

## SPORTS DAY

Sunday 13<sup>th</sup> May 2018

AT PENLAN PLAYING FIELDS & LEISURE CENTRE, BRECON

(Entry Date: Monday 23<sup>rd</sup> April 2018)

**Entry Date: 23/04/2018**  
**Winter Marks: N/A**  
**Last Amended: 02/01/2018**  
**Withdrawal by: 8/05/2018**

**Mary Phillips Sports Trophy:** Points will be recorded as follows: For team or individual - 4 points for 1<sup>st</sup> place; 3 points for 2<sup>nd</sup>; 2 points for 3<sup>rd</sup> and 1 point for participation.

**John Davies, Tyclyd, Beulah - Sports Trophy 18 years of age or under:** Points will be recorded as follows: For team or individual - 4 points for 1st place; 3 points for 2nd; 2 points for 3rd and 1 point for participation.

- **PUNCTUALITY** - please ensure that your competitors report on time for the competitions. No competition will be held up for late competitors.
- Competitors to report half an hour before the commencement of their respective competition for a Draw to be made.
- Play to commence promptly in each of the competitions.

Once a team signs in to play any sport and play begins, that original team must remain the same throughout the competition. Clubs are allowed one guest per team. Guest must be YFC member from another club within the Federation and not played in another competition on the day/evening. If clubs have more than one guest then the points are split or the combined team play for fun and no points are awarded. For mixed competitions, if teams have too many girls or not enough boys then teams are allowed to play at a disadvantage only

## DODGEBALL

### **ELIGIBILITY**

Only one team allowed per club.

A squad of 8 players, from whom 6 players will be chosen to form a team for each game, which must include a minimum of 3 girls. All players must be aged 10 years and over and 16 years and under on 1<sup>st</sup> September 2017 and with Membership Cards in the YFC Office. (This age range must be adhered to). This means competitors must have attained their 10<sup>th</sup> birthday on 1<sup>st</sup> September 2017 but may be 17 on the day of the competition.

### **PROCEDURE**

The matches will be played either in 2 leagues with the winner of each league playing for 1<sup>st</sup> and 2<sup>nd</sup> place or as a round robin tournament depending on the number of teams taking part.

League points will be awarded as follows:

Win	3
Score Draw	2
No Score Draw	1
Lose	Nil

Each team has 6 players on the court at the start of a game.

Each game lasts for 3 minutes and the match will be the best of 3.

3 balls are placed in the Dead Zone at the start of a game.

Once the start of the game is signalled by the referee, 3 players from each team run to gain possession of the balls. Balls must be taken or passed to the back of the court before the first attempts are made.

The LEADING team, in the game (the team with the most players on the court), has 5 seconds to throw balls at their opponents, when it has possession of more than 2 balls. Throws must be valid attempts. Leading teams can retain possession of 1 ball.

When you catch a throw from an opposing player, they are out and one of your players comes back in. Players are allowed to fumble a ball while catching; but they must retain possession at the end of the catching action, while remaining on the pitch and without the ball touching any other player or any other ball, object or surface.

Catches bring players who are out back into the game in rotation (First out - first in).

You can use a ball in your possession to block a thrown ball, but you are out if the ball is knocked from your hands when you try to block the incoming ball.

You win a game by putting out all the opposing team, or by having more players left on court at the end of the 3 minute game.

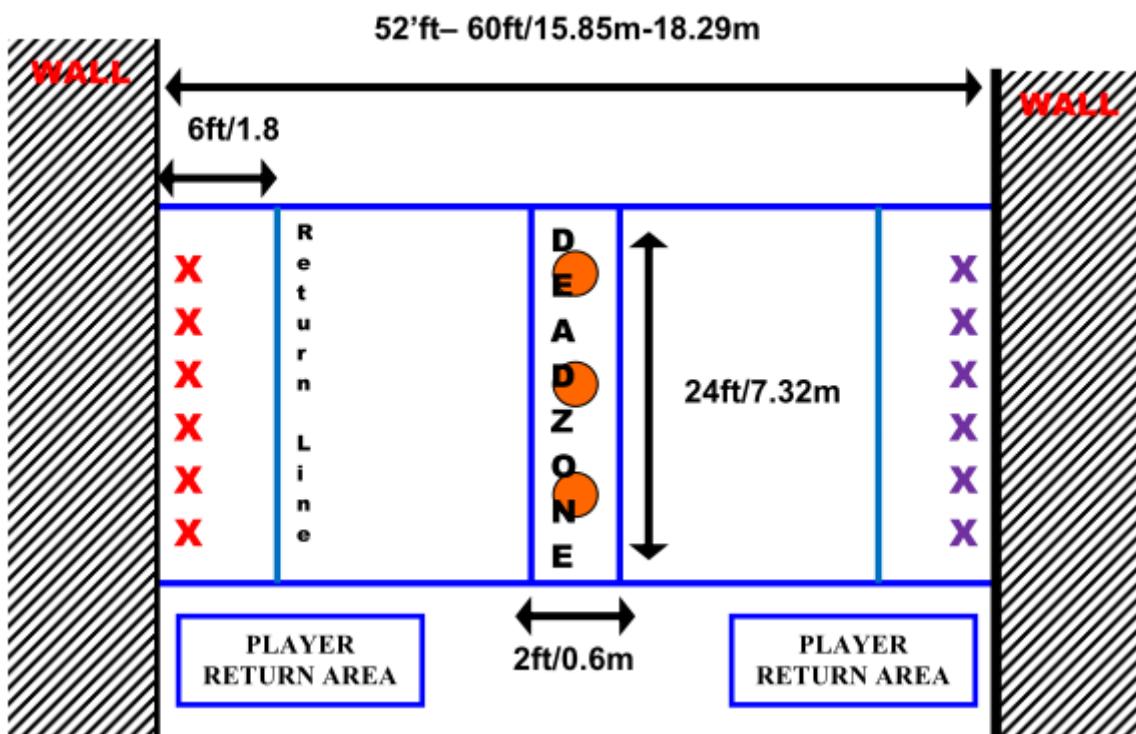
Substitutions are allowed between the 3 minute games.

Head shots count - DELIBERATE head shots DO NOT COUNT and the thrower is OUT.

No taunting opponents is allowed.

#### YOU ARE OUT:

- When a ball hits you directly, which is thrown by an opponent (clothing counts as part of the player's body)
- When an opposing player catches your throw
- When you step into the Dead Zone (hands/arms are allowed)
- When you touch a boundary line or the floor, wall, barrier over the boundary line or on the opponents side of the court
- When the Referee calls you out for any reason. The referees decision is final and no arguing with the officials is allowed and you can be ejected from the match



The Umpires' decision is final.