a bronze medal and the full points for 3rd place each. The next athlete will receive 5th place and points for 5th.

DQ's - All positions are subject to a DQ not just medal positions. This means that if you are disqualified you receive the lowest score for that event. (HOPE September, 2019)

## 2. Event Listings

### 2.1 Athletics

The latest World Athletics rules can be accessed [here](#).

Schools should enter two athletes, A and B, (with A being the better athlete) in each event.

Athletics Events				
<b>Track</b>	Girls 100m A	Girls 100m B	Boys 100m A	Boys 100m B
	Girls 200m A	Girls 200m B	Boys 200m A	Boys 200m B
	Girls 300m A	Girls 300m B	Boys 300m A*	Boys 300m B*
	Girls 800m A	Girls 800m B	Boys 800m A	Boys 800m B
	Girls 1500m A	Girls 1500m B	Boys 1500m A	Boys 1500m B
	Girls 4x100m Relay A		Boys 4x100m Relay A	
	Girls 4x100m Relay B		Boys 4x100m Relay B	
<b>Field</b>	Girls High Jump A	Girls High Jump B	Boys High Jump A	Boys High Jump B
	Girls Long Jump A	Girls Long Jump B	Boys Long Jump A	Boys Long Jump B
	Girls Triple Jump A	Girls Triple Jump B	Boys Triple Jump A	Boys Triple Jump B
	Girls Discus A	Girls Discus B	Boys Discus A	Boys Discus B
	Girls Shot A	Girls Shot B	Boys Shot A	Boys Shot B
	Girls Javelin A	Girls Javelin B	Boys Javelin A	Boys Javelin B

\*(PE & Sport Exec. 27/09/23)

#### Triple Jump (U13 - Run up is limited to a maximum of 6m)

Note - in the event of a school only being able to field one athlete, that competitor is, by definition, the 'A' competitor

Each competitor may compete in a maximum of 3 track / 2 field or 2 track / 3 field events. The relay will count as 1 track event

Any deviation from the set running order above should be communicated to the visiting schools competing for confirmation before it is implemented into the programme.

### 2.1.1. Scoring System for Athletics Events for A and B Events:

5 Schools					
Events	1st	2nd	3rd	4th	5th
A Events	10pts	9pts	8pts	7pts	6pts
B Events	5pts	4pts	3pts	2pts	1pt
Relays	Relays are no longer double points. Race A and B value applies.				

6 Schools						
Events	1st	2nd	3rd	4th	5th	6th
A Events	12pts	11pts	10pts	9pts	8pts	7pts
B Events	6pts	5pts	4pts	3pts	2pts	1pt
Relays	Relays are no longer double points. Race A and B value applies.					

7 Schools							
Events	1st	2nd	3rd	4th	5th	6th	7th
A Events	14pts	13pts	12pts	11pts	10pts	9pts	8pts
B Events	7pts	6pts	5pts	4pts	3pts	2pts	1pt
Relays	Relays are no longer double points. Race A and B value applies.						

8 Schools								
Events	1st	2nd	3rd	4th	5th	6th	7th	8th
A Events	16pts	15pts	14pts	13pts	12pts	11pts	10pts	9pts
B Events	8pts	7pts	6pts	5pts	4pts	3pts	2pts	1pt
Relays	Relays are no longer double points. Race A and B value applies.							

## 2.1.2. Scoring for Athletics for non-swimming schools and competitions including C events

5 Schools					
Events	1st	2nd	3rd	4th	5th
A Events	15pts	14pts	13pts	12pts	11pts
B Events	10pts	9pts	8pts	7pts	6pts
C Events	5pts	4pts	3pts	2pts	1pts
Relays	Relays are no longer double points. Race value applies.				

6 Schools						
Events	1st	2nd	3rd	4th	5th	6th
A Events	18pts	17pts	16pts	15pts	14pts	13pts
B Events	12pts	11pts	10pts	9pts	8pts	7pts
C Events	6pts	5pts	4pts	3pts	2pts	1pt
Relays	Relays are no longer double points. Race value applies.					

