

2024

## **Primary and CAIMS**

Sports listed in Alphabetical Order for 2024

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# AEROBICS AND HIP HOP



For a full guide to NZCAF rules for Sport Aerobics and Hip-hop please visit: [www.nzcaf.org.nz](http://www.nzcaf.org.nz)

## Aerobics

For help with routines/queries please contact Emily Lawn - NZCAF Christchurch representative on 0278273760. She is happy to help wherever possible.

### Music Length

Pre-Choreographed: 1 minute 30 seconds with 5 seconds either side Own Choreography: 1 minute 35 seconds with 5 seconds either side

### Costumes

- A supportive shoe must be worn
- Hair must be tied up tight to head e.g. bun or braids. No ponytails.
- Athletes should wear a costume that lets the judges see their form.
- Variations of costume can be worn e.g. leotard, two piece, leggings and singlet or crop. Bike shorts, singlet, or crop. Flesh coloured tights must be worn with leotards or briefs.
- White plain ankle socks should be worn.

### Stage

- Athletes should stay in the performance square during their performance.
- Square is 7m by 7m for small teams and 9m by 9m for large teams. Variation of square size will be advised prior to competition.
- Athletes must start and finish on stage in the square

### Compulsory elements

- X4 High Kicks (Must face the side of the stage, and all athletes in a team must be facing the same way)
- X4 Jumping Jacks (Must face the front)
- X4 Push ups (Must face side of stage, athletes in a team must be facing the same way)
- 32 count combination (Travel, direction, and formation changes are recommended - as long as team members face the same direction and stay in unison)

Please see NZCAF rules document on the website for correct execution and movement descriptions.

### Pre-Choreographed

This section is designed for novice athletes. All choreography and music is provided. Videos of choreography and notes can be downloaded from the NZCAF website. There is no charge to access these resources.

Students may enter this section twice. E.g individual and small team. Or individual and large team (Primary only) Choreography must be performed without alterations - unless notes state optional section in routine. You may add your own team formation changes, and vary the direction athletes travel in.

### **Own Choreography**

This category is for competitors who want to create their own choreography. We recommend the pre choreographed section for athletes or coaches who are new to the sport.

Choreography should consist of aerobic sequences. Please see NZCAF rules for more details. Athletes must include the compulsory elements and are allowed to choose the skill moves based on the list of available movements for their category. (Primary or Intermediate Individual)

See NZCAF rules section 3.4.1 – description of elements

If unsure on how to choreograph or coach in these sections, we have contact details for 2 coaches who run Game on Aerobics in Christchurch who are happy to help.

### **Categories**

- Students may enter up to two categories. (Can only enter category once, e.g individual and small team, not individual and splitting teams)
- But only a division once. Division = Individual, Small team, Fitness team
- Students may compete up a grade to create a team e.g Year 6 and Year 7 athletes could do a team in the intermediate section

### **Judging**

Please note judging at this event differs from the regional event, see below:

- This event will only have 1-3 judges based on availability
- Judges will look at athletes technical, aerobic, and artistic performance.
- Athletes will only receive placings for the top 3 in each category.
- No ranking sheets will be published at this event Athletes will receive a certificate if they place 1st, 2nd or 3rd.

### **Aerobic Criteria**

The aerobic judge considers all skill elements, transitions, and aerobic sequences. An aerobic sequence is defined as at least 8 counts of traditional aerobic movement which is;

- High impact based
- Continuous, thereby ensuring no cardiovascular rest
- Movement that allows contrast in regard to tempo, half, full, double time
- Movement that allows contrast in regard to vertical levels, especially the lower levels For example;
  - A. 2 x jumping jacks 1 – 4, pencil jump 5 – 6, sidestep 7 – 8
  - B. 2 x jumping jacks 1 - 4, pencil jump 5 – 6, squat 7 – 8
  - C. Jumping jack 1 – 2, roll 3 – 6 to standing, pencil jump 7 – 8

An aerobic sequence can start on any count of the music as long as there is a minimum of 8 uninterrupted counts used. All movements and aerobic sequences must be performed in conjunction with the music tempo, therefore there must be an appropriate, discernible BPM (beat per minute), as found in High Impact Aerobics classes.

### **Transitions**

A transition is defined as the link between a sequence of choreography and skill elements, or the link from element to element. Transitions can make a routine more intense, and they should enhance a skill element by having limited set up and recovery, so that they are not predictable therefore are 'hidden' in the choreography.

NOTE: The length of the transition is important. A transition can be two or more counts of music depending on the element. A transition before a jump may only take two counts while a transition to a static element may take four. Each sequence (choreography, transition and a skill move) should display the following;

- A. INTENSITY
- B. QUALITY
- C. COMPLEXITY INTENSITY

Judges will consider the athletes ability to maintain a high level of intensity by using a large range of Sport Aerobic movements, together with full coverage of the stage area, floor, standing and aerial space. A cardiovascular effect should be shown throughout the entire routine with the focus on high energy expenditure.

#### **Quality**

- Quality of all movements, mini and maxi sequences
- Clear, precise movement
- Purposefully placed movement
- Total control of skill elements, transitions, and mini sequences (maxi sequences)
- Correct posture and alignment
- High fitness levels will allow for good quality of movement

#### **Complexity**

Choreography should show complex patterns which challenge co-ordination in the upper and lower body at the same time. The more muscles you use at one time will not only add complexity but if executed well will also increase the intensity of a routine. Never sacrifice quality for complexity.

NB: An overall high standard of performance will enhance an aerobic score.

#### **Artistic Criteria**

Overview The Artistic Criteria for Sports Aerobics is about making sure there is in fact an 'artistic' side to this sport and to keep the 'art' form of dance and music as a focus. In the scoring of the Artistic Criteria, judges will consider the ability of the athlete/s to dance and perform aerobic choreography which matches the natural structure of the music chosen.

There are four sub-criteria within the Artistic Criteria;

1. CHOREOGRAPHY OF SEQUENCES
2. PERFORMANCE OF THE ROUTINE
3. MUSIC SELECTION
4. MUSIC INTERPRETATION

**Choreography of Sequences** (Refer to the Aerobic criteria for definition of 'sequence') The Artistic Judge will assess a routine for the following choreography criteria; VARIETY = the use of many different movements

- A good variety of High Impact movement within mini aerobic sequences
- A good variety of leg levels within the mini sequences
- A good variety of skill elements
- A good variety of transitions into and out of skill elements
- A good variety of arm lines in sequences, transitions, and skill elements
- A good variety in the use of the body planes and orientations

#### **Creativity**

- Being different to others and creating an impression, individual style
- The use of different High Impact movements and sequences
- Hiding skill elements within the choreography so that the elements are not the only focus of the routine
- Unpredictable choreography and travel patterns
- Using complex choreography patterns such as opposing planes with legs and arm lines
- Creative use and placement of skill elements, transitions, and mini sequences
- Good use of a chosen theme with no repetition in arm lines or themed movements
- Creative partner or trio choreography that does not compromise the mini sequences/8 count

- Creative use of attire to enhance the choreography, music, and performance of a routine without being theatrical

#### **Visual Image = the use of;**

- Vertical levels within the routine structure and placement of skill elements, transitions, and mini sequences (maxi sequences)
- Vertical levels within the mini aerobic sequences, without compromising the 8 counts
- Space, travel, and orientation
- Interaction if in a trio or pair
- Formations for trio or pair
- What you can create visually to the audience/judges

#### **Performance of the Routine**

The Artistic Judge will assess a routine for the following Performance criteria; PERFORMANCE = the ability too;

- Perform the 'choreography criteria' as written above
- 'Dance' the routine and 'express' the music with dance/movement
- Project confidence and ease of movement
- Incite emotion and excitement from an audience
- Be synchronised in ability, range of motion and performance when in a pair or a trio
- Have quality of movement
- Athletes should display a healthy physical appearance
- If you constantly go out of the 7x7m area you may be penalised – this is for safety reasons.

#### **Music Selection**

The Artistic Judge will assess a routine for the following Music criteria; BEATS PER MINUTE

- A clear strong discernible beat must be present throughout the entire piece of music
- A suitable BPM (beat per minute) to be used depending upon lever length and ability of the athlete/s
- A recommended suitable BPM is at least 148 as this sport is based upon High Impact Aerobics
- The same BPM must be used throughout the entire routine MUSIC STRUCTURE Using a piece of music that has a large variety of structure
- Verse
- Chorus
- Instrumental sections
- Rhythms
- Bridge
- Pre chorus
- Instruments
- Vocals
- Theme/character

#### **Music Editing**

The 'art' of this sport is being able to choreograph to a piece of music without the need to majorly edit it. If good music selection is made using a suitable BPM and a good variety of structure, then the need to edit the music should be minimal.

- Sounds effects should be minimal and the music should dictate where sequence choreography, transitions and elements are placed rather than the sound effect.
- If a background instrumental or obvious addition of some sort is added to the music, it would tend to suggest the music selection is not a good one.
- Medleys and themes are acceptable.
- Music must be of a high quality and may affect athletes' artistic score if quality and or editing is poor.

#### **Music Interpretation**

The ability to use the music. The Artistic Judge will assess the routine for the following Music Interpretation criteria;

- The technical ability to use the entire structure of the music

- The placement of mini sequences to match the music structure
- The placement of the transitions and elements to match the music structure
- The ability to use the beat/counter beat and stay on the beat
- The ability to stay in time with each other when in a pair or trio
- Enhancing the music with the movement. Making the music noticeable by matching the movement to it

### **Attire and Appearance**

The Competitor's appearance and attire should be clean and tidy. A score will be reduced where attire does not meet the following criteria:

- Costumes may be one-piece leotards, or a two-piece bikini style. Bootleg pants or bike shorts, and bikini top or singlet are also acceptable
- Costumes must not be too brief and must be appropriately concealing. G-string leotards are not acceptable.
- No body oils or paint. (Anything that can rub off onto the floor must not be used)
- Subtle glitter on face and hair is allowed
- Long hair should be off the face and neck and tied back tightly to the head i.e. in a bun. No theatrical hair accessories or hats are acceptable
- Jewellery is not allowed (this excludes small stud earrings and naval studs)
- You must wear adequate body support
- Props are not allowed, e.g. gloves, musical instruments, scarves etc.
- A good supporting shoe must be worn. White is recommended but not compulsory.
- Shorts and T-Shirts may be worn provided they are not 'form' concealing (too baggy)
- Wristbands and unobtrusive skin coloured strapping is allowed
- The outfit should reflect the sporting nature of competitive aerobics rather than being too theatrical e.g. skirts, too many sequins, dresses, feathers, tassels etc.
- Bike pants or tights must be worn under all leotards or two-piece costumes
- You may not discard any item of clothing or accessory during the performance

### **Technical Criteria**

#### **Execution (The main focus in technical)**

This is how well you perform every move you have in your routine. Moves should be safe and precise showing good form, ease of movement, good posture, and control.

