



2015 SAINSBURY'S CORNWALL SCHOOL GAMES

'YOUR ROUTE TO THE GAMES'

SECONDARY ENTRY, RULES & REGULATIONS

EDITION 2



YOUR ROUTE TO THE GAMES

This is a guide for Secondary Schools to see their route to the games in Cornwall, the sports available, the rules, regulations and how you qualify.

Schools should enter for the open events online at [Cornwall School Games](http://www.cornwallsportspartnership.co.uk/cornwall-school-games) by Friday 8th May 2015 (note that some require earlier entry).

The main summer games this year will run on Friday 26th June 2015. The reserve date, should any events be cancelled due to adverse weather conditions, will be Friday 3rd July. If you have any questions then please do not hesitate to contact your School Games Organiser or visit:

www.cornwallsportspartnership.co.uk/cornwall-school-games

If your school or any individual staff members use Twitter, please tweet about the Games using the hash tag: **#2015CSG**

★Marks new Cornwall School Games sports and sports with altered rules★

THE SPORTS:

- ATHLETICS – SUPER 8
- BADMINTON – CENTRE PARKS
- ★BASKETBALL★
- CRICKET – CHANCE TO COMPETE
- DANCE – CORNWALL DANCE CREW
- GOLF EXTREME
- ★HANDBALL★
- HOCKEY – MIXED IN2
- ★ROWING – GIG & INDOOR★
- ★RUGBY – 7S★
- SAILING
- ★SKATEBOARDING – SKATE OFF★
- ★SCOOTERS – SCOOT OFF★
- SURF LIFE SAVING
- SURFING & BODYBOARDING
- ★TABLE TENNIS – PING★
- ★VOLLEYBALL BEACH★
- DISABILITY – PROJECTABILITY

ATHLETICS – SUPER8

Numbers	Team event of 16 - Must be 8 of each gender, or single gender
Categories	School year 7 School years 8 and/or 9 School years 10 and/or 11
Route	Qualify via local SGO competition

Super8, is built around 8 events (4 track & 4 field) and 2 relays. Teams are made up of 8 boys & 8 girls, but single sex competition is also possible. Each athlete does 1 track, 1 field and 1 relay event. Times and distances are scored against standard points tables, and the team score is the aggregate of the 8 athlete totals.

More details about Super8 and the competition manual can be found on our website:

www.super8.org.uk

Events:

Start – for years 7

- Hurdles
- 100m
- 200m
- 800m
- High Jump
- Long Jump
- Shot
- Javelin
- 4 x 100m Relay

Junior/Inter – for years 8 to 11

- Hurdles
- 100m
- 300m
- 1500m
- High Jump
- Long Jump
- Shot
- Javelin
- 4 x 100m Relay

BADMINTON – CENTER PARCS

Numbers	Team event of 5
Categories	School Year 7, 8, 9 boys – any combination School Year 7, 8, 9 girls – any combination School Year 10 and/or 11 boys School Year 10 and/or 11 girls
Route	Qualify via local SGO competition
Date	Friday 13 th February – Entry deadline Friday 17th October 2014

Enter via www.badmintonengland.co.uk/cpsc

By participating in the Championships, Schools accept the Rules and Regulations and agree to abide by them, and understand that the decisions made by Badminton England are final.

School & Player Eligibility

Players within the Key Stage 3 competition **must** be in school years 7, 8 or 9

Players within the Key Stage 4 competition **must** be in school years 10 or 11 (no playing up or down age groups)

Team & Match Format

- If a school has entered two or more teams then the '1st' or 'A' Team shall be considered the strongest. A player may only play for one team per round
- A player may play up into a stronger team provided that they have not already played for another team in that same round
- A player may not play down into a weaker team if they have already represented a stronger team in a match or have been nominated for a stronger team
- Players participating in the final must have represented their school in at least one previous round. Appeals for a new player(s) to represent the school in the final must be made in writing (see Appeals section)
- Teams will consist of 5 players with any 4 taking part in each match. The 5th player can be used in any match and not just as a reserve in case of injury
- If a player is injured during a game then that game is conceded, but the 5th player may be substituted for further games in that match
- Each match will consist of 5 games: 2 x singles and 3 x doubles, with each player playing 2 games. This is shown in the playing format for a match below:

1st Game: Singles (No.1 ranked player in the team)

2nd Game: Doubles (the 2 players not selected for a singles game)

3rd Game: Singles (No. 2 or 3 ranked player chosen for singles)

4th Game: Doubles (first singles player + either one of non-singles players)

5th Game: Doubles (second singles player + the other non-singles player)

For each match a Score Sheet (provided) must be completed and signed by **both** Team Managers. Team Managers are responsible for ensuring that the results on the sheets are correct

Group winners will be decided as follows:

Most matches won

- If 2 teams are tied, the winner of the match between them
- If 3 or more teams are tied, the team with greater games difference
- If 2 teams are then tied, the winner of the match between them
- If 3 or more teams are still tied, then the team with greater points difference
- If 2 teams are then tied, the winner of the match between them
- If teams are still tied, then the results will be reviewed following the match by the Center Parcs National Schools Badminton Championships Policy Group

- Each game will be 1 set to 21 points, using Rally Points scoring, with no extended scoring or setting. The first (SSP) and second (County) rounds may be played to fewer points (minimum of 11 points) if time is restricted
- If a team cannot play all of the games within a match, then those un-played games will be awarded to the opposition game love
- If a team cannot play all of the matches within a round, then all of their results will be discounted and the team scratched. Any appeals may be made in writing (see Appeals section)
- First rounds will be based on 2010 SSP groupings from whom a host school will be identified
- The winner of each event in each round will progress to the next round.
- Where two or more SSP Groupings are combined in the first round, one winner will progress from each of these groupings