7 Schools							
Events	1st	2nd	3rd	4th	5th	6th	7th
A Events	21pts	20pts	19pts	18pts	17pts	16pts	15pts
B Events	14pts	13pts	12pts	11pts	10pts	9pts	8pts
C Events	7pts	6pts	5pts	4pts	3pts	2pts	1pt
Relays	Relays are no longer double points. Race value applies.						

8 Schools								
Events	1st	2nd	3rd	4th	5th	6th	7th	8th
A Events	24pts	23pts	22pts	21pts	20pts	19pts	18pts	17pts
B Events	16pts	15pts	14pts	13pts	12pts	11pts	10pts	9pts

C Events	8pts	7pts	6pts	5pts	4pts	3pts	2pts	1pt
Relays	Relays are no longer double points. Race value applies.							

### 2.1.3. Weights

For the U15 and U13 Games, the following weights will be used:

U13			U15	
Event:	Girls:	Boys:	Girls:	Boys:
Shot	2.72kg	3.25kg	3.25kg	4.00kg
Discus	0.75kg	1.00kg	1.00kg	1.25kg
Javelin	400g	600g	600g	600g

### 2.1.3. General Rules

- 2.1.3.1. If competitors are entered in both a track and field event or in more than one field event taking place simultaneously, the judges may allow them to participate in an order different from that decided upon prior to the competition. High jump must, however, take precedence.
- 2.1.3.2. In throwing or jumping for distance no competitor is allowed to have more than one attempt recorded in any one round of the competition.
- 2.1.3.3. In the field events each competitor will be allowed one practice attempt and in all the events except high jump they will be allowed three attempts which go towards their best and final result.
- 2.1.3.4. Once the competition has begun, competitors are not permitted to use the runways or take-off areas for practice or warm up purposes, nor are they permitted to use throwing sites for practice trials, with or without implements.

### 2.1.4. Exceptions to IAAF Competition rules

All events will take place under IAAF Competition rules with the following exceptions:

#### Triple Jump

- 2.1.4.1. The length of run up is restricted to a maximum of 6m at U13 Friendly Games with no restriction for U15 Friendly Games

**2.1.4.2.** The competitors may elect to take off from 5m, 7m or 9m boards. Where none such exist, the organisers should lay down temporary markings

### **High Jump**

**2.1.4.3.** The height of the bar will start where all competitors are capable of jumping. The height the bar is raised between each round will also be geared to the ability of the competitors. The competitors shall be informed of this before the competition begins.

**2.1.4.4.** Competitors have a maximum of seven jumps.

**2.1.4.5.** Competitors may commence jumping at any of the heights above the minimum height and may jump at their discretion at any subsequent height.

**2.1.4.6.** The height of the bar will go up in increments of 5cms until such time there are only 3 competitors left and at which time the bar will go up in 3cms.

**2.1.4.7.** Elimination will be after 3 consecutive failures (although they do not have to be at the same height).

**2.1.4.8.** After the competitor has won the competition and still has jumps to take, the height to which the bar is raised shall be decided after the judge of the competition has consulted the wishes of the competitor.

**2.1.4.9.** Ties for first place only shall be decided by counting back. In the event of a tie, the winner will be (reference the IAAF Handbook)

- 1) The athlete with lowest number of jumps at that height
- 2) The athlete with the fewest number of failures up to and including the last height cleared.
- 3) If there is still a tie, the jumpers share the placings and points

## 2.2 Swimming

The latest FINA rules can be accessed [here](#).

Schools should enter two swimmers, A and B, (with A being the better swimmer) in each event. Each swimmer may compete in a maximum of **5** events, including relays.