From a technical perspective, the best routine will have the highest total value with the least number of Skill Moves, but only if the execution of each Skill Move is correct. Please see the NSAC Description of Sport Aerobic Skill Moves document for example execution of errors for Skill Moves.

Skill Move values (including combinations) should be evenly placed, to ensure the difficulty is consistent throughout the routine.

NB: Moves that are unacceptable, contraindicated, or cannot be executed properly will risk a reduction in ranking as will the exclusion of any of the compulsory elements (refer to APPENDIX 2- DESCRIPTION OF CONTRAINDICATED MOVES).

#### **Strength**

Your compulsory push-ups will give a baseline score which you can increase performing extra push-ups and or Static Strength moves. Power, which is strength and speed together, can be shown in transitions and aerial moves. Try to show strength in the upper and lower body as well as right and left sides.

#### **Flexibility**

Your compulsory high leg kicks will give a baseline score which you can increase by doing other flexibility moves. Try to show a balance of flexibility in a large range of joints, especially the hip. NB: Teams should be synchronised and will be assessed as a single unit

TIP: Only use high impact aerobics moves and optional Skill Moves that you can do really well! Never sacrifice good form for a difficult move.

## Hip-Hop

### **TEAM SIZE AND GRADE:**

Teams are to consist of 4-8 members, any gender combination is accepted. Final category placement will be determined by the judges – see guidelines below. Entries limited to **3 teams per school**. There are two-year levels within each category – Years 5&6 and Years 7&8.

**Open:** This competition is for students who have shown some skill already towards dance, have entered a competition before, or whom you regard as being quite skilled.

**Novice:** This competition is designed to promote hip hop and funk for all schools, allowing students to "*have a go*" whilst not feeling intimidated by students who have competed before.

**To ensure fairness judges will reserve the right to swap participants between categories if they consider this to be necessary.**

### **RULES:**

#### Attire

Attire should be reflective of Funk and Hip-Hop style. Sports/dance shoes and socks **must** be worn, or the participants will not be able to participate. Midriff should be covered.

#### Performance area

The competition performance area will be clearly defined. It will be marked with tape of a contrasting colour to a 7m x 7m square, which is inclusive of the safety surround. Performance outside of this area will not incur a penalty.

#### Music

Routines should be 1.30 minutes long. A grace period of 5 seconds will be allowed either way to allow for variations on equipment speed, resulting in a minimum of 1.25 and maximum of 1.35 minutes long.

Teams are required to supply their own music, sent via email in MP3 format. Please make sure you bring a backup of the music with you on a CD or phone. It can be either one song or a mix. No swear words are permitted.

#### Music Editing

Unlike aerobics, hip-hop likes to use many different styles within a routine. The easiest way to show your skill level is by using different songs cut together in some kind of 'theme'.

Sounds effects should still be minimal and the music should dictate where choreography, transitions and tricks are placed rather than the sound effect.

- Medleys and themes are acceptable.
- Music must be of a high quality and may affect both the teams Music Expression and Interpretation and Choreography/Style if quality and/or editing is poor.

#### Judging

The judging panel consists of accredited dance teachers. Each judge will assess the performance out of a possible maximum of 30 points each for Technical and Artistic and 40 points for Dance Content. The scores are added together and divided by 10, the final score being a maximum of 10.00. There will be judges judging three different aspects of your performance:

Choreography/Styles 30%

Music Expression and Interpretation 25%

Technique/Synchronisation 25%

Performance/Presentation 20%

If there is a tie the highest artistic score will determine the winner.

#### Choreography/Styles 30%

- Movement should be appropriate to the various hip-hop styles
- Creative, unpredictable movement using the entire body



- Use of a variety of different hip hop styles and moves
- Originality and creativity in formations and changes of placement of team's members
- Use of entire floor space, vertical levels, orientations, and team members to create a visual image
- Interactive choreography with team members
- Use of complex/difficult moves and isolations specific to the various hip-hop styles
- Using many parts of the body and many muscles together at one time
- Movement should require high energy expenditure and effort and continuous without long pauses
- Demonstrate a good physical condition
- Solo performances are discouraged, team choreography is required
- 'Tricks' should have no set up or recovery and must be part of the choreography

#### **Music Expression and Interpretation 25%**

- Ability to express the music with the Hip Hop styles chosen
- Expression of the culture of hip hop
- Use of music appropriate to the various hip-hop styles
- Music and movements should be inseparable
- Use of highs, lows, rhythms, counter tempos, and vocals
- Good musical timing

#### **Technique/Synchronisation 25%**

- High level of technique and quality in all hip-hop movements
- Same execution level of team members: All members should perform movements with the same precision
- Precise, purposeful placement and control of all movements and body parts
- Ease of movement
- Ensuring movements chosen are safe and do not risk injury to any team member

#### **Performance/Presentation 20%**

- Display of an over-all high standard in delivery of the entire routine
- Dynamic energy and intensity throughout performance (selling the routine)
- Ability to generate excitement, enthusiasm, and the mood in relation to the culture of hip hop
- Interaction as a team
- Good physical condition
- Attire and appearance suitable to the hip-hop category

# ATHLETICS

## CONDITIONS OF ENTRY:

1. Competition is in school year groupings for both girls/boys and open. Children must be in year 5 or over.
2. Competitors must enter in own year group events except in relay races where a runner from a younger year group may enter in an older year group if necessary.
3. Children are permitted to enter no more than **THREE EVENTS plus a relay**. Children are not permitted to enter both the 60m and 80m (Year 5 & 6) or the 60m and 100m (Year 7 & 8). A child may enter 3 field events.  
e.g. a child could enter one sprint, one distance and one field, then be part of a relay team. A child could enter 3 field plus a relay.
4. **RELAYS** must be a **school team** – i.e. all members from the same school. If a school is unable to furnish a team because of lack of numbers, they can join with another school/schools from the same zone that are in a similar situation to enter a team at the zone event and then progress from the event if successful there. We do not allow zones to select a 'Zone' team after the zone event to compete at the Canterbury event.
5. All track events will be timed using Athletics Canterbury photo finish equipment and officials. The eight fastest runners from the heats will qualify for the final.
6. If spikes are worn, they must not be any longer than 6mm & must be of the approved type for the track (Cone or Pyramid type only). The starting blocks must be the ones that belong to Athletics Canterbury & will be available on the day. Children can wear shoes or have bare feet.
7. Starting blocks must be used if spikes are worn in sprint races to avoid damage to the track. They will be provided by Athletics Canterbury. No other blocks are approved to be used on the track. If wearing spikes and you haven't used blocks before then you will need to do a standing start, not a crouch start.

## TECHNICAL EVENT INFORMATION

TRACK	Year 5	Year 6	Year 7	Year 8	CAIMS	Disability
<b>SPRINTS</b>						
60m	Yes	Yes	Yes	Yes	Yes	Yes
80m	Yes	Yes	-	-	-	-
100m	-	-	Yes	Yes	Yes	-
200m	-	-	-	-	Yes	-
<b>DISTANCE</b>						
800m	Yes	Yes	-	-	Yes	-
1200m	-	-	Yes	Yes	-	-
1500m	-	-			Yes	-
<b>RELAYS</b>						
4 x 100m	Yes	Yes	Yes	Yes	Yes	-
Medley (400-200-100-100)	-	-	-	-	Yes	

### Starting commands:

**Note:** The feet should not move after “On Your Marks”. When there is movement between “On Your Marks” and “Set” the interpretation is to stand up the field and reset (after explaining why). This will be applied to athletes who are moving their feet after “On Your Marks”.

In races up to and including 400m the commands shall be “On Your Marks” and “Set”.

In races longer than 400m, the command shall be “On Your Marks”.

In any race when, the starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks or he/she otherwise aborts the start, the command shall be “Stand up”.

### Distance Races - Standing start

Commands “On Your Marks” Then the gun

Runners line up at least two steps behind the start line.

On the command “On Your Marks” runners move up to the start line, one foot forward one foot back.

The front toe should be up to the line but not on or over it.

Runners will be held in this position until all are still and there is no movement.

The race will start on the sound of the starting gun.

**Note:** Distance events are not in lanes.



### Sprint Races

#### Standing Start

1. **“On Your Marks”** Walk up to the line, **YOUR FEET MAY NOT MOVE AGAIN.**
2. **“Set”** Lean the body forward, knees bent BUT still quite upright.
3. **“Bang”** Start.
4. **Second “Bang”** or double whistle (False start). A 2<sup>nd</sup> false start by an individual (which includes moving the feet after “Take Your Marks”) means automatic disqualification. Runners will be disqualified at the **end of the race** after having a cone placed in their lane to indicate they have been disqualified.

### Starting Commands: Crouch start

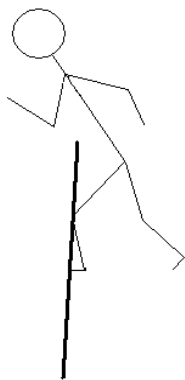
After the “On your marks” command, an athlete shall approach the start line, assume a position completely within their allocated lane and behind the start line. An athlete shall not touch either the start line or the ground in front of it with their hands or their feet when on their mark. Both hands and at least one knee shall be in contact with the ground and both feet in contact with the foot plates of the starting blocks.

At the “Set” command, an athlete shall immediately rise to their final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks. Once the Starter is satisfied that all athletes are steady in the “Set” position, the gun shall be fired.

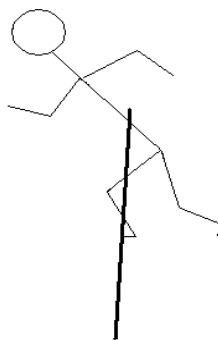
### Explanation:

The standing start in sprint events is the forerunner to the crouch start from starting blocks. In the crouch start once the runner’s feet are placed against their starting blocks they do not move. It is important to teach children when doing a standing start, that when they take their marks, they must have their feet in the right position so that their feet **do not move** when the “set” command is given; they just change their body position to assume a lower stance ready to “drive” off when the starting signal is given. Runners will be held in this position until they are still and there is no movement.

On the command “set” runners should lower their body position and lean forward from the hips in a lower “driving” position. Runners will be held in this position until they are still and there is no movement. The race will start on the sound of the starting gun.



“On Your Marks” Position



“Set” Position

### **Relays**

All relays are boys and girls in separate events as follows:

4 x 100m Circular Relays (Year 5 & Year 6, 7 & Year 8)

Medley 400m, 200m, 2x 100m. (Year 7 & 8 together). CAIMS ONLY.