- If a team drops out of the Championships at any point then the next best placed team from the last round will progress

BASKETBALL

Numbers	5 players on court from a squad of 8
Categories	School years 9 and/or 10 boys
Route	Qualify via local SGO competition

- Each player must play some part in the game
- A jump ball is used to start the game
- To win the game you must score more baskets, worth 2 points each, than your opponents
- You need to keep yourself and the ball inside the playing area (player out of bounds & ball out of bounds rule)
- You cannot walk or run while holding the ball; so in order to move on court you must dribble (travelling rule)
- You cannot dribble with two hands at the same time or dribble again after catching the ball (illegal dribble)
- If fouled in the act of shooting, Free Throws will be awarded in accordance with normal FIBA/EBA rules, i.e. 1 point for each completed
- To restart the game, pass from out of bounds near where the violation took place
- Use alternate possession to restart the game when possession is unclear e.g. a held ball
- Substitutions can only take place when the ball is out of bounds
- Zone and full court man to man defense is allowed

CRICKET – CHANCE TO COMPETE

Numbers	Team event of 8, girls only
Categories	School year 8 School year 10
Route	Qualify via local SGO competition

1. Laws

The laws of cricket (2000) code shall apply together with the experimental rules and conditions as laid down by the E.C.B. for recreational cricket for the preceding cricket season, with the exception of the following playing regulations.

County age group players are excluded from this competition

- Teams shall consist of 8 players each
- Each match shall consist of one innings
- Each innings shall consist of a maximum of Eight 6 ball overs
- A maximum of two over's shall be bowled by one bowler. The other bowlers shall bowl one over each. The nominated wicketkeeper cannot bowl. In calculating each individuals accrued number of overs, part of an over shall be deemed as a full over
- There shall be a no interval between innings
- Two batters shall be at the wicket at all times during an innings. In the event of a team losing 7 wickets within the permitted 8 overs, the last batter shall continue batting, with the last batter out remaining at the wicket as a non-striker
- When a batter reaches or passes a personal total of 20 she shall retire, but may return to the crease on the departure of the 7th batter. Retired batters must return in order of their retirement and take the place of the retiring or dismissed batter. Two 'live' batters shall be at the wicket until such time as the 7th wicket has fallen. The batter

shall retire again when she scores an additional 20 runs on her return to the crease, unless the batting team have no more batters to come in that have also been retired

- A batsman may retire prior to scoring 20 runs. Unless they retire through injury they will not be allowed to return to bat and shall be considered out
- If the ball passes, or would have passed, above shoulder height when the ball has pitched, or above waist height without the ball pitching of the batter standing upright at the crease, the umpire at the bowlers end shall call and signal 'No ball'. If the ball bounces more than twice before reaching the batter this should also be called 'No ball'. (Three bounces or more before the popping crease)
- Law 25.1 – Wide Ball – judging a Wide
- Umpires are instructed to apply a consistent interpretation in regard to this Law in order to prevent negative bowling wide of the wicket
- The following criterion shall be adopted as a guide to the umpires;
- If the ball passes either side of the wicket sufficiently wide to make it virtually impossible for the striker to play a 'normal cricket stroke' both from where she is standing and from where she should normally be standing at the crease, the Umpire shall call and signal 'Wide'
- NOTE: The above provision does not apply if the striker makes contact with the ball

2. Results

The team scoring the most runs in its innings shall be the winner. If the scores of both teams are equal, then the team taking the greater number of wickets shall be the winner

- If two teams are level on points at the end of the league stages, run rate will then decide the group winners. This is calculated as follows – The total runs scored in the three group games are added together with the wickets taken, each wicket taken will count as 10 runs towards the total. This will then be added together and the team with the highest overall score will win the group if scores are still level after this then it will go to the team who has taken the most wickets in their games.
- If a result cannot be reached after all this, then a bowl out between the two teams will take place
- Where matches are rained off / unfinished a bowl out with each person bowling one delivery at 3 stumps shall decide the winners. Eight players will bowl alternately at stumps and if scores are level after eight attempts each it shall go to sudden death where the team with the most strikes with an equal amount of deliveries shall be declared the winners. No ball rule applies with no extra delivery. The ball may only bounce once

3. Scoring

Apart from the normal methods of scoring contained in the Laws of Cricket, the following variations shall apply: -

3.1. No Ball

- A No ball shall score 2 penalty runs, recorded as a no ball extra
- From a No ball struck by the batter, runs shall be scored as in scoring regulations
- Law 24.14, stating that a no-ball shall not count as one of the over, shall only be applicable in the 8th over of any innings

3.2 Wide

- A wide ball shall score 2 penalty runs, recorded as a wide, in addition to any other runs scored
- If a wide ball is called, then 2 runs shall be credited under extras; two additional runs shall be credited under extras every time the batters complete a run
- If a wide ball is called, two runs shall be credited under extras for every run completed by the batters
- Law 25.7, stating that a wide ball shall not count as one of the over, shall only be applicable in the 8th over of any innings

4. Methods of Dismissal

- Apart from the normal methods of dismissal contained in the Laws of Cricket, the following variations shall apply: -
- The last not out batter shall be given out if the non-striker running with her is given out.
- The organiser's decision is final