U15 All groups will follow the 50m swim programme but at U15 schools can opt not to swim at the Games. U13 - Red, Yellow and Green groups to follow the 50m format. Pink and Blue will have shorter races for their swim program - see alternative format. (*HOPE September, 2019*)

**Note - all races are A & B races except 100m Butterfly and 200m individual medley, which A race only.**

Swimming Events - 50m Format					
U15 Games (except bottom 3 groups) ( <i>PE &amp; Sport AGM, Jan 2023</i> )					
U13 Red, Yellow and Green Groups					
1	Boys A	4x50m Medley Relay	21	Girls B	50m Butterfly
2	Boys B	4x50m Medley Relay	22	Girls A	50m Butterfly
3	Girls A	4x50m Medley Relay	23	Boys B	100m Freestyle
4	Girls B	4x50m Medley Relay	24	Boys A	100m Freestyle
5	Boys A	200m IM	25	Girls B	100m Freestyle
6	Girls A	200m IM	26	Girls A	100m Freestyle
7	Boys B	50m Freestyle	27	Boys B	100m Breaststroke
8	Boys A	50m Freestyle	28	Boys A	100m Breaststroke
9	Girls B	50m Freestyle	29	Girls B	100m Breaststroke
10	Girls A	50m Freestyle	30	Girls A	100m Breaststroke
11	Boys B	50m Breaststroke	31	Boys B	100m Backstroke
12	Boys A	50m Breaststroke	32	Boys A	100m Backstroke
13	Girls B	50m Breaststroke	33	Girls B	100m Backstroke
14	Girls A	50m Breaststroke	34	Girls A	100m Backstroke
15	Boys B	50m Backstroke	35	Boys A	100m Butterfly
16	Boys A	50m Backstroke	36	Girls A	100m Butterfly

<b>17</b>	Girls B	50m Backstroke	<b>37</b>	Boys A	4x50m Freestyle Relay
<b>18</b>	Girls A	50m Backstroke	<b>38</b>	Boys B	4x50m Freestyle Relay
<b>19</b>	Boys B	50m Butterfly	<b>39</b>	Girls A	4x50m Freestyle Relay
<b>20</b>	Boys A	50m Butterfly	<b>40</b>	Girls B	4x50m Freestyle Relay

*(Order amended to B then A, March 2024)*

*Note - Should a school only field one competitor, then that competitor shall be considered the 'A' swimmer*

Any deviation from the set running order above should be communicated to the visiting schools competing for confirmation before it is implemented into the programme. There may be a need to adapt the length of B races in all groups and the length of both A and B races in some groups. This needs to be discussed at the earliest possible opportunity between competing schools so that teams may prepare suitably.

Swimming Events - Alternative Format					
U15 (Bottom 3 groups from January 2023) (PE & Sport AGM, Jan 2023)					
U13 Pink & Blue groups only from 2019					
<b>1</b>	Boys A	4x25m Medley Relay	21	Girls B	25m Butterfly
<b>2</b>	Boys B	4x25m Medley Relay	22	Girls A	25m Butterfly
<b>3</b>	Girls A	4x25m Medley Relay	23	Boys B	50m Freestyle
<b>4</b>	Girls B	4x25m Medley Relay	24	Boys A	50m Freestyle
<b>5</b>	Boys A	100m IM	25	Girls B	50m Freestyle
<b>6</b>	Girls A	100m IM	26	Girls A	50m Freestyle
<b>7</b>	Boys B	25m Freestyle	27	Boys B	50m Breaststroke
<b>8</b>	Boys A	25m Freestyle	28	Boys A	50m Breaststroke
<b>9</b>	Girls B	25m Freestyle	29	Girls B	50m Breaststroke
<b>10</b>	Girls A	25m Freestyle	30	Girls A	50m Breaststroke
<b>11</b>	Boys B	25m Breaststroke	31	Boys B	50m Backstroke
<b>12</b>	Boys A	25m Breaststroke	32	Boys A	50m Backstroke
<b>13</b>	Girls B	25m Breaststroke	33	Girls B	50m Backstroke

14	Girls A	25m Breaststroke	34	Girls A	50m Backstroke
15	Boys B	25m Backstroke	35	Boys A	50m Butterfly
16	Boys A	25m Backstroke	36	Girls A	50m Butterfly
17	Girls B	25m Backstroke	37	Boys B	4x25m Freestyle Relay
18	Girls A	25m Backstroke	38	Boys A	4x25m Freestyle Relay
19	Boys B	25m Butterfly	39	Girls B	4x25m Freestyle Relay
20	Boys A	25m Butterfly	40	Girls A	4x25m Freestyle Relay

*(Order amended to B then A, March 2024)*

### 2.2.1. Scoring System for Swimming events

6 Schools						
Events	1st	2nd	3rd	4th	5th	6th
<b>A Events</b>	12pts	11pts	10pts	9pts	8pts	7pts
<b>B Events</b>	6pts	5pts	4pts	3pts	2pts	1pt
<b>Relays</b>	Relays are no longer double points. Race A and B value applies.					

