

SPORTS DAY

Sunday 28th April 2019

AT PENLAN PLAYING FIELDS & LEISURE CENTRE, BRECON

(Entry Date: Monday 8th April 2019)

Entry Date: 8/04/2019
Winter Marks: N/A
Last Amended: 04/03/2019
Withdrawal by: 22/04/2019

Mary Phillips Sports Trophy: 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.

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

MIXED TOUCH RUGBY

ELIGIBILITY

Only one team allowed per club.

A squad of 10 players, from whom 6 players will be on the pitch at any one time. There must be a minimum of 3 females and 3 males on the pitch during each match. All players must be aged between 14 years and over and 17 years of age and under on 1st September 2018 (this age range must be adhered to). This means competitors have attained their 14th birthday on the 1st September 2018 and may be 18 on the day of the national final).

PROCEDURE

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

Each game will be played seven (7) minutes each way, with a 1 minute interval.

League points will be awarded as follows:

Win	3
Score Draw	2
No Score Draw	1
Lose	NIL

Play starts and restarts at the centre with a "tap". Penalties are performed by the same procedure. On both a re-start and penalty the defending team must retreat at least 10 metres.

Six (6) players are allowed on the field at any one time. Reserves can be continuously substituted at any time from one side of the field. The substituting players must make contact with each other behind the sideline.

A try is scored by grounding the ball on, or behind, the try-line. One point is awarded in mixed leagues. A try by a male member of the team is worth one (1) point, to encourage mixed teams to pass the ball around a try scored by a female is worth two (2) points.

A legal touch is on any part of the body, clothing and ball. A player must claim a touch by raising a hand and shouting, "Touch". The referee is the sole judge of the touch and has the discretion to overrule a claim. (Play to the whistle). An attacking player may affect the touch by deliberately touching the opposition.

When touched, the player in possession must place the ball on the ground at the exact point of the touch. Play is re-started by stepping over the ball. It can be controlled with a hand or foot. This is known as a ROLLBALL. The ball may not roll more than 1 metre. A player may not perform a rollball unless touched.

The player picking up the ball (the dummy-half or acting half) may run, but if touched a changeover occurs. The dummy-half may not score and a changeover (rollball) will be awarded if this occurs.

After 6 touches possession changes. The attacking team begins play on the "first down", starting with a "rollball".

All defending players must retire more than 5 metres in line with the mark of touch. The defending team cannot move forward until play restarts, nor interfere with play whilst retreating. A restart occurs the moment the ball is tapped or the dummy-half touches the ball at the roll ball. If there is no dummy-half in position (within 1 metre of the mark) defenders may advance from an on-side position.

If the attacking player, when making a quick start, is touched by an off-side defender, play is allowed to continue. If an attacking side gains no advantage, a penalty tap for the first down will be given.

When a rollball is taken within 5 metres of the score line the defending players must retreat with both feet to behind their score line before they can make the touch. If a player is touched in the touchdown zone before grounding the ball the touch counts and play is restarted on the 5 metre line. At all times no team may delay the game by deliberately delaying a rollball.

If the ball is dropped or if a player crosses the sideline before being touched, change of possession will occur. This is by means of a rollball.

A penalty is awarded for the following infringements; a forward pass, offside play, performing a roll ball over the mark, claiming a Touch when none was made, interfering with the roll ball (running around the ruck) and passing the ball once touched. When a penalty is awarded, the referee will advance 10 metres from where the infringement occurred. The referee must give the exact mark from where the Tap Ball must be taken. The defending team must retire 10 metres from the mark or behind the try-line.

If the defending team unsuccessfully intercepts the ball or it is intentionally knocked down, the attacking team starts from a "first down" roll ball.

The principle of advantage will be applied.

No obstruction, excessive contact, verbal abuse or foul play will be tolerated - the referee is sole judge. A penalty will be awarded in such cases and a player can receive two (2) minutes in the SIN BIN. Serious or continual foul play of any nature will result in the player being sent off without a replacement.

Players must wear appropriate footwear and clothing. Shirts must be tucked in at all times. Players are not allowed to wear anything that may prove dangerous to other players e.g. jewellery or watches.

The Umpires' decision is final.

(Eliminator for 2019 Wales YFC Sports Day, Sunday 16th June)

Entries to be submitted online by **Monday 8th April 2019**. **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 answer phone.**

Please Note: "That only members with up-to-date plastic membership cards and are on the database in the YFC Office are eligible to compete. Any new members forms and photos **must** be attached to the Entry Form when returned by clubs."

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. If they have not yet joined, they will have 7 days to send a form and photograph to the YFC Office.