

## **SPORTS DAY RULES**

**Sunday 7<sup>th</sup> May 2017**

### **AT PENLAN PLAYING FIELDS & LEISURE CENTRE, BRECON, POWYS**

**(Entry Date: Monday 24<sup>th</sup> April 2017)**

**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.

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- **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.
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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

**\*\* (ONLY 1 TEAM ALLOWED PER CLUB IN ALL TEAM SPORTS) \*\***

#### **1. JUNIOR MIXED ROUNDERS**

**(Start time: 10.00am)**

##### **ELIGIBILITY**

A squad of 15 players (maximum), from whom 9 players shall be chosen to form the team for each game. All squad members must be aged 16 years of age and under on 1<sup>st</sup> September 2016 (**date of birth - 01/09/1999**) 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 the day of the competition but may be 17 on the day of the Wales Final.

##### **PROCEDURE**

A summary of the rules in line with England Rounders can be found on the Wales YFC Website.

Teams can be a minimum of 6 players and a maximum of 15 players. 9 players are on the field for each team at any one time.

If a mixed team - there should be no more than 5 male players and no fewer than 2.

One team bats while the other team fields and bowls.

The bowler bowls the ball to the batter who hits the ball anywhere on the Rounders pitch, the batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for.

If the batter reaches the 2<sup>nd</sup> or 3<sup>rd</sup> post in one hit, the batting team scores ½ Rounder. If the batter reaches 4<sup>th</sup> post in one hit, the batting team scores a Rounder.

A batter can be out if the fielding team catch the ball hit by the batter before it touches the ground or by touching the post the batter is heading to with the ball before the batter reaches it.

At the Wales YFC Final, matches will consist of a minimum of one innings per team, to a maximum of 20 good balls.

Substitutions may be made between games but not during an innings. Substitutes may return to play in subsequent games.

The umpires' decision is final.

**(Rules as for Wales YFC Eliminator, 2017 Wales YFC Sports Day, Sunday 25<sup>th</sup> June)**

## 2. BOYS 5 ASIDE FOOTBALL

(Start time: 2.00pm)

### ELIGIBILITY

A squad of 7 members, all of whom must be aged between 16 years and over and 26 years and under on 1<sup>st</sup> September 2016 and with Membership Cards in the YFC Office. This age range must be adhered to. This means competitors have attained their 16<sup>th</sup> birthday on 1<sup>st</sup> September 2016 and may be 27 on the day of the Wales Final.

### RULES

This Competition will be played outside on Astro turf.

For 5 a side leagues each team may field 4 outfield players and a goalkeeper on the pitch at any one time.

Substitutions are unlimited during the game, can only be made when the ball is dead and only with the Referees consent. Outgoing substitutes must leave the field of play before the replacement enters the playing area. The oncoming players are active immediately and can receive the ball. Substitutes must stand outside the pitch perimeter and spectators must not enter the field of play under any circumstances.

The match will consist of two equal halves of 4 minutes with 1 minute for half time and a change of ends.

Points will be awarded as follows:

Win	3 points
Score Draw	2 points
No Score Draw	1 point
Lose	Nil

Extra Time:

In the final and Semi-Finals, should the scores be equal at full-time, a further two minutes shall be played each way.

In league matches no extra time will be played and appropriate points will be awarded.

If, after extra time, the scores are still level that match will be decided by kicks from the penalty mark.

If, after 5 penalties the scores are still tied, sudden death penalties will continue until a penalty is missed. The same 5 penalty take should continue.

Teams may not change their goalkeeper more than once during the course of the game. A change of goalkeeper must be authorised by the referee.

NO screw in studded footwear or blades are permitted to be worn by any player. Only training shoes, moulded soles and astro boots may be worn. All players must wear shin pads. The wearing of any form of jewellery (including, without limitation, watches) is not permitted during play. Referees may refuse to allow players to play with inappropriate footwear, without shin pads and/or are wearing any form of jewellery.

The first half will begin with one team taking a centre; the second half will begin with the other team taking a centre. After a goal has been scored the game will be re-started by the team who conceded the goal taking a centre.

Only the defending goalkeeper is allowed to play the ball inside the goal area and only he may handle the ball in this area.

An outfield player gaining or seeking to gain an advantage by entering his own goal area will have a penalty kick awarded against his team.

An outfield player entering his opponent's penalty area will be penalised. The game will be re-started from the goalkeeper.

A goalkeeper gaining or seeking to gain an advantage by leaving his area or by playing the ball when it is outside the area will have a penalty awarded against his team.

The goalkeeper must return the ball into play by rolling it out of his area with an under-arm bowling action. The ball is returned any other way a free-kick will be given to the opposition two metres outside the area. A teammate receiving the ball from the 'keeper may not return the ball directly to him - the ball must first be touched by another teammate or an opponent. A free kick will be awarded against the offending team from the place where the defending player returned the ball unless it is deemed by the Referee that a player returning the ball to the goalkeeper is gaining an advantage then a penalty will be awarded.