7 Schools							
Events	1st	2nd	3rd	4th	5th	6th	7th
<b>A Events</b>	14pts	13pts	12pts	11pts	10pts	9pts	8pts
<b>B Events</b>	7pts	6pts	5pts	4pts	3pts	2pts	1pt
<b>Relays</b>	Relays are no longer double points. Race A and B value applies.						

8 Schools								
Events	1st	2nd	3rd	4th	5th	6th	7th	8th
<b>A Events</b>	16pts	15pts	14pts	13pts	12pts	11pts	10pts	9pts
<b>B Events</b>	8pts	7pts	6pts	5pts	4pts	3pts	2pts	1pt
<b>Relays</b>	Relays are no longer double points. Race A and B value applies.							

The Tyre Relay, if included, has zero points but medals are awarded.

## 2.2.2. Interpretation of FINA rules

- The Strokes - FINA Basic Rules (FOBISIA interpretation)
- Turns - FINA Basic Rules (FOBISIA interpretation)
- Starts - FINA Basic Rules (FOBISIA interpretation)
- Finishing - FINA Basic Rules (FOBISIA interpretation)

FINA RULES - FOBISIA competitions will follow FINA Laws regarding the above areas of the sport.

## 2.2.3. Strokes

FINA Rules apply to below explanations of the strokes:

### Freestyle

- 2.2.3.1.** The swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.
- 2.2.3.2.** Some part of the swimmer must touch the wall upon completion of each length and at the finish.
- 2.2.3.3.** 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.

### Backstroke

- 2.2.3.4.** At the signal for starting and after turning the swimmer shall push off and swim upon his/her back throughout the race except when executing a turn.
- 2.2.3.5.** The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal.
- 2.2.3.6.** Some part of the swimmer must break the surface of the water throughout the race.
- 2.2.3.7.** It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn.
- 2.2.3.8.** However, recent developments and trends, swimmers and coaches have developed a "Fish Action" (Fly kick on a swimmer's side!) same distance applies and passing through 90°! (This would be deemed as swimming on their front and thus not backstroke)
- 2.2.3.9.** Upon the finish of the race the swimmer must touch the wall while on the back.

## Breaststroke

- 2.2.3.10.** From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time.
- 2.2.3.11.** All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.
- 2.2.3.12.** After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. 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.
- 2.2.3.13.** The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward kick is not permitted except breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.
- 2.2.3.14.** 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.

## Butterfly

- 2.2.3.15.** From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Underwater kicking on the side is allowed. It is not permitted to roll onto the back at any time.
- 2.2.3.16.** Both arms shall be brought forward together over the water and brought backward simultaneously throughout the race.
- 2.2.3.17.** All up and down movements of the legs must be simultaneous. The legs or the feet need to be on the same level, but they shall not alternate in relation to each other. A breaststroke kick is not permitted.
- 2.2.3.18.** At the start and turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him/her to the surface.
- 2.2.3.19.** It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and each turn.

## Medley Swimming

- 2.2.3.20.** In Individual Medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.
- 2.2.3.21.** In Medley Relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

**FOBISIA Interpretation** - Strokes Meet officials will use discretion when disqualifying swimmers.

- FINA Rules apply to ALL swimmers.

Examples:

- "Screw" leg kick on breaststroke,
- Arms not clearing the water level on butterfly.

## **2.2.4. Starts**

### **All front/prone sports**

- 2.2.4.1.** Swimmers are to start from the side of the pool (starting block, side of the pool or in the water).
- 2.2.4.2.** The same applies to relay events e.g. Freestyle.

### **Backstroke Starts**

- 2.2.4.3.** Swimmers have to start in the water.
- 2.2.4.4.** Toes under the surface.
- 2.2.4.5.** 15 meters maximum underwater before surfacing.
- 2.2.4.6.** One false start rule.