**AWD Classifications:** To be entered with zone entries.

**Physical Disability (PD):** This classification is for athletes with physical and visual impairments that affect their ability to compete against able-bodied athletes. This includes, but is not limited to, the following impairments: amputees, cerebral palsy, limb impairments, little people, muscular dystrophy, spina bifida, spinal cord injuries and visual impairments.

**Intellectual Disability/Other (ID/O):** this category is for disabled athletes who do not meet the criteria for the above physical disability category. Suitable for any athlete with an intellectual disability or neuro diversity.

ParaFed Canterbury; cpawson@parafedcanterbury.co.nz

Halberg; mitchell@halberg.co.nz

Special Olympics; usirsc@specialolympics.org.nz

**Events are: 60m, shot put and discus for all AWD classifications.**

### **FIELD EVENTS**

#### **HIGH JUMP      Year 5, 6, 7 and 8.**

1. Jumping is from **one** foot only. Dives or forward rolls off two feet are not allowed.
2. **Only scissor jumping is allowed.** A jumper may land on both feet, their bottom, or their back, providing the leg goes over the bar first. **If no high jump pads are available at school or zone events, then children should only be landing on their feet.** Spikes may be worn for Years 6 +
3. An athlete fails if:
  - A. After the jump, the bar does not remain on the supports because of the action of the athlete whilst jumping.
  - B. The athlete touches the ground including the landing area beyond the vertical plane through the nearer edge of the crossbar, either between or outside the uprights with any part of the body, without first clearing the bar. However, if when they jump, an athlete touches the landing area with the foot and in the opinion of the Judge, no advantage is gained, the jump for that reason shall not be considered a failure.

Note: To assist in the implementation of this Rule a white line 50mm wide shall be drawn (usually by adhesive tape or similar material) between points 3m outside of each upright, the nearer edge of the line being drawn along the vertical plane through the nearer edge of the crossbar.
  - C. The athlete touches the crossbar or the vertical section of the uprights when running up without jumping.
  - D. Using any jump other than a scissor jump.
4. A jumper is eliminated after two failures at any one height.

5. Getting off the mat before the bar falls is not automatically a successful clearance.
6. A 'tie' situation is to be decided on a countback:
  - A. The winner is the competitor with the lowest number of jumps at the winning height.
  - B. If a tie remains, the winner is the competitor with the lowest number of failures throughout the event.
  - C. If a tie remains (for first place only), jump off as follows:
    - i. one more jump each at the last height failed.
    - ii. if necessary, one jump each at a height determined by the judge.

#### **Suggested Starting Standards:**

YEAR 5 BOYS: 1.05m	YEAR 5 GIRLS: 1.00m
YEAR 6 BOYS: 1.10m	YEAR 6 GIRLS: 1.05m
YEAR 7 BOYS: 1.15m	YEAR 7 GIRLS: 1.10m
YEAR 8 BOYS: 1.20m	YEAR 8 GIRLS: 1.15m

#### **LONG JUMP Year 5, 6, 7, and 8**

1. Each competitor is to have three jumps with the top 6 having a 4<sup>th</sup> jump. (If time allows).
2. Spikes may be worn.
3. Competitors are credited with their best jump only.
4. **An athlete fails if:**
  - A. While taking off, they touch the ground (including any part of the metre board) beyond the take-off line with any part of the body, whether running up without jumping or in the act of jumping; or
  - B. The athlete takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or
  - C. The athlete employs any form of somersaulting whilst running up or in the act of jumping; or
  - D. After taking off, but before the first contact with the landing area, touches the runway or the ground outside the runway or outside the landing area; or
  - E. In the course of landing (including any overbalancing), touches the border of, or the ground outside, the landing area closer to the take off line than the nearest break made in the sand; or
  - F. The athlete leaves the landing area in any manner other than that described below.

When leaving the landing area, an athlete's first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand (which may be any mark made on overbalancing completely inside the landing area or when walking back closer to the take-off line than the initial break on landing).

*Note: This first contact is considered leaving.*

5. **An athlete shall not be regarded to have failed if:**
  - A. They run outside the white lines marking the runway at any point; or
  - B. Except as described in Rule 3(B), they take off before reaching the board; or
  - C. Under Rule 3(B) a part of their shoe / foot is touching the ground outside either end of the take-off board, before the take-off line; or
  - D. If in the course of landing, they touch, with any part of his body, or anything attached to it at that moment, the border of, or the ground outside the landing area, unless such contact contravenes rule (D) or (E) above; or
  - E. They walk back through the landing area after having left the landing area in the manner described in section 2 above.
5. Placement of jumping mat (taken from front of white to front of pit) as follows.
 

Year 5 & 6 – 1.5m	Year 7 & 8 – 2m
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6. Measurement of a jump is taken from the front of the colour that the athlete takes off from.

#### **SHOT PUT Year 5, 6, 7, and 8, and AWD**

1. Each competitor is to have the same number of puts as each other, ideally this is three puts, with the top 6 having a 4<sup>th</sup> (If time allows). The exact number of throws at any event is time dependent.
2. The shot putter must leave the circle from the rear half otherwise a 'no put' is declared.
3. The shot putter must not touch the ground outside the circle during the put otherwise a 'no put' is declared.
4. The shot shall be put from the jaw with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be

dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders. The elbow should be up.

Note: Cartwheeling techniques are not permitted.

**SIZES FOR SHOT PUT:**

Year 5 Girls	1.5kg	Year 5 Boys	1.5kg
Year 6 Girls	2kg	Year 6 Boys	2kg
Year 7 Girls	2kg	Year 7 Boys	3kg
Year 8 Girls	3kg	Year 8 Boys	4kg
AWD Years 5 & 6 – soft shot 600gm, Years 7 & 8 – 1kg			

**DISCUS Years 5, 6, 7 and 8, and AWD**

1. Each competitor is to have the same number of throws as each other, ideally this is three throws, with the top 6 having a 4<sup>th</sup> (If time allows). The exact number of throws at any event is time dependent.
2. The discus thrower must leave the circle from the rear half otherwise a 'no throw' is declared.
3. The discus thrower must not touch the ground outside the circle during his throw otherwise a 'no throw' is declared.

**SIZES FOR DISCUS:**

Year 5 Girls	500gm	Year 5 Boys	500gm
Year 6 Girls	750gm	Year 6 Boys	750gm
Year 7 Girls	750gm	Year 7 Boys	750gm
Year 8 Girls	1.00kg	Year 8 Boys	1.00kg

AWD Years 5 & 6 – Rubber discus (200gm), Years 7 & 8 – 500gm

**FINALS:** The following will occur. Please note that there could be a slight change to this as the programme is finalised once entries close.

Sprints and Relays	- Fastest 8 times from the heats will qualify for the final
Distance races (800m and longer)	- Straight final
Fields events	- Straight final, throwing events may allow for additional throws for top 6 participants if time allows.

**Track events take precedence over field events.** Participants, please advise the appropriate field event official if you need to go to a track event. This will be taken into account when determining the order of participation for the field events. Any jumps or throws missed to take part in the track event will be made up at a later time if needed.

# Badminton

## **RULES:**

1. Teams of 3 with a maximum of 4, single gender or mixed gender. Teams must rank players from strongest to weakest and play in the same order throughout the day.
2. Matches will consist of 3 x 5-minute singles (1 game per player), and 3 x 5-minute doubles games (2 per player).
3. Playing order is singles 3v3, 2v2, 1v1. Doubles 1&3, 2&3, 1&2.
4. The normal rules of the game apply including Rally Point Scoring. On the line is in. When serving, only the person standing in the opposite box can hit the shuttle.
5. Teams are to provide their own shuttles (suggested ZBC101 or ZBC201) and their own racquets.
6. Service at the beginning of the game is to be decided by a throw of the shuttle.
7. When serving the shuttle must be struck no higher than the server's waist.
8. 1 point for each match won. In the case of a draw on points, countback is on matches won, then points won/lost ratio.
9. If the score is tied when the whistle blows, play one point to decide the winner of the game.
10. Students must wear non-marking shoes.

Please contact Peter Zhu from Zhu Badminton if you have any questions around Badminton: [zhjzhu@xtra.co.nz](mailto:zhjzhu@xtra.co.nz)

# BASKETBALL

**PLAYERS:** Teams may have a maximum of 10 players. (We encourage a squad of 7-8 players so that it is easier to give all players fair game time. It can be difficult to fairly sub large numbers in short games).

## GAME CONDITIONS:

1. Size 6 basketballs for boys (open grades) and size 5 for girls will be used and will be provided for years 7 & 8. Size 5 basketballs for boys (open grade) and girls will be used and will be provided for years 5 & 6.
2. All games are running clock, starting, and finishing on a hooter. The length of games will be decided after entries close. No half time - No change of ends. No time-outs, unless the time of the competition allows, and the rule is explicitly changed.
3. All teams must be ready to take the court as soon as the hooter sounds for the completion of the game prior. As soon as a game finishes the court must be cleared as the clock will be running for the next game (no extra hooter will sound). With the number of entries in the event we will not have time to achieve a result if the clock is stopped between games.
4. The rules as sanctioned by Basketball NZ will apply except that:
  - No personal fouls but a player may be sent off at referees' discretion for excessive fouling (for XX minutes).
  - All players shall play man-to-man (player to player) defence. No zone defence is allowed.
  - If a player is fouled while shooting and the basket misses, (in lieu of two foul shots), the player automatically receives two/three points (depending on where the shot was taken from). The other team then gets the ball at the baseline to continue the game.
  - If a player is fouled while shooting and the basket is successful, (in lieu of one foul shot), the player automatically receives two/three points (depending on where the shot was taken from), plus the one point for the foul. The other team then gets the ball at the baseline to continue the game.
  - Technical foul is ONE point plus play resuming at the point where the foul was called by the team that had possession. After receiving a technical foul, the player/coach may be asked to leave the playing area for the remainder of that game.
  - 3 pointers allowed.
5. All schools must have an adult present to manage their team/s and assist, when necessary, with the running of the tournament.
6. Each team needs to provide a person for the score bench for own game.
7. There will usually be an open grade (any gender combination) and a girls' only grade. **Players cannot interchange between teams.**
8. Scoring: Teams will be allocated points as follows:  
5 for a win, 2 for a draw, 1 point for a loss.
9. Teams will be selected for the knockout games according to points earned in the rounds of pool play.  
If teams are equal on points after pool play:
  - a) The head-to-head result between those teams will decide the pool placings.
  - b) If teams are still tied, then the scores for and against of those teams involved in the tie will be calculated.
  - c) If teams are still tied, overall scores for and against of ALL teams in that pool will be calculated to determine placings.
  - d) If teams are still tied, overall points scored will determine the placings.
  - e) If teams are still tied, a toss of a coin will determine the placings.
10. If knock out games (except finals) are drawn at full time, the "Golden Goal" rule will apply – ie start with a tipoff and play until the first team scores. Points for fouls are also included in the final score.
11. No jewellery is to be worn. No clothing to be worn under uniforms. (Compression tops and sleeves are allowed under uniforms).
12. Mouthguards are compulsory.
13. If there is deliberate time wasting, in the opinion of the referees, an automatic technical foul will apply i.e. 1 point to the opposing team followed by possession at half way.
14. Running subs will be allowed but need to be made by touching hands on the halfway line.
15. If the final is a tie the title will be shared.



