



**Rutland**  
County Council



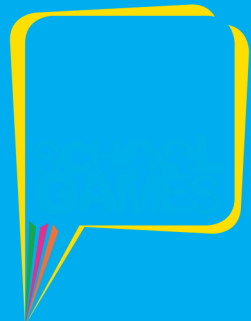
LEICESTER-SHIRE & RUTLAND  
SCHOOL GAMES



# Rutland Primary Competition Booklet

## Fixtures & Formats

2022/23



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# Introduction

The aim of this pack is to provide all school and support staff who are involved in primary school sport, including Heads Teachers, teachers, School Sport Co-ordinators, volunteers and leaders, with a comprehensive resource to support them to take part in inter-school competition in Rutland.

It includes information about formats, rules, dates and venues, as well as timelines for the delivery of competition both locally within schools, as well as pathway competitions, such as Super Series Events or School Games.

## School Games Explained

The Games are made up of five levels of activity: competition in schools, between schools, at county/area level and a national finals event:

**Level 0**— sporting events where children are challenged to compete against themselves in personal challenge activities

**Level 1** - sporting competition for all students in school through intra-school competition

**Level 2** - individuals and teams are selected to represent their schools in local inter-school competitions

**Level 3** – the county/area will stage a multi-sport School Games festival as a culmination of the school sport competition calendar

**Level 4** – the School Games finals: a national multi-sport event where the most talented young people in the UK will be selected to compete in our sporting venues.

Level 2 competitions within Rutland will either feed into a Super Series Event or the School Games Championships at the end of the Academic year.

The **Super Series** events are organised directly by the relevant National Governing Body and winners of some of these events are provided with a further opportunity to progress into National finals.

The **School Games** is a multisport event organised by a local organising committee as a culmination of the school competition calendar

## Inspire/Develop/Excel

Throughout our events calendar, we have categorised our events based on the desired outcome.

**Inspire**—Introduce Physical activity to young people to engage, participate and learn (Red border to page)

**Develop**—Giving young people the opportunity to learn and grow new skills and improve their physiological and psychological skills (Blue border to page)

**Excel** – Giving young people opportunities to aspire towards further progression and success through competition, leadership and performance (Green border to page)

Throughout the pack, the relevant competitions will be identified as follows:

School Games Competitions—



Local Competition/Festivals—





# Code of Conduct

## Players

### Do's

- Play fairly and by the rules
- Play for FUN, not just to please parents, teacher or coach
- Do my best and never give up trying, even if you're losing
- Listen to my coach/teacher and respect what he/she says
- Be a good sport. Recognise good play, even when it comes from the other team
- Do what the umpire/referee tells you to

### Don'ts

- Argue with the referee—they will not change their decision
- Cheat, complain or waste time
- Be selfish—cooperate with your team, the officials and your opponents
- Loose your temper

## Parents / Spectators

### Do's

- Remember that children play sport for their enjoyment, not yours
- Encourage in your support
- Encourage them to play by the rules
- Discourage unfair play and arguing with officials
- Applaud effort and good play as well as success
- Teach children that winning isn't the bee all and end all
- Set a good example—applaud good play by ALL
- Publicly accept officials decisions and teach children to do likewise
- Be courteous to all
- Show appreciation of volunteers, officials and coaches

### Don'ts

- Ridicule or yell at a child for making a mistake or losing a game—mistakes are a part of learning
- Abuse or yell at officials, coach/teacher or volunteers—young players can't play the game without them
- Force your child to take part in sport
- Threaten or intimidate
- Use inappropriate language
- Confuse the players by telling them what to do, let the teacher/coach do their job
- Do anything which is likely to offend by way of insult, humiliation or discrimination

## Coaches / Teachers / Team Managers

### Do's

- Show respect to others involved in the game including your players, match officials, opposition players, coaches, managers, and spectators
- Adhere to the rules of the game and teach your players to do likewise
- Display and promote high standards of behaviour
- Respect officials decisions
- Give attention to all players, not just your favourites
- Be generous with praise—when its deserved
- Give positive, constructive criticism
- Place the well being and safety of a player before the development of performance
- Encourage players to value their performance and not just results

### Don'ts

- Engage in public criticism of officials
- Engage in or tolerate offensive, insulting or abusive language or behaviour
- Shout at a player for making a mistake or losing a game
- Use inappropriate language
- Condone rule violations or inappropriate behaviour of others