### **Relay Starts**

- 2.2.4.7.** Starts apply according to entering the water as stated before.
- 2.2.4.8.** Freestyle relays (forward dive)
- 2.2.4.9.** Medley Relays will start in the water with the backstroke leg first and backstroke start rules applying!

## **2.2.5. Relay Takeovers**

- 2.5.1.** Relay swimmers must not dive (feet leave starting block) before the incoming swimmer (on their team) in the water has touched the end of the pool in their lane.

## **2.2.6. The Race**

### **Individual**

- 2.2.6.1.** A swimmer swimming over the course alone shall cover the whole distance to qualify.
- 2.2.6.2.** A swimmer must finish the race in the same lane in which he/she started.
- 2.2.6.3.** 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 permitted to take a stride or step from the bottom of the pool (If the host pool has a shallow end).
- 2.2.6.4.** Pulling on the lane rope is not allowed.
- 2.2.6.5.** Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender.

### **Relay**

- 2.2.6.6.** There shall be four swimmers on each relay team.
- 2.2.6.7.** In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.

- 2.2.6.8.** Any relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.
- 2.2.6.9.** The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once.
- 2.2.6.10.** Any swimmer having finished his/her race, or his/her distance in a relay event, must leave the pool as soon as possible without obstructing another swimmer who has not yet finished his/her race.
- 2.2.6.11.** All turns require contact as this indicates successful completion of each lap.
- 2.2.6.12.** Failure to execute turns properly will result in a DQ (disqualification)
- 2.2.6.13.** Turn judges have to properly notify the start judge of the violation then to warrant if it is a 'DQ'able violation of the rules.
- 2.2.6.14.** Swimmer and coach need to be notified immediately after the race so that swimmers and coaches are not left in the dark regarding unexplained DQ.'s

## Turns

- 2.2.6.15.** All turns require contact as this indicates successful completion of each lap.
- 2.2.6.16.** Failure to execute turns properly will result in a DQ (disqualification)
- 2.2.6.17.** Turn judges have to properly notify the start judge of the violation then to warrant if it is a 'DQ'able violation of the rules.
- 2.2.6.18.** Swimmer and coach need to be notified immediately after the race so that swimmers and coaches are not left in the dark with unexplained DQ.'s

## Finishes

- 2.2.6.19.** Butterfly and Breaststroke finishes must be with both hands touching at the same time and level.
- 2.2.6.20.** Backstroke finishes must be on the back and can be with one hand
- 2.2.6.21.** Freestyle finishes (depending on the chosen stroke) tend to be one handed and on the swimmer front

## FOBISIA INTERPRETATION

- In swimming races, all positions can be subjected to a DQ, not just 1st, 2nd and 3rd position. This means that if you are disqualified you receive the lowest score for that race. (HOPE September, 2019)

*Note - It is vital to appreciate that the FOBISIA Friendly Games are a multi discipline competition and as such some swimmers will NOT be well versed in competitive swimming rules. SCA needs to communicate this to officials and stroke judges and ensure that DQs are not the norm.*

**The Meet Directors' decision concerning inconsistencies between placing, times and the stroke judges' decisions shall be final.**

## **2.2.7. Exceptions to FINA rules**

- 2.2.7.1.** This should be held in a 25m pool with a minimum of 8 lanes with suitable distinction i.e. lane ropes between lanes
- 2.2.7.2.** Hy – Tek meet manager will be used. Entries can be made on excel or Hy -Tek team manager
- 2.2.7.3.** Teams will be allocated a lane for each race and these will be rotated by the tournament director. (*HoPE Executive, 2019*)
- 2.2.7.4.** Events will be called well in advance and any late competitors will not be allowed to race
- 2.2.7.5.** Where possible, local swimming association timekeepers and stroke judges should be used.
- 2.2.7.6.** Where the event is held across a 50m pool there may be no starting blocks and the side of the pool is level with the water. These events will be approximately 23m or multiples thereof. Swimmers can start in the water if they wish.
- 2.2.7.8.** Two timers will time each lane.
- 2.2.7.9.** Place judges will decide finishing positions for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> places rather than using times. The times will be used for personal records only. Times will decide all other finishing positions.
- 2.2.7.10.** Lanes will be allocated well before the event.
- 2.2.7.11.** Starting signal is a hooter.
- 2.2.7.12.** In the event of a false start, a continuous siren will be activated.
- 2.2.7.13.** There may be NO false start rope.