# BOCCIA

**IMPAIRMENT:** The Boccia Championships are for athletes with a physical impairment e.g Cerebral Palsy, wheelchair user, amputee etc. For more advice, please contact ParaFed Canterbury; cpawson@parafedcanterbury.co.nz.

There will be a separate category for athletes with an Intellectual Disability/Other. For more advice, please contact Halberg; mitchell@halberg.co.nz.

## Format:

- **Round Robin:**
  - Each match will consist of three ends. Players will propel six balls per end.
- **Placing Matches:**
  - Decided on results from round robin.
  - Will consist of three or four ends depending on time available.

## Rules:

- Students will play as individuals. One player will play red, and one player will play blue.
- The red player plays the Jack (white ball) first in end one, followed by their first coloured (red) ball.
- Once the red player has a coloured ball in court, the blue player then plays their first coloured (blue) ball.
- From here, which ever colour is not closest to the Jack (white ball) continues to play their coloured balls until they either get closer to the Jack (white ball) than their opponent or run out of coloured balls.
- Balls are thrown in this order until all balls are thrown.
- The blue player starts the second end by playing the Jack (white ball), followed by their first coloured (blue ball).

## Scoring:

- Whichever player (red or blue) who has the closest ball to the Jack (white ball) will score 1 point. If a player has more than one ball closer to the Jack (white ball) than their opponents' closest ball, only 1 point is scored for being closest to the Jack (white ball).
- The referee will then place a scoring circle (hula hoop) over the centre of the Jack (white ball) and any coloured ball that is inside or touching the scoring circle (hula hoop) scores 1 point.
- The total match score is the cumulative score across all ends played.

# BOWLS

## RULES:

Below is a list of the usual rules used when playing pairs in a PSC event. These may change at some events in which case the specifics will be listed on the PSC website.

1. 2 players per team. 2 bowls per player.
2. Bowls will usually be supplied.
3. Fair play is expected throughout all games.
4. Jack and mat will be placed on the chalk marks.
5. If the jack goes outside the pegs, the jack gets placed on the chalk marks. Approx. 4m from ditch.
6. If a bowl has hit the jack into the ditch, the jack stays where it is, as well as the bowl that hits the jack.
7. If a bowl goes outside of the rink peg - and doesn't come back in, it is out and needs to be placed in the bank.
8. If a bowl goes outside of the rink peg - and comes back in, it stays where it is.
9. If bowls from two different rinks collide when both are travelling down the green, players can replay those bowls.
10. If a bowl hits another rink's bowl when delivered the player who delivered the bowl gets the bowl back and replays. The bowl that gets hit gets put back as close to the original position as possible.
11. Scoring – The closest team's bowl(s) to the jack earn 1 point per bowl before the opposition's bowl is the next closest.
12. Rules on movement on the green will be outlined on the day of play.
13. Bowls Canterbury endorses The Kiwi Bowls program (for Years 5-8 school children) and is working towards creating links between schools and clubs.

If you have any questions around bowls feel free to contact Erica on [development@bowlscanterbury.co.nz](mailto:development@bowlscanterbury.co.nz)

# CRICKET

## OPEN/BOYS' RULES:

1. Six players per team.
2. One player remains wicketkeeper throughout each game and does not bowl. The other five players bowl one over each. No underarm bowling.
3. Batting order is the reverse of the bowling order with the keeper batting if desired.
4. Batting order of both teams to be given to the umpire prior to game commencing.
5. Each team bats for 5 overs. There will be a 40-minute time limit for each innings.
6. See below under "points" if innings not completed in this time frame.
7. For every "wide" bowled, 2 runs are added to the batting team's tally. For every wide bowled in the fifth over, a further ball is to be bowled as well as the 2 extra runs.
8. For every "no ball" bowled, 2 runs are added to the batting team's tally.
9. A batter who reaches 25 runs must retire immediately and may only retire if 25 runs have been attained.
10. Each team supplies their own gear. This is to include boundary markers, and hard balls.
11. Stumps - schools to bring.

## GIRLS' RULES – Quikhit:

1. Eight players per team.
2. Each batting pair faces 2 overs, irrespective of the number of times they get out. There are 8 overs per innings per team. 6 balls per over.
3. Bowlers must bowl overarm. All overs should be bowled from one end.
4. All players in the bowling team must bowl at least one over.
5. Wides or no balls count as two runs.
6. A wide is a ball that is not hit which passes outside more than  $\frac{2}{3}$  the distance on the offside or half the distance on the leg side between the stumps and the side of the crease.
7. All fielders, except for the wicketkeeper and bowler, must start outside the Quikhit inner zone and may only enter the zone as the batter hits the ball or the ball passes the batter.
8. If a batting pair completes its 2 overs without being dismissed a bonus of 50% of their runs scored gets added to their total.
9. 3 runs are scored each time a batter is out.
10. Incrediball supplied by Primary Sports Canterbury. No pads required. Stumps - schools to bring.

**Dress:** All teams must be appropriately attired. Players must be dressed alike - wearing either their school's uniform or a white T shirt. Shorts, white trousers, or tidy track suit trousers may be worn. No denim. No bare feet.

## CROSS COUNTRY

### RACE DISTANCES

**Year 5s** – 2km race

**Year 6s** – 2km race

**Year 7s** – 3km race

**Year 8s** – 3km race

**AWD** – 1km race

AWD Classifications:

**Physical Disability (PD):** This classification is for athletes with physical and visual impairments that affect their ability to compete against able-bodied athletes. This includes, but is not limited to, the following impairments: amputees, cerebral palsy, limb impairments, little people, muscular dystrophy, spina bifida, spinal cord injuries and visual impairments.

**Intellectual Disability/Other (ID/O):** this category is for disabled athletes who do not meet the criteria for the above physical disability category. Suitable for any athlete with an intellectual disability or neuro diversity.

ParaFed Canterbury; cpawson@parafedcanterbury.co.nz

Halberg; mitchell@halberg.co.nz

Special Olympics; usirsc@specialolympics.org.nz

# DUATHLON

## RACE DISTANCES

**Year 5s** - Run 2km, bike 6km, run 1km

**Year 6s** - Run 2km, bike 6km, run 1km

**Year 7s** - Run 2km, bike 9km, run 1km

**Year 8s** - Run 2km, bike 9km, run 1km

**AWD** - Run 1km, bike 3km, run 500m (TBC as distances may change)

## RACE RULES

1. Cycle helmets approved to Snell, ANSI or NZ Standards must be always worn and done up when competitors are in charge of their bike.
2. No drafting is allowed during the bike ride. This means there needs to be a gap of 10 meters between riders.
3. No aero bars should be used.
4. Assistance other than from race officials and medical personnel will result in a disqualification.
5. Race officials and medical personnel have the right to remove competitors from the race.
6. All road rules and marshal's instructions must be observed. The course will be marked and marshalled. A bike will follow the last runner.
7. No drinks are to be given during the race.
8. No bikes are to be removed from the transition area until the last race is completed. This could result in disqualification.
9. No video cameras or cameras are allowed in the transition area.
10. Competitors enter at their own risk.
11. The Race Director's decision is final.

# FOOTBALL

## GAME CONDITIONS:

### Retreat Line

- The line is 30% of the full length of the side-line. It should be marked on the field in paint or with cones. If using cones, ensure they don't obstruct the football from leaving the field of play. (Rebounding back into the field)
- When a team's goalkeeper catches/picks up the ball or is taking a goal kick, the opposition MUST drop back behind the retreating line.
- Only after the goalkeeper plays the ball out and one of the goal keeper's teammates touches the ball, can the attacking player advance over the retreating line.
- Coaches are encouraged to ask all players to play the ball as quickly as possible from the goalkeeper and not to allow the ball to continue to roll towards the retreating line.

### Infringement

- If a player advances beyond the retreating line before the opposition has touched the ball, or fails to drop behind the line, the Retreating Line regulation has been infringed.
- On the first occasion each team infringes the referee will stop the game and do the following;
  - a. Advise all players for the reason of the stoppage and re-emphasise the rule.
  - b. Play is restarted with either a goal kick or the ball in the goalkeeper's hands to play the ball out.
  - c. For the second or subsequent infringements by the team the referee will award an indirect free kick on the retreating line to the opposition team.

### Offside

- 7 a side: the retreating line is the offside line on attack
- 9 a side: the halfway line is the offside line on attack

Please refer to <http://www.mainlandfootball.co.nz/coach-education/retreating-line/> for more information

## Team Size Specific Rules

### 7-a-side (Years 5 & 6)

1. Teams may be mixed. There is no requirement regarding the number of any one gender.
2. Players not involved in the game must wear a top or jersey over their team shirt so as not to confuse teams on the field or the referee.
3. All the normal rules of football shall apply except for the following:
  - the coach can be on the field to assist or referee (not both).
  - teams shall contain 1 goalkeeper who may kick from the ground at goal kicks from the edge of penalty box or from their hands when play is still live, and 6 outfield players on the field at any one time.
  - rolling subs may be used, provided the referee is notified and the ball is out of play.

### 9-a-side (Years 7 & 8)

1. All usual FIFA rules apply, plus the use of rolling subs & teams may be mixed (as above).

## Pitch sizes

### 7-a-side (Years 5 & 6)

1. Pitches shall be marked and presented with appropriate size goals wherever possible.
2. Where pitches are required to be marked out with cones – minimum 45m x 30m, maximum 55m x 35m

### 9-a-side (Years 7 & 8)

1. Pitches will be marked and presented with appropriately sized goals wherever possible

2. Where pitches are required to be marked out with cones – minimum 64m x 45m, maximum 70m x 50m

### **Equipment**

1. Each team must provide a match ball and at least 5 cones to mark the fields when required.
2. Balls – size 4 for Years 5 - 8
3. **Shinpads are compulsory.**

### **Referees**

1. Each team must provide a referee who will referee half the game each unless mutually agreed otherwise.

**One sided game** - When games are one sided, agreement should be made to ensure a more even contest and the game result is then taken as a win with 10 goals maximum.