DANCE – CORNWALL'S BEST FREESTYLE TEAM

Numbers Team event of up to 10, any gender mix

Categories School year 8 and/or 9
School year 10 and/or 11

Route Open entry

- Crews entering must be school groups
- Schools can enter a maximum of 3 crews
- Crews can be all male, all female or mixed
- Dances must be under 3.5 minutes long and created within the last year of the Games
- Choreography must be in any style but must be current and original
- Any groups using music with inappropriate or explicit lyrics will be disqualified
- Choreography can be created by students or teachers
- Crews will be judged in various categories and to a set of criteria produced by the head judge. The criteria will be based on three main elements, physical performance, dance technique and overall performance.
- Choreography can be created by students or teachers and a separate choreography award will be given

GOLF – XTREME SUPER SIXES

Numbers Team event of 6 players (3 pairs) any gender

Categories School year 7 and/or 8

Route Qualify via local SGO competition

Numbers Maximum 8 teams

Rules

- The home team tees off first on the first hole (both players from that team) each using their own golf ball
- A tee shot must be hit from between the white tee cones, and a tee peg can be used if requested. On subsequent holes, the winning pair of the previous hole tees off first.
- The first hole is played as a practice hole, so in effect pupils play 7 holes but only score on 6

Order of play

- Decide which pair tees off first - usually the home pair
- Once all 4 players have teed off, walk slowly up the fairway
- Whilst walking up the fairway the pairs must decide between themselves which shot to take (normally the one closest the hole)
- Once the pair has decided on their next shot, the pair which is furthest plays first.
- Whilst they are taking their shot it is important that the other pair stands behind and away from the player swinging
- This process continues until all the players have reached the putting green; then each pair can stand behind their ball position
- It is always the pair furthest away from the hole that plays first
- Each partnership has a maximum of 10 shots per hole, if they exceed this limit they pick up their ball
- If both pairs exceed the 10 shot limit, the hole is decided on the team that has got their ball nearest to the hole within that 10 shot limit

Hazards

- If you go into any hazard (Bunker or Water) on a school golf course then you must take the ball out, place it behind the hazard and add one shot to your score
- Pupils may hit out of a bunker on a traditional golf course without dropping a shot

Scoring

- Each pair keeps a record of how many shots they have hit (TALLY). This can also be done by a scorer (teacher or leader)
- The team with the lowest amount of shots wins the hole and receives 2 points
- The team with the highest amount of shots loses the hole and receives 0 points.
- If the teams score the same amount of shots they 'Half' the hole which means both teams receive 1 point
- Once the hole is completed all 4 players move on to the next hole. The team behind should only play the hole once the team in front has finished and moved onto the next tee
- All pairs must complete the 6 holes and keep their score on each hole.
- Every point counts towards the overall team score for all 6 players

Teams

- A team must consist of 6 pairs (A, B and C Pairs) with the option of 2 players as reserves
- Competitors should not have a handicap - we have aimed this competition at beginners
- The pairings can change between matches but the squad of 8 must remain the same through out to keep it fair

Safety

- When anyone is taking a shot, make sure the other players are standing 3 or 4 metres behind the player taking a shot
- Use a red cone on a tee box to mark the safety area
- It is important that the children stay safe and have fun at the same time so we urge you to reinforce safety at the start of every competition
- Training leaders to go round with each group will help to manage the safety but also score the competition

Layout

- There is not a prescribed or standardised course and it is down to the host or home venue as to how the course is laid out!
- Use water hazards (Blue cones)
- Put bunkers in (Yellow Cones)
- Add out of bounds (White Cones)
- You do need to consider the ability of the children as too many hazards will make it too difficult
- If you are using Tri-Golf and Golf Xtreme equipment you will have flags and cones, enough to lay out 6 holes on a playing field or artificial surface

HANDBALL

Numbers Squads of up to 14 players comprising of six outfield players plus one goalkeeper

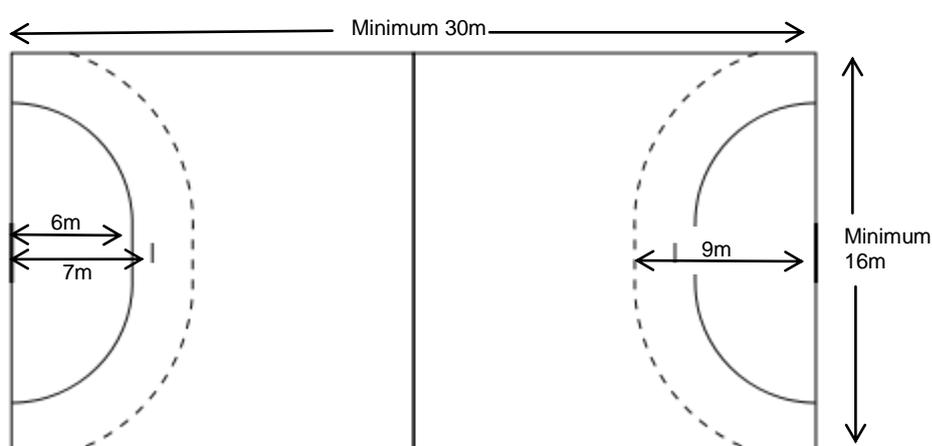
Categories Girls years 7 and/or 8
Boys years 7 and/or 8
Girls years 9 and/or 10
Boys years 9 and/or 10

Route Open entry – capped at 4 per category

Date Friday 20th March – **Entry deadline Wednesday 11th March**

- Players are interchangeable at any time during the game
- Size 1 handballs should be used for years 7 and 8 competitions
- Size 2 handballs should be used for years 9 and 10 competitions
- Matches should be 10 minutes, straight through with a 5 minute break between matches
- Where more than one court are running; matches will be started at the same time but timed separately
- One referee is required on court that will also be responsible for scoring – This can be a teacher/leader or qualified handball referee
- 3 points will be awarded for a win, 2 points for a draw and 1 point for a loss.
- In the event of a tie, winners will be decided on goal difference, goals scored and then on the result of matches between tied teams