## 2.3. Basketball

The FIBA rules can be accessed at [here](#)

### 2.3.1. Format Based on an 8 team tournament

Note - See previous section 1.3.3 for formats for different number of teams competing

- 2 pools of four – 1 (A, B, C, D) and 2 (E, F, G, H)
- Pools will have been decided using results from the previous year's competition (1<sup>st</sup> pool=1<sup>st</sup>, 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup> / 2<sup>nd</sup> pool=2<sup>nd</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>)
- Round robin format to create league standings
- Cross over semi-finals – medal placings and consolation
- 5v6 and 7v8 play-offs
- Championship and 3v4 play-offs
- Each team in competition plays 5 games in the day

Round	Time:	Court 1	Court 2
1	08:00	A v C	D v B
2	09:00	E v G	F v H
3	10:00	B v C	A v D
4	11:00	F v G	H v E
5	12:00	B v A	C v D
6	13:00	E v F	G v H
<b><i>The results of the above games will create placings 1-4 in each Pool.</i></b>			
<b>Consolation Semi Finals</b>	14:00	3rd in Pool 1 v 4th in Pool 2	3rd in Pool 2 v 4th in Pool 1
<b>Semi Finals</b>	15:00	1st in Pool 1 v 2nd in Pool 2	1st in Pool 2 v 2nd in Pool 1
<b>Loser Consolation Playoffs</b>	16:00	Loser Consolation SF1 v Loser Consolation SF 2 <b>= 7th/8th Overall</b>	Winner Consolation SF 1 v Winner Consolation SF 2 <b>= 5th/6th Overall</b>
<b>Finals</b>	17:00	Loser Semi Final 1 v Loser Semi Final 2 <b>= 3rd/4th Overall</b>	Winner Semi Final 1 v Winner Semi Final 2 <b>= 1st/2nd Overall</b>

*Note - The style of the tournament may vary dependent on numbers of teams, courts available etc. Where there is a deviance from this format, host Schools need to inform participating Schools as early as possible*

### **2.3.2. Scoring**

- 2.3.2.1.** In the semi finals & finals only, where a final result is required and scores are level after full time, there will be an additional 2 minutes of overtime with a stop clock & no time out.
- 2.3.2.2.** All overtime games will start with a jump ball. If the scores are still level after 2 minutes a further 2 minutes will be played and the next basket scored wins.
- 2.3.2.3.** A Jump ball will again start this overtime phase. Fouls (both team and personal) are carried over into the overtime phase.

The deciding criteria for “breaking” a tie is as follows:

1. Head to head result
2. Points difference (goal difference) (between tied teams)
3. Points against (between tied teams)
4. Points scored (between tied teams)

If there is still a tie:

5. Points difference (goal difference) (between all teams)
6. Points scored (between all teams)
7. Points against (between all teams)

The procedure for “breaking” a 3 way tie follows the same criteria as above Once a tie break has been resolved additional ties will be resolved in the same format using the same sequence of procedures beginning with the head to head result (point 1)

Scoring for basketball is 4 = win, 2 = draw & 1 = loss

### **2.3.3. Equipment and Facilities**

- 2.3.3.1.** Size of ball - All girls' games = 6, Boys' U13 = 6, Boys' U15 + O15 = 7
- 2.3.3.2.** Qualified local / national organisation referees should be used
- 2.3.3.3.** Games to be run on a minimum of 2 courts
- 2.3.3.4.** 2 referees per court
- 2.3.3.5.** Tables to be suitably qualified and to run:
  - Visible scoreboard
  - Game clock
  - Shot clock
  - Subs
  - Time outs
  - Fouls
- 2.3.3.6.** Squads:

- Squads of 15 players. (Same squad for whole tournament)
- 2 suitably qualified coaches per team is recommended (to include need to accompany to hospitals etc)
- Teams to have 2 kits – one dark and 1 light, numbered from 4 upwards