# FUTSAL

## TEAM AND GAME CONDITIONS:

1. All games will usually be played on netball courts – the field is netball court size.
2. Open (any gender combination) and Girls' grades will usually be offered with 5 players on the field at any time. Unlimited squad numbers.
3. Each school to provide a teacher or helper with each two teams (who can take turns at refereeing).
4. Balls, goals, and vests usually provided by Mainland Football.
5. Shoes must be worn.

## **RULES:** All normal rules of futsal shall apply except for the following:

1. No offside.
2. When the ball goes out across either sideline, play is restarted from a kick in (important to encourage the players to place the ball on the line before kicking it in). Opposition players are encouraged to be back 3m to allow the ball to be passed in.
3. When the ball crosses either baseline, play will be restarted with either of the following – a goalkeeper's throw in inside the netball (D), or a corner ball placed on the line in the corner.
4. A 4 second time limit will apply with kick ins and when the goalkeeper has the ball (Encourages players to restart quickly).
5. **Shinpads are compulsory.**



# GOLF

## Golf Format for Primary/Intermediate Event: Ambrose

**Ambrose Explanation:** All players take a turn teeing off at the start of each hole. The team then picks the best shot amongst their team players' shots and then move all other balls to the best one then hit again, repeating the sequence until the ball is holed.

Each teammate must place the ball within a hand's length of the chosen ball's lie. On the putts they must putt from the same spot. Each team records just one score per hole.

It is preferred there is one set of clubs per player, if possible, to assist the pace of play. The number of holes to be played is 9.

**Team:** Each team is to consist of 4 students and 1 adult per team. The adult is encouraged to play too, however only the students' best shots are to be used.

### Glossary of Basic Golf Terms:

Stroke: Each individual shot taken on a hole

Par: The number of strokes a golfer should take to complete each hole.

Birdie: Completing the hole in one less stroke than the par.

Bogey: Completing the hole in one more stroke than the par.

Double Bogey: Completing the hole in two more strokes than the par.

Eagle: Completing the hole in two fewer strokes than the par.

Fairway: The stretch of shorter grass that directs you to the hole.

Fore: What golfers yell (loudly) when they hit a bad shot to alert the golfers in the area where their ball is headed.

Green: The area of finely trimmed grass at the end of each hole where players putt their ball.

Hazards: Areas such as water, bunkers, and thick grass.

Lie: The way the ball has come to rest on the ground. The ball may on a "good lie" in short grass on the fairway or a "bad lie" in deep grass in the rough.

Out of Bounds: A designated area that is out of play for golfers, identified by white stakes or posts.

Pin or Flag: The object used on the greens to identify the hole.

Rough: The areas of longer grass that line the fairway.

Bunker: The sand-filled pits that line fairways and often surround the greens.

Starter: The woman or man stationed at the first tee who makes sure you tee off on time.

Tee Box: The designated area that marks the beginning of each hole, where you tee off from.

Divot: A strip of turf removed from the ground when playing a golf shot.

### General Golfing Etiquette

#### Consideration for Others

- You should always show consideration for other players on the course and take care not to disturb their play by moving, talking or making unnecessary noise.
- Only tee your ball up when it's your turn to play and remember not to stand close to the ball, directly behind it, or directly behind the hole, when a player is about to swing.
- On the putting green, you should be careful not to stand on another player's line of play or, when he or she is putting, cast a shadow over his or her line. And you should remain on or close to the putting green until all other players in the group have holed out.

#### Pace of Play

You should play at a prompt pace throughout the round, including the time taken to:

- Prepare for and make each stroke;
- Move from one place to another between strokes; and
- Move to the next teeing area after completing a hole.

Players should prepare in advance for their next shot and be ready to play when it is their turn.

### **Care for The Course**

Players should avoid causing unnecessary damage to the course wherever possible.

#### Bunkers

Before leaving a bunker, players should carefully fill up and smooth over all holes and footprints. If a rake is within reasonable proximity of the bunker, the rake should be used for this purpose.

#### Divot sand Ball-Marks

Players should carefully repair any divot holes and any damage to the putting green made by the impact of a ball.

### **More Information of how to play and learn Golf**

For those wanting to find further information about how to learn and play Golf we encourage you to visit the Canterbury Golf website - [www.canterburygolf.co.nz](http://www.canterburygolf.co.nz).

On this website you can visit the Junior Golf page to read about each Golf Club's Junior offering. Additionally, you can check out the Futures Canterbury website which information about our Selwyn and North-East Hubs which are a great and affordable way for new golfers to start their journey in the game – [www.futurescanterbury.co.nz](http://www.futurescanterbury.co.nz).

# GYMNASTICS

## Artistic

### Recreation and Regional Competitive grades:

**Grade 1 & 2** – suitable for children who are a beginner or currently attending recreation classes at a club.

**Iron** – suitable for more advanced gymnasts or those who are currently doing this level at their club.

**Bronze** – for gymnasts who have previously competed STEP 1,2 & 3 at Canterbury competitions in 2022 & are not competing STEPS in 2023. Also, for those who are currently doing Bronze level at their club.

**Silver** – for gymnasts who have previously competed in STEP 4 or above at Canterbury competitions & are not competing STEPS in 2023. Also, for those who are currently doing Silver level at their club.

**Gold** – ex competitive gymnasts that competed at STEP 5 and above. Also, for those who are currently doing Gold level at their club.

**Emerald** – for gymnasts currently doing this level at their club.

**Ruby** – for gymnasts currently doing this level at their club.

### Grade 1

#### Floor

1. Forward roll
2. Front support (hold 3 secs)
3. Turn over to rear support (hold 3 secs)
4. Sit down, roll backwards to shoulder stand
5. Roll forwards to stand up & straight jump

#### Vault

1. Run jump on BB using correct technique
2. Stretch jump off to land on 10/20cm mat

#### Bars

1. Present
2. Jump to front support, show dish shape (2 secs)
3. 2 casts
4. Roll forward around bar to tuck shape, stand
5. Present

#### Beam

1. Step on to the beam from box top
2. Pivot walks x 2 (toe to knee in forward passé)
3. Walk forward 4 steps
4. Releve on two feet (on toes 3 secs)
5.  $\frac{1}{4}$  turn
6. Straight jump dismount

### Grade 2

#### Vault

1. Run hurdle straight jump onto 40cm mat (2 feet take off, under arm swing, proper stretch jump, controlled landing).

#### Bars

1. Present
2. Hold low bar in dish shape
3. Bent knees swings 2xs with regrips
4. Circle up to front support (coach may help, can stand on a small box)
5. 2 casts (hips to leave bar)

6. Roll forward around bar (controlled roll with straight arms if possible)
7. To tuck hang (hold for 2 seconds, then stand)

### **Beam**

1. Step from box top to stand on beam
2. Step with free leg, swing leg back & forward, step forward & repeat on opposite leg
3. 2 Pivot walks (toe to knee on flat foot)
4. Straight jump (under arm swing to straight jump)
5. 4 steps forward on toes
6.  $\frac{1}{2}$  turn on 2 feet in releve
7.  $\frac{1}{4}$  turn
8. Straight jump dismount

### **Floor**

1. Forward roll to squat (arms up to start)
2. Tucked handstand (back into squat position)
3. Forward roll to L sit (arms out sideways then up by ears, tight body)
4. Reach forward into pike position (hold 2 secs)
5. Roll into shoulder stand (hands by hips to roll into shoulder stand)
6. Roll forward to straight jump (try to stand with no hands, swing arms up for jump)

**LINK FOR ROUTINES:** <https://www.youtube.com/@ChristchurchSchoolofGymnastics>

# GYMNASTICS

## Rhythmic

This event is designed to provide years 5 – 8 with the opportunity to participate in the competition alongside their peers from the Canterbury region. This year the requirements for the school's competition are aligned with the Gymnastics New Zealand Schools Festival Programme. The School GymSport Festival Handbook and videos of the required elements are available on the Gymnastics New Zealand website (schools page) <https://www.gymnasticsnz.com/member/schools/>. This event is held at Olympia Gymsports.

*The password for access is: **Sch001gymfun23***

The structure of the programme is different to what has been required in the past so below is a brief overview:

Students can compete in one of three categories:

- Springers (easiest level)
- Flyers
- Twisters (hardest level)

The levels are independent of their year at school so you can have Year 6 students in any of those categories for example. The idea behind this is to recognise that some students come with more or less relevant experience than others. If you have a student who has done several years of dance, they might be suited to a higher level than another student with no dance experience for example.

Logistically it may be easiest for your school to just pick the best-fit category for a given year level so they can all be working on the same elements and routines. That is fine too! You can do whatever works best for you.

Each gymnast competes two different apparatus. There are 3 apparatus options for each category so you just pick the 2 that you would like to compete.

Category	Apparatus 1	Apparatus 2	Apparatus 3	
Springers	Scarf*	Hoop	Ball	Students compete 2 out of 3 apparatus
Flyers	Ribbon	Hoop	Ball	Students compete 2 out of 3 apparatus
Twisters	Ribbon	Hoop	Ball	Students compete 2 out of 3 apparatus

\*In the manual it says that scarf is an option for Year 2 students only, however it is included as an option for this competition for all students.

At the event there will be 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place certificates for each year group within each category. e.g. Year 5 Springers, Year 6 Springers, Year 7 Springers, Year 8 Springers etc

# HOCKEY

**PLAYERS: 6 aside** – mixed grade. Unlimited players per team with reserves allowed to interchange freely throughout the game. There must be at least 2 girls on the field at any one time. Single-gender boys' schools may combine with a single-gender girls' school. Teams comprising all girls, or less boys may enter this competition.

**FIELD SIZE:** Years 5 & 6 - One quarter of a standard hockey field playing across the field.  
Years 7 & 8 - One quarter of a standard hockey field playing across the field.

**FIELD MARKING:** Teams must supply cones to mark the following.

- the sidelines and goal lines
- centre line on field
- standard (3.66m) goals at centre of goal lines
- scoring zone – marked on sideline
- free hit marks on the sideline goal lines 9m from each back line

**EQUIPMENT:** Players must wear mouthguards and shinpads.

**UMPIRING:** Two umpires are recommended but by mutual agreement one umpire may suffice.

**COACHING:** Coaching from the sideline is permitted provided it is friendly and positive. Negative coaching and criticism of players by coaches, umpires or spectators must not be allowed.