Minimum playing Area/Markings



- Minimum 30m x 15m court with markings as above
- 3m x 2m goal at each end: suggest igoals or samba goals
- Court can be temporarily marked using throw down markers or tape
- Matches can be played indoors or outdoors

Progression

- Level 3 School Games - winning teams progress to:
- EHA National School Competition Sub Regional Finals - winning teams progress to:
- EHA National School Competition Regional Finals - winning teams progress to:
- EHA National School Competition National Finals

More information can be found on [Cornwall School Games](#)

HOCKEY – MIXED IN2

Numbers Squad of 10 players 7 on the pitch at any one time, mixed (3 girls, 3 boys and a GK of either gender)

Categories School Year 8

Route Qualify via local SGO competition

Teams

a. Six outfield players and one goal-keeper, the remaining three players are substitutes

b. Every team must play with a goalkeeper. Kicking backs are not permitted in In2Hockey

Substitutions

a. Substitutions are made on the centre line, and are allowed at any time, except following the award of a penalty corner or penalty stroke, when only the defending goalkeeper may be substituted – and only if injured

Goalkeeper equipment

In the interest of safety, goalkeepers must wear full goalkeeping equipment

Starting & Re-starting the game

a. The game is started with a hit or push or scoop taken from the centre of the centre line. It follows the umpire's whistle as play commences at the start of each half, and after a goal has been scored. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit

b. Each team must be positioned in their own half of the pitch and the opposing players must be a minimum of 5 metres from the ball until the centre pass is played

c. The ball can be played forwards, backwards or sideways and must move a minimum of 1 metre before being played by a player of the same team

d. The taker can use a self-pass (i.e. pass the ball to themselves). The pass must involve two very distinct actions i.e. the taker must first tap it forwards, sideways or backwards and then play it a second time either to pass it or to dribble it

Scoring a goal

a. A goal is scored when the ball has been struck by, or deflected off, an attacking player, or touches the stick or body of a defending player while it (the ball) is in the shooting circle. It must cross completely over the goal-line between the goal-posts and under the cross-bar

Ball outside the field of play

Over the side-line:

a. When the ball passes completely over the side-line it shall be put back into play in any direction by a hit, push, scoop or self-pass taken by an opponent of the player who last touched it. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit. This is called a side-line hit-in

b. Until the hit-in is taken, no opposition player shall be within 5 metres of the ball

Over the back-line off an attacking player:

c. When the ball passes over the back-line off one of the attacking players and no goal is scored, the game is re-started with a hit to the defence. This is called a hit-out. The ball can be hit, pushed, scooped or a self-pass can be played. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit. It is to be taken level with the top of the shooting circle and in line with the place where it crossed over the back-line

Over the back-line off a defending player:

d. If the ball is accidentally played over the back-line by a defending player and no goal is scored, the game is re-started with a corner to the attacking team. The corner can be hit, pushed, scooped, or a self-pass can be played. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit. However, the ball can be played directly into the shooting circle

e. The corner is taken on the side-line, 3 metres from the corner of the pitch

f. No player, other than the taker, shall be within 5 metres of the ball until it is played

g. If the ball is deliberately played over the back-line by a defending player, the game is re-started with a penalty corner to the attacking team. The ball can be hit or pushed. A self pass is not permitted at a penalty corner

h. The penalty corner is taken on the back-line, 10 metres from the goal-post

i. No player, other than the taker, shall be within 5 metres of the ball until it is played

Free hit

a. Free hits are to be taken close to where the offence occurred. The ball can be hit, pushed, scooped or a self-pass can be played. The ball may be raised immediately using a push, flick or scoop but must not be raised intentionally using a hit

- b.** The ball must be stationary at a free hit and if passed to another player of the same team (i.e. it is not a self pass) it must move a minimum of 1 metre before being played by another player of the same team
 - c.** Until the free hit is taken, all opposition players must be a minimum of 5 metres from the ball
 - d.** Opponents who remain within 5 metres when the free hit is taken (this is very common when the self pass is used) must not interfere with the play until they have moved 5 metres away from where the free hit was taken, or the ball has moved 5 metres. Running alongside the taker (channelling) will be penalised as interference
- Note: The umpires will penalise any player who deliberately disregards Rule 15d
- e.** If the free hit is awarded within 5 metres of the shooting circle, all players except the taker must be a minimum of 5 metres from the ball. The ball must move a minimum of 5 metres (in any direction) before it can be directly played into the circle. However, when a corner is awarded, the ball CAN travel straight into the circle
 - f.** A free hit awarded within 5 metres of the circle must first be moved back 5 metres from the circle edge before it can be taken. Again it cannot be directly hit or pushed into the circle