#### 2.3.4. Exceptions to FIBA rules

All FIBA rules to apply in terms of personal performance e.g. contact (offensive and defensive), travelling, and double dribble etc but with the following variations in terms of the game:

- 2.3.4.1.** Games will consist of 4 x 6 minute quarters during round robin and semi-final games and 4 x 8 minute quarters in final and 3v4 games
- 2.3.4.2.** There will be a running clock except for shooting fouls, during the last minute of each half a stop clock will be used, with the clock stopping on every whistle
- 2.3.4.3.** There will be a maximum of 1 x 45 sec timeout per half in round robin games, with the opportunity to call a 2<sup>nd</sup> time out in the 2<sup>nd</sup> half of semifinals and finals. The clock will be stopped during these time outs.
- 2.3.4.4.** Each game starts with a jump ball, with subsequent 'jump balls' and period restarts becoming alternate possession on sideline at half court
- 2.3.4.5.** 8 seconds to bring ball over half way and a 24 sec shot clock to be employed
- 2.3.4.6.** 'Backcourt violation" to be enforced - on the loss of possession, teams must retire over the halfway line. If a team makes a bad pass within their own half, the opposition cannot contest for the ball. (*HoPE, September 2018*)
- 2.3.4.7.** 3 sec in key to be enforced
- 2.3.4.8.** 4 team fouls per quarter leading to bonus shots on the 4th foul.
- 2.3.4.9.** 5 personal fouls leads to player ejection on the 5th foul (*HoPE, September 2018*)
- 2.3.4.10.** This only applies to games in the knockout stages as a result is needed. - A Game that is level at the end of extra time results in a 2 min overtime, beginning with a jump ball, If at the end of overtime scores are level a further period should be played with 'next basket' wins.
- 2.3.4.11.** Round robin format tournaments and pool matches that are drawn at the end of normal time are considered a draw and no extra time is played.
- 2.3.4.12.** Substitutions to be made on any stoppage except basket scored
- 2.3.4.13.** A '20 point mercy rule' to be applied, (*HoPE, September 2018*) whereby the game continues but the score is recorded at that point for league records. Such a mercy rule should, ethically have been preceded by the winning school's coach already having e.g. ceased to play a pressing game and also to have substituted the better players (starters). No team therefore may win by a margin greater than 20 points.
- 2.3.4.14.** Defence: At the U13 FOBISIA Friendly Games, a full court press defence is not allowed, except for the last 2 minutes of each half. A half court press may be used at any time.
- 2.3.4.15.** At U15 FOBISIA Friendly Games a full court press defence is allowed at all times. A halfcourt press can be used at any time.

**2.3.4.16.** Backcourt violation to be enforced - on the loss of possession, teams must retire over the halfway line. If a team makes a bad pass within their own half, the opposition cannot contest for the ball.

## 2.4. Football

The latest FIFA Laws of the Game can be accessed [here](#).

### 2.4.1. Format Based on an 8 team tournament

Note - This is only an example format.

- 2 pools of four – 1 (A, B, C, D) and 2 (E, F, G, H)
- Pools will have been decided using results from the previous year's competition (1<sup>st</sup> pool=1<sup>st</sup>, 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup> / 2<sup>nd</sup> pool=2<sup>nd</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, 7<sup>th</sup>)
- Round robin format to create league standings
- Cross over semi-finals – medal placings and consolation
- 5v6 and 7v8 play-offs
- Championship and 3v4 play-offs
- Each team in competition plays 5 games in the day