**RULE CHANGES:** The rules of the game of Hockey shall apply except that:

1. Lifting: If the ball is played at any height which is dangerous this can result in a free hit or if a ball that is dangerous regardless of height will be penalised under dangerous play provisions.
2. When a free hit is taken no other player may be within three metres of the ball.
3. The obstruction rule (deliberate use of the body to push another player off the ball) will be penalised by awarding a free hit to the opposing team.
4. Feet: this will be penalised only when the ball is deliberately kicked or blocked. When a shot at goal has been deliberately blocked or stopped with the feet a goal is awarded.
5. There will be **NO** penalty corners. Infringements will be awarded with a free hit 9metres from the backline when the infringement occurs close to the goal.
6. For a deliberate breach within a player's defensive half a free hit to the attackers 9 metres from the backline when the infringement occurs close to the goal.
7. When the ball goes over the backline – if last touched by an attacking player, then the free hit is taken by the defending team, in line with where the ball crossed the backline, but at the 9-metre mark. If last touched by a defensive player, then the free hit is taken by the attacking team, in line with where the ball crossed the backline, also at the 9-metre mark.
8. There is an auto pass rule at this age level, but the ball must be stopped before the auto pass is carried out.

# NETBALL

**PLAYERS:** Teams can be mixed. No more than 3 boys to be on court at any one time and one in each court area – ie one in the defence circle, one in the attack circle and one in the midcourt area.

**EQUIPMENT:** All teams must wear regulation bibs ie positions named.  
Both teams to provide a match ball- size 4 for Year 5&6, size 5 for Years 7 & 8.  
No jewellery, no taped earrings, short nails, correct footwear.

**RESULTS:** If teams are tied on points for places in the sections, positions will be decided on the result of the game between these teams, then - goal ratio - ie the total number of goals scored divided by the total number of goals scored against.  
If teams are tied in quarter or semi-finals the game will continue without stopping until one team has a one goal advantage, to determine the winner. Finals may have joint winners.

**Years 7 & 8 - 7 aside.** International rules apply for 7 aside.

**Years 5&6 - 6 aside.** Years 5 & 6 netball will be played using Future Ferns netball height goal rings. See basic rules below for 6 aside. Here is the link for guidance on 6 aside rules. [www.futureferns.co.nz](http://www.futureferns.co.nz)

## **Players:**

1. Teams shall have a maximum of 10 players (8 is preferable).
2. Mixed teams-maximum of 3 males on court at any one time.
3. 6 players on court at any one time: 2 x centres, 2 x defence, 2 x attack (the bibs shall have A, C and D).
4. Substitutions – rolling subs and at intervals and stoppages.
5. Player's participation time – **minimum** of half the total time played throughout the whole tournament.
6. Players to rotate to ensure equal opportunities in all positions.

## **Playing/Defending the ball:**

1. Players are encouraged to pass or shoot within 5 seconds.
2. Defending the ball – enforce 1metre distance to allow player space to pass.

## **Centre Pass:**

1. Team captains use paper, scissors, rock to determine which team has the first pass.
2. After a goal is scored the non-scoring team shall have the centre pass.
3. One Centre in possession of the ball shall stand wholly within the Centre circle and the opposing Centre standing within the Centre third. The other two Centres stand on the sideline in the Centre third. These two Centres may enter the game can enter the court once the first pass has been made and they can enter anywhere they like.
4. The Centres in each team take alternative centre passes.

**Scoring:** Shots at goal may be taken from anywhere within the team's goal circle by the 2 attacks.

**Throw In:** Players take turns - eg if it is a defence throw-in in the goal third – one defender throws in and then the other defender takes the next throw in.

**Fast5 Rules:**

- 4 x 10 min quarters.
- Five Playing Positions (GS, GA, C, GD, GK) – there will be no WA or WD.
- Rolling substitutions are allowed which means a change can take place at any stage of the game from a designated area for both teams. Player must be off the court before the next player can run on.
- Maximum of three males on courts at any one time (per team), if it is a mixed team – one in the defensive circle area, one in the mid-court and one in the shooting circle area.
- 2 scoring options – 1 point inside the circle / Super Shot – 3 points outside the circle.
- Each team must supply their own umpire/bibs and ball.
- All other standard netball rules apply.



## ORIENTEERING

Below the usual schedule for a full day of orienteering/regaining is listed, any specifics that differ from this for an individual event will be listed on the PSC website.

All participants meet first to go over briefing and have a skill session before the day starts.

Skill teaching session: 10 - 10.40am.

Rogaine: 10.50am - 12pm

Event for teams of 4: using a map to find locations and answer questions.

Orienteering: 1pm

Individual event - requires navigational skills using a map to navigate from point to point in usually unfamiliar terrain whilst moving at speed.

Participants are given a specially prepared **orienteering** map, which they use to find control points.

Points will be added up from the Rogaine and from the orienteering event to find the best 3 school teams.

# RUGBY

## RIP RUGBY

### YEARS 7&8 and YEARS 5&6

<b>Numbers on Field</b>	Minimum of 7, Maximum of 10 but both teams must have same number of players
<b>Players</b>	3 forwards & 4 backs (7 aside); 3 forwards & 5 backs (8 aside); 3 forwards and 6 backs (9 aside); 5 forwards and 5 backs (10 aside)
<b>Field Size</b>	½ field
<b>Try</b>	1 point
<b>Conversion</b>	No Conversions
<b>Ball Size</b>	4 for 7/8. 3 for 5/6.
<b>Substitutions</b>	<p>Rolling substitutions are not permitted.</p> <p>Substitutions may be made at half time or approximately halfway through each half when the referee will allow and signals a substitution break. This break should be no longer than one minute and will indicate the end of the current, and beginning, of a new quarter. This substitution break is solely for the purpose of making substitutions; coaches are not permitted to use this break to provide coaching advice to players/teams.</p> <p>Non-injury substitutions can only take place at half time or these quarter time breaks.</p> <p>Every player must play at least half a game.</p>
<b>Kick-Off</b>	Drop-kick by the non-scoring team.
<b>Rip</b>	<p>One flag from the ball carriers' belt must be removed and the ripper has to stop, hold the flag above their head and shout "RIP".</p> <p>The ball carrier must then pass the ball immediately (within three steps).</p> <p>Four rips in a row is turnover in possession to the other team.</p>
<b>Fending</b>	No fending to the head, face, or neck regions
<b>Scrum</b>	<p>3 (or 5 for 10 aside) players involved. Non contested, no pushing or wheeling.</p> <p>Team that throws the ball into the scrum wins ball.</p>
<b>Lineout</b>	3 (or 5 for 10 aside) players plus halfback involved No lifting in lineouts
<b>Penalty</b>	<p>Tap &amp; Pass</p> <p>No penalty kicks at goal</p>
<b>Kicking</b>	Encourage running and passing
<b>Length of Game</b>	Dependent on tournament and what time allows
<b>Coaches</b>	Not permitted on the field
<b>Spirit of the Game</b>	<p>The spirit of fair play and sportsmanship is to be actively encouraged by everyone involved in the game, including coaches, parents, and supporters. The score is important, but the game itself is more important.</p> <p>One sided games – game should be stopped when one side has a lead of 55 points. The score at this stage becomes the official result. However, the game can continue to be played and coaches should agree on how to generate a more even contest e.g. swapping players.</p> <p>Refer to instructions in Small Black coaching manual to manage.</p>
<b>Full Rip Laws</b>	Please go to <a href="http://www.rugbytoolbox.co.nz/the-game/rugby-laws/rip-rugby-laws">www.rugbytoolbox.co.nz/the-game/rugby-laws/rip-rugby-laws</a> for more detailed explanations of Rip Rugby laws.

## **TACKLE 10s**

### **YEARS 7&8 and YEARS 5&6**

<b>Numbers on Field</b>	10
<b>Players</b>	5 forwards & 5 backs
<b>Field Size</b>	½ field
<b>Try</b>	5 points
<b>Conversion</b>	2 points Conversions taken from in front of the posts either drop goal or punt.
<b>Ball Size</b>	4 FOR 7/8. 3 FOR 5/6.
<b>Substitutions</b>	Rolling substitutions are not permitted. Substitutions may be made at half time or approximately halfway through each half when the referee will allow and signals a substitution break. This break should be no longer than one minute and will indicate the end of the current, and beginning, of a new quarter. This substitution break is solely for the purpose of making substitutions; coaches are not permitted to use this break to provide coaching advice to players/teams. Non-injury substitutions can only take place at half time or these quarter time breaks.
<b>Kick-Off</b>	Drop-kick by the non-scoring team.
<b>Tackle</b>	Normal rules apply. Correct technique and safety are paramount. Tackles must be below the arm pit level.
<b>Fending</b>	No fending to the head, face or neck regions
<b>Scrum</b>	5 players involved. Non contested, no pushing or wheeling. Team that throws the ball into the scrum wins ball.
<b>Lineout</b>	No lifting in lineouts
<b>Penalty</b>	Tap & Pass No penalty kicks at goal
<b>Kicking</b>	Encourage running and passing
<b>Length of Game</b>	Dependent on tournament and what time allows
<b>Coaches</b>	All coaches involved must have completed an NZ Rugby Small Blacks applicable to the level of rugby they will be coaching. This must be done before they can coach or referee.
<b>Spirit of the Game</b>	The spirit of fair play and sportsmanship is to be actively encouraged by everyone involved in the game, including coaches, parents, and supporters. The score is important, but the game itself is more important. One sided games – game should be stopped when one side has a lead of 55 points. The score at this stage becomes the official result. However, the game can continue to be played and coaches should agree on how to generate a more even contest e.g. swapping players. Refer to instructions in Small Black coaching manual to manage.

## SEVENS

All normal laws apply such as a knock on, forward pass, lineout, offside etc. There are some variations to the rules which are:

**Number of Players**

Maximum of 7 players per team on the field

**Length of game**

A team may substitute or replace up to five players

Each half is no more than seven minutes

Half time is not more than two minutes

**Conversion Kick**

The kick must be a drop kick

**Foul Play**

Sin Bin period is two minutes

**Kick Off and Restart Kicks**

After a score, the team that has scored kicks off with a drop kick

If the ball does not reach the opponents 10 m line and is not played by an opponent, a free kick is awarded to the non-offending team at the centre of the halfway line.

If the ball is kicked directly into touch a free kick is awarded to the non-offending team at the centre of the halfway line.

**Scrum**

The maximum number of players in each scrum is three per team.