Penalty corner

- a.** Penalty corners are taken on the back-line on a marker that is 10 metres from each goal-post
 - b.** The players may choose which side of the goal to take the penalty corner
 - c.** The ball can be hit or pushed however a self pass is not permitted
 - d.** The taker must have at least one foot off the pitch (behind the back-line)
 - e.** All other attacking players must be outside the circle
 - f.** The five defending players (four outfield plus Goalkeeper) must stand behind the back-line at least 5 metres from the ball. The remaining two defending players must be in the other shooting circle - at the opposite end of the pitch
 - g.** Before any shot at the goal, the ball must first pass outside (beyond) the circle edge
 - h.** If the first shot at goal is a hit, it must not cross the goal-line at above 460mm, (the height of the back-board) unless it takes a deflection off an attacking or a defending player on the way
 - i.** No shot will be allowed if it is judged as dangerous to other outfield players
 - j.** If the ball passes beyond 5 metres of the circle edge, the penalty corner restrictions (Rules) shall cease to apply
 - k.** Any penalty corner awarded immediately before half or full time shall be completed
 - l.** If the penalty corner breaks down normal play should resume
- A penalty corner shall be awarded for any one of the following reasons:**
- m.** A defending player accidentally committing an offence inside the circle
 - n.** A defending player deliberately committing an offence outside the shooting circle, but within their own half of the pitch
 - o.** A defending player deliberately playing the ball over their own back-line from anywhere on the pitch
 - p.** A defending player committing a deliberate offence in the shooting circle that does not prevent a probable or actual goal
 - q.** When the ball becomes lodged in a goalkeeper/player's clothing or equipment while in the circle they are defending
- The Rules of In2Hockey published by the EHB

Penalty stroke

- a.** Penalty strokes are taken on the penalty stroke spot which is 5 metres from the goal-line into the pitch
 - b.** Apart from the defending goalkeeper and the penalty stroke taker, all other players must be beyond the centre-line
 - c.** The goalkeeper must remain on the goal-line until the ball is played
 - d.** The taker must be positioned behind the ball and must not touch the ball a second time
 - e.** The clock stops (time is stopped by the umpires) immediately a penalty stroke is awarded
- A penalty stroke shall be awarded for any one of the following reasons:**
- f.** An offence by a defending player inside the circle that prevents the probable scoring of a goal

- g.** An intentional offence in the circle by a defending player against an opponent who has possession of the ball or an opportunity to play the ball
- h.** Repeated early breaking off the back-line by defending players while defending penalty corners (i.e. on more than three occasions having already been warned / penalised by the umpires)
- i.** Following a penalty stroke, play is re-started with a centre pass if a goal has been scored. If no goal is scored, play is re-started with a hit out to the defence taken at the top of the shooting circle

For the full In2 Hockey rules please go to:

<http://in2hockey.englishhockey.co.uk/game-guidelines.aspx>

ROWING – GIG

Numbers	Team event of 6
Categories	School years 7 to 9 girls School years 7 to 9 any gender mix School years 10 and/or 11 girls School years 10 and/or 11 any gender mix
Route	Open Entry
Venue	Mylor Harbour
Date	Wednesday 24 th June

Rules

Schools need to have a link with a local club to enter a school team in the Gig Rowing competition at the Cornwall School Games.

They also need an experienced coxswain for each crew entered (from the club).

If your school does not have a link with a local gig club but would like to enter a team please contact Rhiannon Bailey: rhiannon.bailey@britishrowing.org who can put you in contact with a local club.

This could be a team of rowers who already compete for local clubs, or rowers trained especially for this event. There is a table with contact details of local club who are willing to link with schools; it may be that you already have a link, in which case you can move forwards with selecting a team.

Format of racing

- The exact format of racing will be decided once there is confirmation of equipment available but it is likely to be short races in several rounds with each crew racing at least twice
- Crews will be drawn in boats which will include all equipment (oars, lifejackets, etc.) Rowers and coxswains must wear lifejackets at all times
- Each school team must provide an experienced coxswain for each crew entered as there may be more than one team from each school on the water at once. The coxswain should be named on the entry form
- Racing will be run under Cornish Pilot Gig Association (CPGA) rules

ROWING – INDOOR

Numbers	Individual
Categories	School Year 7 girls School Year 7 boys

School Year 8 girls
 School Year 8 boys
 School Year 9 girls
 School Year 9 boys
 School Year 10 girls
 School Year 10 boys
 School Year 11 girls
 School Year 11 boys
 School Year 12 & 13 girls
 School Year 12 & 13 boys

Route Open entry – see below entry level requirement
Venue Newquay Sports Centre
Date Friday 23rd January – **Entry deadline Wednesday 14th January**

The 'Gold target' is British Rowing's Indoor Rowing competition standard, therefore all entries must be capable of 85% of their age group target. This must have been achieved before entry to the event either in a school or a club. Please see the table below for minimum entry standards: [The blue colour is your entry level.](#)

Schools are also invited to enter a maximum of 2 teams in the 2016m relay race. Teams must be mixed (min 2 girls per team), and include an individual from each year group 7, 8, 9, 10 and 11 - total team size of 5. Individuals can "row up a year" but not the other way round.

Individual honours will be awarded according to age/gender categories.

The overall school winner will be recognised based on points gained through the individual races (10 points for 1st place, 6 points for 2nd place, and 4 points for 3rd place).

Categories	Race length	Gold medal target distances 100%
Year 12 + 13 girls	2,000m	7 mins 45 secs
Year 12 + 13 boys	2,000m	7 mins
Year 7 girls	2 minutes	490m
Year 7 boys	2 minutes	510m
Year 8 girls	3 minutes	750m
Year 8 boys	3 minutes	810m
Year 9 girls	4 minutes	1020m
Year 9 boys	4 minutes	1125m
Year 10 girls	5 minutes	1275m
Year 10 boys	5 minutes	1430m
Year 11 girls	6 minutes	1540m
Year 11 boys	6 minutes	1720m

Year group	Rowing time	Boys minimum entry standards	Boys gold medal standards	Girls minimum entry standards	Girls gold medal standards
7	2 Mins	433m	510m	416m	490m
8	3 Mins	688m	810m	637m	750m
9	4 Mins	956m	1125m	867m	1020m
10	5 Mins	1215m	1430m	1083m	1275m
11	6 Mins	1462m	1720m	1309m	1540m

12/13	2000m	08:10.0 minutes	07:00	09:00 minutes	07:45.0
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RUGBY - 7'S