The ball must not be played above kick board height. An indirect free kick will be awarded against the last player to touch the ball before it goes above kick board height, regardless of intent.

The ball must never be played with the head even if it is below board height. A free kick will be awarded for infringement.

If the ball goes out of play off the goalkeeper, the game will be restarted by indirect free kick by the same goalkeeper.

A goal may be scored from any point within the field of play. The only exception is that goalkeepers may not score against their opponents (except in penalty shoot-outs). Goal keepers are not permitted to take penalties (except in penalty shoot-outs).

No slide tackles are allowed. Infringement of this rule will lead to a free kick being awarded against the offending players' team.

Professional fouls will be penalised with a penalty and the guilty player may face disciplinary action.

All free kicks will be direct with the exception of over board height (see 2.12) which is deemed in-direct.

Opposition players must be at least two metres from where any free-kick is taken. If opposing players do not retreat the required two meters the kick may be moved forward one metre. If a free kick is awarded on or near the goal area it can be moved up to two metres backwards to allow defenders to be two metres from the ball.

The Goal keeper must be on the goal line when a penalty is being taken. Players may only take one step whilst taking a penalty.

The Referees decision on all on-field matters is final and no discussions will be entered into either on or off the pitch.

Players may be sent to the 'sin bin' at the referee's discretion depending on the offence. The duration of the sin bin will be 2 minutes for which a blue card will be shown. A player may only be sin binned once per game as a second offence would involve a second blue card which would automatically be followed by a red card and a sending off.

If a player is given a red card whilst off the field of play (for unacceptable conduct on the sideline), the team must correspondingly reduce the number of players on the field.

Referees must be treated with respect from all teams. Teams found guilty of abusing Referees will be removed.

The referee's decision is final.

(Rules as for Wales YFC Eliminator, 2017 Wales YFC Sports Day, Sunday 25<sup>th</sup> June)

### 3. LADIES NETBALL

(Start time: 10.00am)

#### ELIGIBILITY

A squad of 9 members, 7 of those players must be on the court at any one time. All players must be 26 years of age or under on 1<sup>st</sup> September 2016 (date of birth - 01/09/1989) and with Membership Cards in the YFC Office.

#### PROCEDURE

Each position has a main role to play:

*Goal Shooter (GS)* - to score goals and to work in and around the circle with the GA.

*Goal Attack (GA)* - to feed and work with GS and to score goals.

*Wing Attack (WA)* - to feed the circle players giving them shooting opportunities.

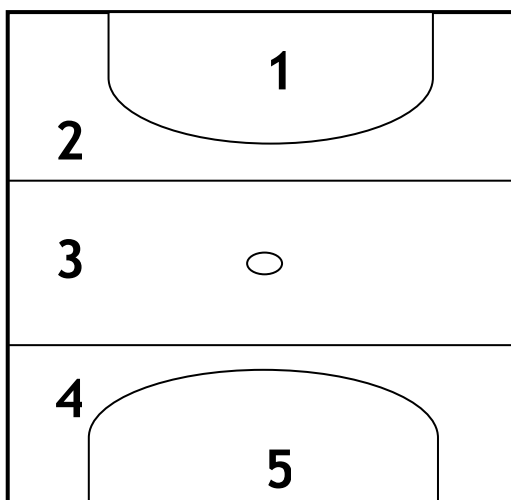
*Centre (C)* - to take the Centre Pass and to link the defence and the attack.

*Wing Defence (WD)* - to look for interceptions and to prevent the WA from feeding the circle.

*Goal Defence (GD)* - to win the ball and reduce the effectiveness of the GA.

*Goal Attack (GK)* - to work with the GD and to prevent the GS from scoring goals.

Each playing position has a specific area of the court in which to play:



Goal Shooter	GS	Area 1,2
Goal Attack	GA	Area 1,2,3
Wing Attack	WA	Area 2, 3
Centre	C	Area 2,3,4
Wing Defence	WD	Area 3,4
Goal Defence	GD	Area 3,4,5
Goal Keeper	GK	Area 4,5

### Starting or Restarting the Game

Centre passes are taken alternately by the player undertaking the Centre Role, after a goal has been scored. All players must start in the goal thirds except the two Centre Roles. The Centre with the ball starts with either one or both feet in the Centre Circle (if on one foot then the other must not have contact with the ground outside the Centre Circle) and must obey the footwork rule after the whistle has been blown. The opposing Centre stands anywhere within the Centre Third and is free to move. The Centre pass must be caught or touched by a player in or landing in or jumping from a stance in the Centre third.

### Playing the Ball

- A player who has caught or the ball shall play it or shoot for goal within three seconds.
- A player may bounce or bat the ball once to gain control.
- Once released, the ball must next be touched by another player. If player has control of the ball and then drops it, they must not pick it back up. This is replaying.
- There must be room for a third player between hands of thrower and catcher.
- A player on the ground must stand up before playing ball.