**Penalty Kicks**

A penalty or free kick can be taken with any kind of kick – tap, punt or drop kick but not a place kick

# RUGBY LEAGUE

<b>Size of Field</b>	68 x 40 metres.
<b>Players</b>	9 aside on the field, with up to 6 reserves.
<b>Equipment</b>	Mouthguard's compulsory. Closed toe footwear required, boots or shoes allowed.
<b>Tackles</b>	6 tackles per set. No high tackles, contact must be below armpits. No dangerous tackles including: lifting tackles, shoulder charges, slinging, tripping, flopping. Attackers may surrender in tackle, in which case defenders must not complete the tackle. Attackers cannot viscously palm. All contact must be below armpits.
<b>Scrum</b>	No scrums.
<b>Periods of Play</b>	Usually 2 x 8-minute halves, with a straight swap at halftime.
<b>Injury Time</b>	No time off for injury.
<b>Player Misconduct</b>	Sin Bin is not applicable. The referee may direct that a player be replaced. Verbal abuse and foul language will not be tolerated.
<b>Play the Ball P.T.B.</b>	1 marker allowed, Team not in possession must retire 5 metres from the P.T.B.
Team not in possession	Defending team cannot advance until the first receiver has caught the ball, or the dummy half begins to run.
<b>Passing from P.T.B.</b>	One pass (from dummy half) to retain possession. Dummy half does not need to pass the ball to score a try, however if tackled in an attempt to score and a pass has not been completed, a change-over will occur. The ball does not have to be passed in the event of a dropped ball, intercepting a pass, a penalty or restart tap.
<b>Zero Tackle Count</b>	A player picks up the ball dropped by an opponent.
No count at first tackle if	A player gains possession after the ball has been deliberately touched by an opponent.
<b>Starts of Play</b>	Each half will start with a place kick from the centre of halfway. Ball must travel 10 metres forward.
Commencement of each period of play.	The defending side to retire 10 metres.
<b>Restarts of Play</b>	Non-scoring team to restart play with a tap from the centre of halfway.
After Points Scored	Defending team to retire 5 metres from all tap restarts.
<b>Goal Line Drop-out</b>	Ball made dead by defending team. Ball must travel 10 metres forward.
<b>Ball Going Dead</b>	If the ball is made dead by attacking team the opposition will be given a place tap 20 metres from the try line. If the ball made dead in a team's own in-goal, a goal line drop out will occur.
<b>Goal Kicks</b>	No conversions.
<b>Penalties</b>	Will be tap with the defending team back 5 metres (cannot kick for touch).
<b>Change of Possession</b>	After the 6th tackle.
Occurs After-	Knock on or forward pass. Acting dummy half runs with the ball and is tackled before scoring. Player in possession runs into or is tackled into touch. Ball carrier is held up over opponent's goal line after the 5th tackle. 'Bombs' or attempted field goals change over where kick took place.
<b>Kicking</b>	Allowed on any tackle count but no bombs or field goals.
In general play	Ball must travel further in distance than it does in height.
<b>Held up in Goal</b>	Play is restarted by the player in possession. P.T.B. 10 metres out from the goal line. If a player in possession is held up on the 6th tackle, the opposition will P.T.B. 10 metres out.
<b>Stripping the Ball</b>	No stripping or stealing of the ball in a tackle.
<b>All other common laws of rugby league apply. (Forward passes, knock ons, dangerous contact, dead ball rulings)</b>	

## LEAGUE - BACKYARD FOOTY

<b>Size of Field</b>	Approximately 65 x 30 metres.
<b>Periods of Play</b>	10 minute games (no half time)
<b>Players</b>	6 aside on the field, with up to 4 reserves.
<b>Equipment</b>	Mouthguard's compulsory. Closed toe footwear required, boots or shoes allowed.
<b>Player Misconduct</b>	Sin Bin is not applicable. The referee may direct that a player be replaced. Verbal abuse and foul language will not be tolerated.
<b>Starts of Play</b>	The winner of Paper, Scissors, Rock will tap the ball at halfway with defending team back 10m.
<b>After Points Scored</b>	The non-scoring team to restart play with a tap from halfway with defending team back 10m.
<b>Tackles</b>	6 tackles per set. No high tackles, contact must be below armpits. No dangerous tackles including: lifting tackles, shoulder charges, tripping, etc. Attackers may call "held" in tackle, in which case defenders must not complete the tackle. Attackers cannot palm/fend to face.
<b>Offside/Play the Ball (P.T.B.)</b>	1 marker allowed, The defensive team must get back 5 metres from the P.T.B. Defending team cannot move forward until the first receiver has caught the ball, or the dummy half begins to run.
<b>Passing from P.T.B</b>	If dummy half is tackled with the ball, it is a handover. Dummy half can't score (they may pass or run and pass).
<b>Penalties</b>	Will be tap with the defending team back 10 metres (cannot kick for touch).
<b>Change of Possession Occurs when:</b>	(no scrums) After the 6th tackle. Knock on or forward pass. Acting dummy half runs with the ball and is tackled before scoring. Player in possession runs into or is tackled into touch. Ball carrier is held up over opponent's goal line after the 5th tackle. 'Bombs' or attempted field goals change over where kick took place.
<b>Zero Tackle Count</b>	A player picks up the ball knocked forwards by an opponent.
<b>Ball Going Dead</b>	If the ball is made dead by the attacking team the opposition will be given a tap approx. 10 metres from the try line. If the ball made dead in a team's own in-goal, the attacking team will be given a tap 20 metres from the try line.
<b>Kicking</b>	In general play Kicking is allowed on any tackle count but no bombs or field goals. The ball must travel further in distance than it does in height.
<b>Goal Kicks</b>	No conversions.
<b>Held up in Goal</b>	Play is restarted by the player in possession. P.T.B. 10 metres out from the goal line. If a player in possession is held up on the 6th tackle, the opposition will P.T.B. 10 metres out.
<b>Stripping the Ball</b>	No stripping or stealing of the ball in a tackle.

**All other common laws of rugby league apply (Forward passes and any other rules not covered).**

# SLOW PITCH

## **RULES:**

Basic softball rules generally apply, but the following changes take place.

**Pitching:** The pitcher is to be from the batting team. Pitching is to be slow, arching above the head height of the batter in its flight. Pitched ball may not rise higher than 3m above the ground. Normal strike zone applies. A team can use any number of pitchers during an innings. The pitchers must also bat each time it is their turn to bat in the batting order.

**Batting / Base Running:** Runners may only advance on a fair hit. (No stealing). (Exception - if forced by a walk or missed strike 3.) No bunting.

**Team Composition:** 10 players on diamond at once - usual to have 4 outfielders. There is to be an even gender split on the diamond at all times. Substitute at will. Maximum of 15 players.  
The game is played on a time basis (15minutes batting, 15minutes fielding). If a player is out, they continue to bat in that innings – by staying in the same batting order.

**EQUIPMENT:** **Helmets are compulsory** for batters and base runners to wear. Teams should have at least 4 helmets. Year 5 & 6 will use the 11" Flexi ball and Year 7 & 8 will use the 12" Flexi ball.

**POINTS:** 5 points for a win, 2 for a draw, 1 for a loss. Points may be deducted for any unsporting behaviour. If teams are on the same points after pool play, the team with the highest number of runs will qualify ahead for semis or finals. If teams are then still equal, a run differential will be calculated.

Canterbury Softball Association are happy to offer an in-school session to help with rules, and an understanding of the game for students and helpers of teams in the lead up to weekly or tournaments. The aim of these sessions is to enable a better game day experience.

Contact Anthea PH: 027 818 0076 EMAIL: [coach@csa.org.nz](mailto:coach@csa.org.nz)

# SQUASH

**TEAM AND GAME CONDITIONS:** Teams of 3 players and a reserve can be named. Schools can enter single gender and/or mixed teams. Dependent on number of entries, the Sports Director will then decide as to the number of grades that will be played. Grades may be combined if numbers dictate that. Playing order must be written and kept to for all players.

**Rules for court use:**

1. Leaves shoes at front door
2. Non marking shoes (or bare feet) on courts
3. Sit outside your court when not playing

**Equipment:** Eyewear is compulsory.

Schools must supply their own equipment, including blue dot balls and racquets.

**Results:** The first named team on the draws is to download a scorecard from the website and take to the game.



# SWIMMING

## **TECHNICAL INFORMATION:**

When the Referee has blown the whistle to start a race there must be silence and no movement on the pool deck at all. Distraction for swimmers on the starting blocks is a major disadvantage to a fair start.

Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds and a swimmer is disqualified for whatever reason the race will continue as per normal. If there are distractions or a pending disadvantage to those swimmers who are about to start the race the Referee or Starter may ask the swimmers to either step down or stand up. The Referee will then start the race procedure again.

Once the swimmers have completed their race, they are to remain in their lane holding on to the lane ropes waiting quietly and still while the referee and starter starts the next race. Once the race has started the swimmer needs to quickly swim under the lane ropes across to the nearest side of the pool and exit the pool. Climbing over the top of the pool is not permitted.

Please be aware that this is not a Swimming New Zealand sanctioned event and disqualifications have been streamlined to only focus on the common errors that swimmers make. Having said this, please ensure that your swimmers are aware of the rules set out below. If you or your swimmers are not sure of the below rules, then contact Geoff Bryce 021 051 5297 for clarification.

### **The Race/Start**

Disqualifications Rules:

These race rules cover all events/races and should be read in conjunction to the individual stroke rules.

1. Failed to finish the whole distance
2. Failed to touch the wall at the turn/finish
3. Took a stride/step on the bottom of the pool
4. Walking on the bottom of the pool
5. Pulling on the lane rope
6. Swimmer "y" started before swimmer "x" touched
7. Wearing more than one swimsuit.
8. Started before the signal being given
9. Delaying the Start

### **Freestyle:**

At the start of the race the referee will blow the whistle and at that point you need to either position yourself on top of the starting blocks or stand on the edge of the pool beside the starting block ready to start the race. The starter then will announce "Take your marks" then the beep will sound to start the race. After the starter says "Take Your Marks" get into your start position, then there is to be no movement on the blocks, until the beep sounds

**Disqualifications Rules:**

1. Failed to touch the wall at the completion of each length.
2. Head did not break the surface by the 15m mark at the start/turn
3. Walking on the bottom of the pool

### **Backstroke:**

At the start of the race the Referee will blow the whistle and swimmer will enter the pool feet first. On the second whistle the swimmer needs to be holding on to the starting block handles or the edge of the pool ready to start their race. The starter will then say "take your marks" then the beep will sound to start the race. After the starter says "Take Your Marks" get into your start position, then there is to be no movement until the beep sounds.

**Disqualifications Rules:**

1. Toes bent over lip/gutter at the start
2. Left a position on the back during the race
3. Head did not break the surface by the 15m mark at the start/turn
4. Swimmer completely submerged at the finish
5. Left the position on the back and did not initiate turn
6. Failed to touch the wall at the turn

7. Not on the back when leaving the wall at the turn.

### **Breaststroke:**

#### **Starting Procedure:**

At the start of the race the referee will blow the whistle and at that point you need to either position yourself on top of the starting blocks or stand on the edge of the pool ready to start the race. The starter will then say "take your marks" then the beep will sound to start the race.