# Team & Secondary Contacts

**Chris Thomas**  
**Active Rutland**  
**Manager**

## **Rutland County Council**

Catmose, Oakham, Rutland, LE15 6HP  
Tel: 01572 758378 (Ext: 8378)  
Mob: 07717880076  
E-mail: cthomas@rutland.gov.uk

**Rob Lewin**  
**School Games**  
**Organiser**

## **Rutland County Council**

The Active Rutland Hub, Oakham Enterprise Park,  
Ashwell Road, Oakham, Rutland, LE15 7TU  
Tel: 07815 657689  
E-mail: rlewin@rutland.gov.uk

## **Casterton College Rutland**

Ryall Road, Great Casterton, Stamford, Lincolnshire, PE9 4AT  
Tel: 01780 762168

## **Catmose College**

Huntsman Drive, Oakham, Rutland, LE15 6RP  
Tel: 01572 770066

## **Uppingham Community College**

London Road, Uppingham, Rutland, LE15 9TJ  
Tel: 01572 823631

# Area Athletics Competition

<b>Year Group(s)</b>	Year 4, 5 & 6
<b>Gender</b>	Mixed
<b>Venue</b>	Corby Athletics Stadium
<b>Date / Time</b>	Tuesday 20th June (9.00am-4.00pm)
<b>Format</b>	<ul style="list-style-type: none"> <li>• Y4 50m</li> <li>• Y4 60m</li> <li>• Y5+6 50m</li> <li>• Y5+6 75m</li> <li>• Y4 600m</li> <li>• Y5+6 800m</li> <li>• Y4 4x50m relay</li> <li>• Y5 &amp; 6 5x80m relay (Separate Yr 5 and Yr 6 Competitions)</li> <li>• Y4 Howler Throw</li> <li>• Y5 &amp; 6 Howler Throw (Separate Yr 5 and Yr 6 Competitions)</li> <li>• Y4 Standing Long Jump</li> <li>• Y5 &amp; 6 Long Jump (Separate Yr 5 and Yr 6 Competitions)</li> </ul> <p>Please note that all track events will have separate boys and girls races. Exact format and running order will be distributed nearer the date.</p>
<b>Team Size</b>	<p>Schools will be limited to a max of 2 competitors for each individual event.</p> <p>Each child is entitled to enter the following number of events:</p> <ul style="list-style-type: none"> <li>• Yr 4—2 track events + 1 field + relay</li> <li>• Yr 5/6— 2 track events + 1 field event + 1 relay</li> </ul>
<b>Rules</b>	<p>Each school must provide at least one official, plus a supervisor for their competitors.</p> <p>Track events take priority over field events.</p> <p>Each competitor must wear their schools initials on their chest for all events. For Track events, competitors must also wear their school initials on their back.</p>
<b>Development Pathway</b>	<p>There is no performance pathway from this event. This is an event to increase participation within schools.</p>

# Aquasplash Festival

<b>Year Group(s)</b>	Year 3, 4, 5 & 6
<b>Gender</b>	Mixed
<b>Venue</b>	Uppingham School Sports Centre Pool
<b>Date / Time</b>	Tues 1st and 8th Nov (11-12.30pm) School will be given a 45min slot
<b>Format</b>	<ul style="list-style-type: none"> <li>• The Aquasplash Festival is designed to allow all Young People to take part in an aquatic event.</li> <li>• The festival is designed to be fully inclusive and there are options to increase or decrease the difficulty of events.</li> <li>• Children will participate in a variety of team and individual based skills and races to develop their water confidence and ability in water situations.</li> <li>• The event is non-competitive, however there will be several races where children will be racing against other children and teams.</li> <li>• This event is more suited to those children in your cohort who you feel could benefit from additional support in terms of their ability or water confidence.</li> </ul>
<b>Team Size</b>	Max of 20 children, but no minimum
<b>Rules</b>	There will be a swimming instructor in the pool with your children, however if you wish to have a member of your staff in the water with them to put them at ease, that is fine.
<b>Inspire Pathway</b>	There is no performance pathway from this event. This is an event to increase participation within schools.

# Badminton Development Festival

<b>Year Group(s)</b>	Year 3, 4,
<b>Gender</b>	Mixed
<b>Venue</b>	Uppingham School Sports Centre
<b>Date / Time</b>	Wednesday 7th December (10.00—1.00pm)
<b>Format</b>	<ul style="list-style-type: none"><li>• The purpose of this event is to introduce the skills of Badminton to Yr 3/4 children as well as develop the skills of teachers within schools to enable them to deliver Badminton as an extra curricular club.</li><li>• Following the introduction of skills, children will be given the opportunity to participate in some introductory games.</li></ul>
<b>Team Size</b>	15 children maximum but no minimum
<b>Rules</b>	Rules will be determined on the day
<b>Inspire Pathway</b>	There is no performance pathway from this event. This is an event to increase participation within schools.