Numbers	Team event of 7, boys only
Categories	School year 10
Route	Qualify via local SGO competition

Rules - Modified 7 a side

Timing

1. The length of the game should reflect the fitness levels of the participants though should be 7 mins each way

Field of Play

2. Half sized normal rugby pitch, played width ways same as diagram below

Number of Players

3. Number of players on the field of should be 7
4. It is recommended that normally squad sizes are limited to 12 players
5. Rolling substitutions allowed at any time during play as long as the replaced player has left the field of play first (replacing players should enter from the field of play from the half way line)

General Play

6. Hand off allowed only below shoulders not to head/ face
7. No contest for ball – i.e. ball can not be pulled away from ball carrier (no ripping or knocking)
8. A tackle count can be introduced when players become proficient in ball retention / recycling

Contact / Tackle

9. The time in contact will be limited to 3 seconds
10. Defence must retire to the back foot/ hindmost body part on tackle / scrum (this can be adapted to 1 metre behind)
11. Once held (on or off floor) the ball carrier has 3 seconds to play the ball (held is adjudicated by the referee: effective contact = player goes to ground, when the ball carrier is stopped moving or if tackler has executed an effective technique)
12. Once the ball carrier is held the referee will call 'contact' to start the 3 seconds, defending players must release on this call
13. If the ball is not played within 3 seconds then possession is lost (the number of players in a contact can be adjusted to suit abilities)
14. No competing when the ball carrier goes to ground
15. Defence can only advance when the ball has been passed
 - a. If the ball is off the ground this pass must be made within 3 seconds
 - b. If the ball is on the ground and the ball carrier has released within 3 seconds then the defence must wait until the ball has been passed/ lifted / picked from the ground (not touched)

Scrum

16. 3 person uncontested scrum
17. Opposition scrum half cannot follow round and must stay at the tunnel
18. New Engagement procedure followed: Crouch, Touch, Pause, Engage
19. Defending opposition players must be on the back foot

Kicking

20. Grubber or Drop Kick to Start and restart the game, receiving side must be back 7 metres
- a. A free kick is awarded to the non-offending side taken on the centre of the half way line if:
- the ball does not travel 7 metres
 - the ball goes into touch directly from the kick off then
 - the ball is made dead (ball crosses goal line and touched down by defensive team)
- b. If the ball travels 7 metres and goes indirectly into touch then the defending team will be awarded a free kick where the ball crossed the line of touch
21. If a team is behind their own goal line they are allowed to kick the ball to relieve pressure. If the ball is kicked dead, play resumes by:
- a. A free kick awarded to the non-offending side if the ball goes indirectly into touch where the ball crossed the line of touch
- b. A free kick awarded to the non-offending side if the ball goes directly into touch or if the ball crosses the dead ball line where the ball was kicked
22. No other kicking during play is allowed

Line Out

23. 2 Person contested lineout
24. No supporting allowed
25. Lineout formed 5 metres in from side lines
26. Jumper /ball carrier can only be tackled when on the floor
27. Both sets of backs must be back 7 metres

SAILING

Numbers	Individual, any gender
Categories	School years 4 to 10
Route	Open Entry
Venue	Mylor
Date	Wednesday 24 th June

Classes: Optimists, Pico Single Handed, Pico Double Handed, Q'Bas, Toppers, Lasers, Mirrors, RS Fevas, Handicap

- All competitors must be able to sail and look after themselves around the course. This means being able to sail well up wind and have some basic racing knowledge
- Competitors must have their own racing insurance which is a separate addition to their normal boat insurance

To enter the sailing and for further information please contact the organiser direct

Tracey Boyne, Email: info@mylorsailingschool.co.uk Tel: 01326 377633 / 07971 520257

SKATEBOARDING – SKATE OFF

Numbers	Individual, any gender
Categories	School years 7 to 10
Route	Open Entry
Numbers	Max 30 competitors

Maximum of 2 individuals per school

- Tricks to be completed within time limit set out at beginning of Heat
- Tricks completed before or after Heat Horn is sounded will not be awarded points

- Points awarded for Style, Difficulty, Originality
- Helmets must be worn
- You will be marked down for repetitiveness of Tricks
- Competitors must adhere to expected Skate Park etiquette
- Come forward to Officials when Name called
- Be as creative and daring as you can
- Support your fellow competitors

SCOOTERS – SCOOT OFF

Numbers	Individual, any gender
Categories	School years 7 to10
Route	Open Entry
Numbers	Max 30 competitors

Maximum of 2 individuals per school

- Tricks to be completed within time limit set out at beginning of Heat
- Tricks completed before or after Heat Horn is sounded will not be awarded points
- Points awarded for Style, Difficulty, Originality
- Helmets must be worn
- You will be marked down for repetitiveness of Tricks
- No pushing other competitors during Heats
- Come forward to Officials when Name called
- Be as creative and daring as you can
- Support your fellow competitors

SURF LIFESAVING

Numbers	Individual, any gender
Categories	School year 9 School year 10 School year 11
Route	Open Entry
Equipment	Need to provide their own boards

There will be a maximum number of 6 individuals per school.

Individuals do not need to be SLSGB members to compete, but they are required to be competent swimmers.

Events:

- Beach Sprints
- Beach Flags
- 1K Run
- Open Water Swim Race
- Board Race
- Relays

SURFING & BODYBOARDING

Numbers	Individual
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Categories	School years 7 to 9 boys stand up (6 per SGO area) School years 10 and 11 boys stand up (6 per SGO area) School years 7 to 11 girls stand up (4 per SGO area) School years 7 to 11 mixed body boarding (4 per SGO area) - girls and boys will be judged separately
Route	Qualify via local SGO competition
Equipment	Need to provide their own board

Any contestant arriving late for their heat may compete in the remainder of their heat, if there is an opening. If a contestant misses their 1st round heat, they will no longer be eligible to compete for the remainder of the event.