Round:	Time:	Pitch 1:	Pitch 2:
1	08:30	A v C	D v B
2	09:15	E v G	F v H
3	10:00	B v C	A v D
4	10:45	F v G	H v E
5	11:30	B v A	C v D
6	12:15	E v F	G v H
<i>The results of above games will create placings 1-4 in each Pool</i>			
<b>Consolation Semi Finals</b>	13:45	3rd in Pool 1 v 4th in Pool 2	3rd in Pool 2 v 4th in Pool 1
<b>Semi Finals</b>	14:30	1st in Pool 1 v 2nd in Pool 2	1st in Pool 2 v 2nd in Pool 1
<b>Loser Consolation Playoffs</b>	15:15	Loser Consolation SF1 v Loser Consolation SF 2 <b>= 7th/8th Overall</b>	Winner Consolation SF 1 v Winner Consolation SF 2 <b>= 5th/6th Overall</b>
<b>Finals</b>	16:00	Loser Semi Final 1 v Loser Semi Final 2 <b>= 3rd/4th Overall</b>	Winner Semi Final 1 v Winner Semi Final 2 <b>= 1st/2nd Overall</b>

Note - The style of tournament may vary dependent on numbers of teams, pitches available etc. Where there is a deviance from this format, host Schools need to inform participating Schools as early as possible

## 2.4.2. Scoring

To determine the overall positions in each pool the points allocated will be:

Win - 4 points, Draw - 2 points, Defeat - 1 point

Mercy Rule: There is a mercy rule to be applied once a team is leading by 5 goals, the game continues but the scoring stops. (*HoPE Executive, May 2019, handbook update 21 May*)

1. Head to head result
2. Points difference (goal difference) (between tied teams)
3. Points against (between tied teams)
4. Points scored (between tied teams)

If there is still a tie:

5. Points difference (goal difference) (between all teams)
6. Points scored (between all teams)
7. Points against (between all teams)

The procedure for “breaking” a 3 way tie follows the same criteria as above

- 2.4.2.1.** Once a tie break has been resolved additional ties will be resolved in the same format using the same sequence of procedures beginning with the head to head result (point 1)
- 2.4.2.3.** There is no extra time scheduled for group/round robin games in both football.
- 2.4.2.4.** Scoring for football is 4 = win, 2 = draw & 1 = loss
- 2.4.2.5.** In play off phase, semi final/final when a game is tied, there will be a two minute break followed by a 2 x 5 minute periods of extra time. Should the game still be tied the winner will be decided by a penalty shootout – 3 penalties, followed by sudden death.
- 2.4.2.6.** Play-off games in football for 5th-8th position: These games will only have extra time with no penalty shoot out. If there is no winner through this process both teams will share the placing.

## 2.4.3. Equipment and Facilities

Detail	Under 13	Under 15
<b>Pitch Size</b>	55m x 40m	60m x 40m
<b>Penalty Box</b>	9m	10m
<b>Penalty Spot Distance</b>	7m	7m
<b>Centre Circle Required</b>	Yes	Yes
<b>Length of Games</b>	2 x 12 mins	2 x 12 mins

<b>Maximum Games in a Day</b>	6	6
<b>Minimum number of pitches</b>	2	2
<b>Size of ball</b>	Size 4	Size 5

**2.4.3.1.** Teams to have 2 kits – one dark and 1 light, numbered if possible, with goalkeeper having a distinctly different coloured shirt – a bib may be used to facilitate this differentiation

**2.4.3.2** Correct equipment i.e. long socks, shin pads, football boots / astro shoes is a compulsory requirement

#### **2.4.4. Exceptions to the FIFA rules**

All matches will be played according to the Laws of the Game with the following exceptions:

**2.4.4.1.** Opposition to be a minimum of 5m away from each corner / free kick. No offside

**2.4.4.2.** Substitutions to be 'rolling' (basketball style) and to be made at half way at any time

**2.4.4.3.** Squads of 15 players, 7 on pitch at any given time. (Same squad for the whole tournament)

**2.4.4.4.** 2 suitably qualified coaches per team is recommended (to include need to accompany to hospitals etc)

**2.4.4.5.** 1 referee per pitch, referee's assistants whilst preferable are not obligatory

**2.4.4.6.** The following rules are being played consistently at the FOBISIA Games for all age groups. *(Added to this handbook 24 May, 2019).*

- All free kicks are direct free kicks
- A goal from a goal kick is **not** allowed
- A goal cannot be scored direct from kick off

**2.4.4.7.** Cards:

- 2 Yellow cards in round robin or group stages = 1 game ban
- 1 Red card at any time = 1 game ban
- Any yellow cards given in the round robin or group stages are wiped before the finals.