### Footwork

Having caught the ball, a player may land or stand on:

- One foot - while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re-grounded until the ball is released.
- Two feet (simultaneously) - once one foot is moved, the other is considered to be the landing foot, as above.
- Hopping or dragging the landing foot is not allowed.

### Scoring a Goal

Only GS or GA can score - they must be completely within the circle when the ball is received in order to shoot for goal.

### Toss up

This is administered for all simultaneous infringements. The two players stand facing each other at their own shooting ends with hands by their sides and the umpire flicks the ball upwards not more than 600cm (2ft) in the air as the whistle is blown.

A FREE PASS is awarded for infringement of any of the preceding rules. It may be taken by any player allowed in that area, as soon as they have taken up a stationary position. If you decide that another player would be better taking it, you must place the ball back on the floor- not hand over the ball as this counts as a pass. (A player may not shoot from a free pass in the shooting circle).

### Obstruction

Player with ball: the nearer foot of the defender must be 900cm (3ft) feet from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 900cm (3ft) feet distance.

Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action. Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.

Intimidation: of any kind, is classed as obstruction. E.g. marking opponent's eyes instead of ball.

A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player.

### Contact

No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

A Penalty Pass (or Penalty Pass/Penalty Shot if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred. The offending player must stand out of play (physically and verbally) beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty. If the penalty is taken without the offending player stood out of play, the penalty is not set and it is a turned over ball.

#### **Court Areas**

##### **Offside**

Player moving out of their own area, with or without ball (on a line counts as within either area).

##### **Over a Third**

Ball may not be thrown over two transverse lines without being touched. A free pass shall be taken from the area where the ball crossed the second transverse line.

##### **Out of Court**

Ball is out of court when it contacts anything outside the court area (not the goalpost). The ball is returned into play by a Throw-In taken from a point outside the line where the ball left the court. The player stands with foot close to the line, and the ball must be thrown onto the court within three seconds. If toes are touching the line, this is a foul throw. All players must be on court before the ball is thrown.

##### **Dress**

All members of the team to wear matching dress and bibs indicating playing position. A set of spare bibs must also be available of different colours, which is to be supplied by the team.

##### **Replacements**

Replacements may be made in the case of injury at any time during a game. A player who is taken off injured and replaced may take no further part in that game, but may play in a subsequent game. Tactical substitution may only be made at full or half time. The person injured must call time so the umpire can stop the watch, otherwise the game plays on.

Please note that jewellery of any description or long nails are NOT allowed.

All matches will be played under the Rules laid down by England Netball and Welsh Netball.

At the Wales final a full sized court will be used, size 5 netball and posts to be at 2.74m (9ft).

At the Wales final each game will last for a minimum of 7 minutes each way with a direct change of ends after the 7 minutes. Substitutions may only occur during this half time change of ends.

The winner is determined by the team scoring the most points. A draw will be awarded if both teams have scored the same number of points at the end of the game.

League points will be awarded as follows: Win 3, Draw 2, Loss 1.

The Umpire's decision is final.

**(Rules as for Wales YFC Eliminator, 2017 Wales YFC Sports Day, Sunday 25<sup>th</sup> June)**  
**(Please note: team to represent County must be 16-26 years of age)**

#### **4. MEN'S 7 ASIDE RUGBY**

**(Start time: 4.00pm)**

##### **ELIGIBILITY:**

A squad of 10 male members, all of whom must be 18-26 years of age by the day of the competition - Sunday 7<sup>th</sup> May 2017, and with Membership Cards in the YFC Office. 7 players shall be chosen to form the team for each game.

##### **PROCEDURE:**

- a) A draw will be made on the evening. All games will be played on a knockout basis. Duration of play will be 7 minutes each way in the eliminating rounds with a two minute interval. The final will be 10 minutes each way with a two minute interval.
- b) In all games, if the scores are level at full time, then extra time will be played. Such extra time will be in periods of five minutes when teams will change ends without an interval. Before commencement of extra time the captains shall toss for the right to kick off or the choice of ends. In extra time the team which scores first will immediately be declared the winner without further play.
- c) A team may change its players from game to game, but no player may be replaced during a game, except where, with the approval of the referee, a player who has left the field through injury, and has been replaced, may not play again in that match. A maximum of three players in a team may be replaced during a game.
- d) A scrumage will be formed by not less than three players on each side.

- e) All competitors will be suitably dressed, i.e. shorts, socks and boots. Referee to check all boots to conform with the regulations of the Welsh Rugby Union.
- f) A player who is 'sent off' by the referee shall take no further part in the competition.
- g) The referee shall be the sole arbiter on points of dispute.
- h) If any member is believed to be under the influence of alcohol, stewards will have the authority to refuse the member from competing.

The Referee's decision is final.

(Eliminator for Royal Welsh Show 24<sup>th</sup>-27<sup>th</sup> July 2017)

Wales YFC are also looking into additional sports to add to the programme.  
Details to follow.