After the starter says "Take Your Marks" get into your start position, then there is to be no movement on the blocks, until the beep sounds.

#### ***Disqualifications Rules:***

1. Butterfly kick not during the first arm stroke at the start/turn or more than butterfly kick at the start/at the turn.  
More than one full arm stroke or leg kick underwater at the start/turn.
2. Left a position on the breast during the race
3. Hand brought back beyond the hip line
4. Head failed to break the surface during each complete stroke cycle.
5. Head failed to break the surface before the inward movement of the second arm stroke after the start/the turn
6. Butterfly kick during the race
7. Hands not separated or non-simultaneous touch of hands at the turn/finish

### **Butterfly:**

#### **Starting Procedure:**

At the start of the race the referee will blow the whistle and at that point you need to either position yourself on top of the starting blocks or stand on the edge of the pool ready to start the race. The starter will then say "take your marks" then the beep will sound to start the race.

After the starter says "Take Your Marks" get into your start position, then there is to be no movement on the blocks, until the beep sounds

#### ***Disqualifications Rules:***

1. Left a position on the breast during the race.
2. Non-simultaneous movement of the arms over/under the water
3. Forward movement of the arms under water
4. Alternating kick
5. Hands not separated or non-simultaneous touch of hands at the turn/finish
6. Head did not break the surface by the 15m mark at the start/turn

## TABLE TENNIS

### TEAM AND GAME CONDITIONS:

Teams of 4. Gender is nonspecific. **2 players will play one singles each and remaining 2 players will play one doubles each week.** i.e. Team 1 v Team 2= 2 singles and 1 doubles matches per week. Best of 5 games for a win. Games up to 11 points per game. At 10 points all winners must win by 2 clear points. There will be a point for each match won to determine the overall winner and loser for the game competition points. Team seedings must be retained throughout each day's competition.

For all doubles, players need to have alternative hits on their side of the table and serve to opposite sides of the table. Serves must be completed behind the baseline of the table- no reaching over the table during service. The hand must be above the table, with the ball thrown up a minimum of 16cm after leaving the palm. Net ball means the point gets played again.

**Equipment:** It would be preferable for teams to bring their own bats and balls, but it may be possible to use some from Table Tennis Canterbury. Only the teacher/parent in charge of the teams is allowed to borrow playing equipment. All borrowed equipment must be returned together.

**Referees:** Students will umpire when not playing.

## TENNIS

The Tennis section will run on a team entry basis consisting of 4 members per team with a maximum of 4 teams per gender per school and a limit of 32 teams. Teams may be mixed providing that if there are 3 or more of one gender, they are entered in that genders team. If teams have 2 of each gender, they shall enter in the boy's grade. Players should be able to serve and make contribution to a rally (as a minimum).

Entry fees are usually \$25 per team, which includes the provision of balls (so they are the same standard). This will be directly invoiced once entries close are expected to be paid promptly.

A supervisor is required for each school.

All games are doubles and based on a time limit of 30 minutes per round. The games will be umpired by players playing that game.

Proper tennis footwear must be worn, with soles that do not leave black marks. Street shoes, hiking boots or any heavy footwear is not allowed.

# TOUCH

## Usual Competition Details

1. Open (any gender combination), Mixed and Girls' Grades: 1 point per try - up to 12 players per team.
2. 6 players to be on the field at any one time.
3. Mixed grade requires a minimum of two girls on the field at all times.
4. All players must wear suitable shoes.
5. Size 3 ball.

**Rules** – more in-depth rules are available on the Touch Canterbury website; [www.touchcanterbury.co.nz](http://www.touchcanterbury.co.nz)

Change of Possession- *If a change of possession, play restarts with a ROLL BALL*

1. Ball dropped to ground
2. Dummy Half touched while in possession
3. 6th touch
4. Dummy Half places ball on or over score line
5. Incorrect roll ball or tap
6. Ball on or over boundary

Roll ball- *At the roll ball the Referee shall indicate the touch count.*

1. Position at the mark where the touch was made
2. Face attacking score line
3. Without delay roll the ball backwards between the legs a distance of not more than 1 metre
4. Dummy Half must pick up the ball cleanly and without delay

## Touch

1. A touch can be affected by either a defending player or by the player in possession
2. A touch counts on the ball, hair, or clothing
3. After 6 touches a change of possession shall take place

Penalty infringements- *At a penalty play restarts with a TAP to the non-offending team*

1. Forward pass
2. Touch & pass
3. Performing a roll ball prior to being touched
4. Performing a roll ball off the mark
5. Using more than minimum force to affect a touch
6. Claiming a touch when the touch was not affected
7. Defender offside at roll ball – 7 metres
8. Defenders offside at tap – 10 metres
9. Playing more players than the allowable number
10. Incorrect substitution
11. Delaying play
12. Obstruction
13. Misconduct

## To perform a tap

1. Ball must be placed on the ground at the mark
2. Ball must be released from both hands
3. Ball is tapped with either foot a distance of no more than 1 metre
4. Ball must be picked up cleanly

## To Score a Touchdown

1. Ball must be placed on or over score line
2. Ball does not have to be released to score a touchdown
3. Dummy Half is not permitted to score touchdowns
4. If a touch is made as the ball is being grounded the touch counts
5. If a touch occurs in the touchdown zone, play restarts 7 metres infield from score line.

# TRIATHLON

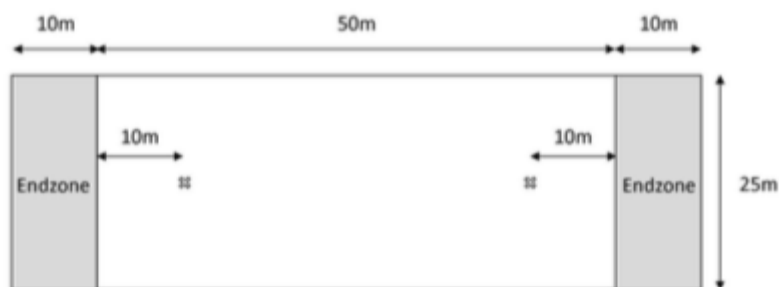
## TRIATHLON RACE RULES

1. Swimming aids are not permitted except goggles and swim caps.
2. Cycle helmets must be always worn and done up whenever competitors are touching their bike.
3. No drafting is allowed during the bike. This means there needs to be a gap of 10m between riders, from the front wheel of the leading rider to the front wheel of the trailing rider).
4. No aero bars should be used.
5. Competitors must wear normal swimwear and the upper torso must be covered while on the bike and while running. Wetsuits may be worn; however, competitors are not able to have assistance to remove them.
6. Assistance other than from race officials and medical personnel will result in a disqualification.
7. Race officials and medical personnel have the right to remove competitors from the race.
2. All road rules and marshal's instructions must be observed. The course will be marked and marshalled. A bike will follow the last runner.
3. No drinks are to be given during the race.
4. No bikes are to be removed from the transition area until instructed to by the race director. This could result in disqualification.
5. No video cameras or cameras are allowed in the transition area.
6. Competitors enter at their own risk.
7. The Race Director's decision is final.

# ULTIMATE (Frisbee)

## TEAM AND GAME CONDITIONS:

1. Mixed teams of 6 players (minimum of 2 girls on the field at any time) and a boys' grade.
2. The frisbee is to be provided by each school.
3. Games will be played on fields 25m wide x 70m long (this includes two 10 metre endzones)



## RULES:

### HOW TO PLAY

- a. Starting play - each point begins with both teams lining up on their endzones. The defence team throws ("pulls") the disc to the offence. It is not a turnover if the receiver drops it here. Pulls are long throws to give the defence team a chance to get down the field soon enough to stop the advancing offensive team.
- b. Scoring – a point is scored when a player catches a pass in the defence's end zone. Play starts again after each score. The teams exchange ends. The team who just scored remains in that end zone and the opposing team takes the opposite end zone.
- c. Movement of the disc – the disc may be thrown in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc has ten seconds to throw the disc. The defender guarding the thrower counts out the ten seconds.
- d. Change of possession – when a pass is not completed (e.g. out of bounds, drop, block, intercept, stalled – see below) the defence immediately takes possession of the disc and becomes the offence.
- e. Substitutions – teams are allowed to substitute players during a point.
- f. Non-contact – no physical contact is allowed between players. A foul occurs when contact is made.
- g. Fouls – a foul is the result of contact between players. When a foul disrupts possession, the play resumes as if the possession is retained. If the player committing the foul disagrees with the foul call, the play is redone.
- h. Self-refereeing – players are responsible for their own foul and line calls. Players resolve their own disputes.

### Turnovers:

**Throw away** – the thrower misses his target, and the disc falls to the ground

**Drop** – the receiver is not able to catch the disc

**Block** – a defender deflects the disc in mid-flight, causing it to hit the ground

**Interception** – a defender catches a disc thrown by the offense

**Out of bounds** – the disc lands out of bounds, hits an object out of bounds or is caught by a player who lands out of bounds or leaps from outside the playing field

**Stall** – a player on offence does not throw the disc before the defender has counted out ten seconds.

# VOLLEYBALL

- COURT:** Doubles badminton court size. Net height approximately 2.13metres.
- EQUIPMENT:** Schools to provide match balls
- PLAYERS:** Six players on court with up to 2 subs. No more than 3 boys on the court at any one time in mixed teams.

**RULES/GAME CONDITIONS: Normal volleyball rules apply apart from the following:**

1. **Serve** - Underarm serve from behind baseline. A serve can **NOT** be attacked or blocked. A server may serve overarm, however a server can only serve 3 in a row.
2. **Rotation** - Players rotate clockwise one position **AFTER** winning the right to serve. Players also rotate clockwise one position after three points in a row from serves by the same player.
3. Ideally 21 min (depending on number of games/teams).
4. Best of three sets (play the third even if one team is up 2-0). If the score is tied at the end of a set play continues until one team is ahead by one point.
5. Each set may be 7 mins. Switch ends after each set (straight swap as no time allowed between).

**BALL HANDLING:** There must be a minimum of two contacts, however three team contacts (dig/set/spike) to build an effective attack are encouraged. First contacts that accidentally go over the net are not to be considered a fault.

**HANDLING FAULTS:** Unless a ball is 'caught', don't call handling faults.

**NET & FOOT FAULTS:** Net & Foot faults are called. Penalty- loss of rally.

**SCORING:**

1. Rally point scoring.
2. Each serve/rally is worth a point, regardless of which team is serving.
3. 5 points for a win, i.e. 3-0 or 2-1  
1 point for a loss