Mary Phillips Sports Trophy: Points will be recorded as follows: For team or individual - 4 points for $1^{\text {st }}$ place; 3 points for $2^{\text {nd }} ; 2$ points for $3^{\text {rd }}$ 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 $1^{\text {st }}$ place; 3 points for $2^{\text {nd }} ; 2$ points for $3^{\text {rd }}$ 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.
- 2 Teams can be entered per sport competition, please be mindful of clashing Competitions if entering in more than one sport.

Once a team signs in to play any sport and play begins, that original team must remain the same throughout the competition. Guests must be a YFC member from another club within the Federation and not played/competed in the same competition on the day/evening. If clubs have one guest then points are given to the entered club. If clubs have more than one guest then the position points are split between both clubs.

Three or more clubs can form a team but will compete for fun, i.e. no points will be awarded.The Winning team, with or without guests, will go forward and represent the county.

## ELIGIBILITY

A squad of ten (10) players, from whom six (6) player will be chosen to form a team for each game, which must include a minimum of three (3) girls. All players must be aged 10 years and over and 16 and under on the $1^{\text {st }}$ of September 2022. This means competitors must have attained their $10^{\text {th }}$ birthday on $1^{\text {st }}$ September 2022 but may be 17 on the day of the competition.

## PROCEDURE

## Players

6 players on a team, 10 players maximum in a squad.

## Timings

Set Length $=3$ minutes
Match Length $=2$ halves of 15 minutes

## Winning a Set

Eliminate all opposing players or have more players remaining on your side at the end of a set

## Winning a Match

A team wins a match if they have more points.
2 points awarded for a set won, 1 point for a set drawn, 0 points for a set lost.
If a match is drawn in knockout or play-off matches, a 1 -minute overtime set will be played where teams restart with 6 players. If a match is still drawn, then sudden death will be played.

## Start of Play

5 balls are placed along the centre line. The 2 balls on a teams left are your designated balls. The centre ball is the only contested ball.
A ball is not live until it is passed back beyond the return line.

## Eliminating Opposing Players

Live balls: A ball is live until it hits a floor, wall or any other surrounding surface. Multiple play is possible with a live ball.
Hits: Any player struck with a live ball by an opposing player will be called out.
Catches: Any catch on a live ball will be valid. The player who threw the caught ball will be called out and the catching team will gain one player from the outbox.
Blocking: Players are able to use a ball in their possession to block an incoming ball. If the ball they are holding is knocked from their possession, they will be called out.

## Lines

Players are called "out" for stepping over the side/back lines. Players may not leave the court to collect balls. Each team nominates two retrievers who put off court balls back in play.

## Stalling

Players should not intentionally stall the game. Once a team has possession of 3,4 or 5 balls, they should look to make an attempt with at least one of those balls. When a referee call "Play Ball", , a team has 5 seconds to throw. If they do not then players holding ball's will be called out. Teams can keep one ball after "Play Ball" has been called and must throw the rest.

## Multiple Play

The following are examples of multiple play :

- A player will be called out if they are hit by a ball that has deflected off a teammate whilst it is still live.
- A catch is valid if it has deflected off a teammate whilst it is still live - in this circumstance the hot player plus the thrower will be called out - If the hit player is the first one out, then they will immediately return to the court.


## The umpires' decision is final.

Entries to be submitted online by Monday $17^{\text {th }}$ April 2023. NO LATE ENTRY FORMS WILL BE ACCEPTED UNDER ANY CIRCUMSTANCES.

WITHDRAWAL FROM COMPETITIONS
Clubs/ Members are asked to notify the YFC Office of any withdrawals 5 days prior to a Competition. PLEASE NOTE: All withdrawals from Club secretaries/Members must be made by email or by telephoning the YFC Office. If telephoning out of office hours, then a message should be left on the YFC Mobile phone.

Please Note: That only members with up-to-date membership cards and are on the database in the YFC Office are eligible to compete. Members must apply online at least 5 Days before the competition.

PLEASE NOTE: If a member does not produce an up-to-date membership card at the competition, it will result in a $£ 5.00$ fine. The fine will be refundable only if they provide confirmation of membership within 7 days of the Competition.

General Rules apply to all competitions alongside the competition's rules.