Judging and scoring

The subjective judging system will be used (0-10 points using .1 integrals):

- 0–1.9 = Poor
- 2.0–3.9 = Fair
- 4.0–5.9 = Average
- 6.0–7.9 = Good
- 8.0–10.0 = Excellent

When judging standup surfing, a ride will begin to be scored when a surfer's hands leave the rails of their surfboard. When judging bodyboarding, there is no limitation as to body position on the board and the ride will be scored after the head judge designates bodyboarder has caught the wave and executed a manoeuvre.

Judges will base the previous score on how successfully surfers display these following elements in each wave:

- Commitment and degree of difficulty
- Innovative and progressive manoeuvres
- Combination of major manoeuvres
- Variety of manoeuvres
- Speed, power and flow

The contestant who executes the most radical manoeuvres generating power and speed through out in a functional manner in the most critical sections of the biggest and/or best wave for the longest functional distance will receive the highest score.

Incomplete manoeuvres will not be scored. The surfer must surf out of the manoeuvre for it to be deemed complete. The individual judge's scores should be consistent with one another. If a judge is repeatedly inconsistent, he/she may be replaced.

The HEAD JUDGE shall be responsible for:

- Determining which riders and rides are to be scored
- Determining wave possession
- Maintaining an accurate wave count
- Notifying judges of missed rides
- Assisting judges in making accurate scores for the missed rides

Tabulations

Wave counts to be used for tabulation of results are 2, 3, or 4 highest waves per heat. The contest Director after consultation with the head judge shall determine the number of high waves per heat to be tabulated. This information is to be posted prior to the first heat and will remain in effect for the duration of the event unless otherwise posted. Specifications (scored waves, max waves, and length of time) for all heats including finals are to be posted at the contest site. Note: Contest Directors are encouraged to consider 2 waves for all heats except 3 waves for finals.

If a ride has been missed, an attempt will be made to identify the missing rides by referring to the other judges' sheets. If the ride is identified to the satisfaction of the head judge, a score will be given the missed ride by: Averaging the missed wave according to the scoring level that the judge in question uses (interpolation). NOTE: The head judge, along with a majority will determine the "official" wave count

Wave possession and interference

It is the intent of this rule to encourage all competitors to strive toward situations where there is only one competitor at a time in the wave shoulder. The judges will strictly enforce this rule. Competitors are hereby alerted to the severity of the penalty and the strictness with which it will be enforced

A. WAVE POSSESSION - A competitor may gain wave possession in one of the following ways.

1. By catching a wave and completing a manoeuvre (turn in chosen direction) before the face of the wave reaches another competitor
2. If two or more competitors are paddling in the face of the same wave, in the same shoulder, the competitor closest to the curl has possession upon catching the wave and completing a manoeuvre
3. Two competitors may go in opposite directions on the same peak, providing they don't cross paths or hinder one another
4. If two competitors, at opposite ends of the contest area, catch the same wave and ride toward each other, both gain wave possession. If they eventually meet, the competitor who gained wave possession first on their respective peak shall have the right of way

B. INTERFERENCE - A competitor may be called for interference for any of the following reasons

1. For catching the same wave in the shoulder as the competitor who gains wave possession as in RULE A 1
2. For occupying any part of the wave that could simultaneously or eventually be reached by any possible manoeuvre of the competitor who gains wave possession as per RULE A2. For breaking down the wave on the competitor with wave possession, or infringing on the possible length of the ride of the competitor with wave possession
3. In the case of RULES A3 and A4, both competitors may be called for interference if no right of way has been established in the opinion of the judges. Interference must be called on one or both competitors for cross overs if there is a collision. If one competitor is clearly the aggressor in forcing the cross over or collision, in the opinion of the judges, only he/she will be penalised. All cross overs are discouraged in competitions. If there is no hindrance of scoring potential for either surfer as determined by majority of judges and there is no contact then interference may not be called
4. THE HEAD JUDGE, along with the other judges, may rule interference on any competitor for:
 - a. Blatantly paddling for a wave in a manner so as to intimidate or hassle a competitor who is in position to gain wave possession
 - b. Grabbing or touching any part of another competitor or their equipment in a manner that impairs their ability to surf
 - c. Paddling out in such a manner as to interfere with the ride of the competitor with wave possession, whether intentional or not

Heat preparation and structure

All contestants must report to the ready area 15 minutes prior to the start of their heat to be checked in and receive their instructions. When possible, the competition area will be defined by the use of flags, barriers, etc. Competitors will be expected to paddle out for their heat 5 minutes prior to the heat start.

All heats, except finals, will run for 10 - 15 minutes depending on conditions. Finals will run for 20 minutes.

After each heat competitors must return their coloured ID vests immediately to the Beach Marshall.

WATER STARTS - All heats will begin with the blast of the horn and/or the raising of a flag/signal boards. The raising of the coloured flag/signal board will indicate the five minute warning. At the five minute warning, the next heat of competitors may start paddling to the designated standby area, being careful not to interfere with the heat in progress.

When the horn sounds ending the heat in progress, the standby heat may paddle into the take-off zone, but not catch any waves until the horn sounds starting their heat. Surfers up before or after may be penalised.

TABLE TENNIS – PING

Numbers Team event of 4, any gender
Categories School years 7 and/or 8
Route Qualify via local SGO competition

Rules

- A team shall consist of 4 players who must play in order of merit
- A match shall consist of 8 sets (all of which must be played) with each set being the best of three games (eleven up, but see Rule 8D)
- The order of play shall be: 1 v 2, 2 v 1, 3 v 4, 4 v 3, 1 v 1, 3 v 2, 2 v 3, 4 v 4.
- Two or more sets may be played at the same time at the discretion of the Organiser even though this may mean a player playing 2 sets in succession.
- Note: It has been ruled that if a team is engaged in successive matches it will be allowed 5 minutes after the end of the first match in which to submit its team in order of merit for the following match
- In the group system, 2 match points shall be awarded to the winning team, and 1 match point to each team for a draw (4-4 in sets regardless of games). The group position shall be decided primarily by the match points gained
- If 2 or more teams have gained the same number of match points, their relative positions shall be determined by the results only of the matches played between those being equal, taking successively match points, sets ratio, games ratio, and, if necessary, points ratio
- If an equality still exists between the two teams tying for first or second place, the match result shall be decided by a doubles set between any two players from each team. Where an equality still exists between teams tying for places other than first and/or second, they shall be placed equal third, fourth etc.

VOLLEYBALL – LET'S PLAY

Numbers Team event of 5, single gender
Categories School year 7, 8 & 9 girls
School year 7, 8 & 9 boys
Route Qualify via local SGO competition
Venue Perranporth Beach tbc

Rules – Mini Volley 3 v 3

Scoring

- 1 set to 21 (Two points clear) or 10-12 minutes (max)

- A point is awarded to the team that wins the rally regardless of who is serving. This team will then start the next rally with serve
- Timed games will start and end with a hooter/whistle and rallies that are in progress when the final hooter/whistle sounds should be completed

Contacting the ball

- Each team has a maximum of three contacts to get the ball back over the net. If a ball hits the block, the team still has three touches
- Contact with the ball is allowed with any part of the body, however kicking is forbidden. If the ball strikes the foot when planted on the floor play will continue, a kick will result in loss of the point

Interruptions to play

- Timeouts per set – Enforced 30 second time out when first team reaches 10 points
- Compulsory rolling substitutions when a team wins back the right to serve. Serving team rotates after three consecutive serves but continues serving until they lose the rally

Net & Court contact

- No player is allowed to make contact over the centre line of the court
- Ball 'in' - contacts the playing surface in the court area including the lines
- Ball is 'out' - contacts an object/floor outside the court markings, hits the post or antennae
- If a ball hits the net during a serve or rally and goes over, play continues. If the ball hits the net and does not cross into the opposition court, play stops and the offending team lose the rally and the point

Signals



VOLLEYBALL – LET'S PLAY

Numbers Teams event of 6, single gender
Categories School year 10 & 11 girls
 School year 10 & 11 boys

Route Qualify via local SGO competition

Rules – Super Mini Volley 4 x 4

Scoring

- 1 set to 25 (Two points clear) or 15 minutes (max)
- A point is awarded to the team that wins the rally regardless of who is serving. This team will then start the next rally with serve
- Timed games will start and end with a hooter/whistle and rallies that are in progress when the final hooter/whistle sounds should be completed

Contacting the ball

- Each team has a maximum of three contacts to get the ball back over the net. If a ball hits the block, the team still has three touches
- Contact with the ball is allowed with any part of the body, however kicking is forbidden. If the ball strikes the foot when planted on the floor play will continue, a kick will result in loss of the point
- Catch rule introduced. A catch is classed as any ball that is caught and thrown, as opposed to a clean 'hit' off the body contact point
- Double contact rule introduced. A double contact is when the ball is played in two different motions and/or the ball's direction is changed by doing this

Interruptions to play

- Timeouts per set – **Enforced 30 second time out when first team reaches 8 and 16 points.**
- Compulsory rolling substitutions when a team wins back the right to serve

Net & Court contact

- No player is allowed to make contact over the centre line of the court
- Ball 'in' - contacts the playing surface in the court area including the lines
- Ball is 'out' - contacts an object/floor outside the court markings, hits the post or antennae
- If a ball hits the net during a serve or rally and goes over, play continues. If the ball hits the net and does not cross into the opposition court, play stops and the offending team lose the rally and the point

Signals

- As Mini Volley with the addition of Double touch, catch



DISABILITY – PROJECTABILITY

Numbers	Individual, any gender
Categories	School years 6 – 11
Route	Qualify via local SGO competition

The aim of Project Ability is to enable more young disabled pupils taking part in competitive sport. Through the School Games and a network of 50 lead Project Ability schools in England, schools can improve the quality and extend the provision of physical activity for their disabled pupils.

Project Ability is delivered as part of the School Games, and includes:

- bespoke training, developed by the Youth Sport Trust, to provide local advice and guidance to School Games Organisers and host schools;
- the establishment and implementation of even more local competitive opportunities for young disabled people; and
- the development of school club activities.

In the 2015 Cornwall School Games we will be running disability competitions in the following sports: **Athletics, Archery, Boccia, Football, Swimming, Table Tennis, Wheelchair Basketball and Wheelchair Rugby**

TO ENTER...

Schools should enter for the open events online at [Cornwall School Games](#) by Friday 8th May 2015 (note that some require earlier entry).

Please complete this to enter the following sports: **Dance, Handball, Indoor Rowing, Sailing, Skateboarding, Scooters, Surf Life Saving and Gig Rowing.**

Early entry deadlines...

Badminton Centre Parcs – Friday 17th October 2014 via www.badmintonengland.co.uk/cpsc
Handball – Wednesday 11th March 2015
Indoor Rowing – Wednesday 14th January 2015