# Basketball

## Girls' Development Festival

<b>Year Group(s)</b>	Year 5/6
<b>Gender</b>	Mixed
<b>Venue</b>	Uppingham School Sports Centre
<b>Date / Time</b>	Wednesday 2nd November (9.30am-12.30pm)
<b>Format</b>	<p>Event will take the format of a coaching/development festival where children who attend will receive coaching in the basic skills of Basketball in a circuit style event.</p> <p>Following the teaching of skills, teams will have the opportunity to participate in some introductory games of Basketball against other teams.</p> <p>Please note—This event is a development event to introduce the game to youngsters and also give the Young Leaders an opportunity to deliver and lead sessions for younger children.</p>
<b>Rules</b>	<ul style="list-style-type: none"> <li>• Game duration time will be adjusted to suit the number of games required.</li> <li>• Either team may substitute a player whenever the ball is out of play</li> <li>• Each team is permitted up to two time-outs of 1 minute during each half</li> <li>• At a change of possession, e.g. foul, basket, ball out of play, play should restart from the nearest side/end line or the top of the arc if playing half court.</li> <li>• Any player persistently fouling may be removed from the game by the referee. In the event of a foul, the opposing team will receive the ball on the nearest side/end line. If the player is fouled in the act of shooting, one/two free throws are awarded; one if the basket is scored following the foul, two if the shot is missed. Each free throw is worth one point.</li> <li>• In the event of a tie, a free throw "shootout" will decide the result of the game.</li> <li>• Scoring: Baskets scored from outside the arc (if available) = 3pts. Baskets scored from inside the arc = 2pts. When a team scores, the other team gain possession of the ball on the end line or outside the arc if playing half court.</li> <li>• Swearing/abuse of other players/referees/coaches will result in the player being sent from the court and ruled ineligible to participate for the rest of the competition.</li> <li>• Each game will have a referee who will also keep score by completing a score sheet.</li> </ul>
<b>Excel Pathway</b>	Schools that attend will be encourage to attend the basketball competitions in November.

# Basketball Competition

<b>Year Group(s)</b>	Year 5/6
<b>Gender</b>	Mixed
<b>Venue</b>	Uppingham School Sports Centre
<b>Date / Time</b>	Qualification Events - Weds 9th Nov, Weds 23rd Nov (9.30am-12.30pm) Finals—Wed 30th Nov (9.30am—12.30pm) -
<b>Format</b>	The event will take the format of appropriately sized pools of teams leading to a knockout in later stages.
<b>Rules</b>	<ul style="list-style-type: none"> <li>• 10 players max in a squad, 5 on court at any time</li> <li>• No gender limit</li> <li>• Games shall consist of 2 halves of 5 minutes each, against a running clock.</li> <li>• Either team may substitute a player whenever the ball is out of play</li> <li>• At a change of possession, e.g. foul, basket, ball out of play, play should restart from the nearest side/end line or the top of the arc if playing half court.</li> <li>• Any player persistently fouling may be removed from the game by the referee. In the event of a foul, the opposing team will receive the ball on the nearest side/end line.</li> <li>• In the event of a tie in the finals stage, a free throw "shootout" will decide the result of the game.</li> <li>• Scoring: Baskets scored from outside the arc (if available) = 3pts. Baskets scored from inside the arc = 2pts. When a team scores, the other team gain possession of the ball on the end line or outside the arc if playing half court.</li> <li>• Swearing/abuse of other players/referees/coaches will result in the player being sent from the court and ruled ineligible to participate for the rest of the competition.</li> <li>• Each game will have a referee who will also keep score by completing a score sheet.</li> <li>• Man-Man defence, 1/2 court only. Teams must retreat to the half way line once they have lost possession.</li> <li>• No foul shots will be taken. If a player is fouled in the act of shooting and the shot scores, 3 points will be awarded. If the player is fouled in the act of shooting and the shot misses 1 point is awarded and the team gains side line possession at the nearest side or end line.</li> <li>• Three basic rules will apply:             <ul style="list-style-type: none"> <li>- 1. No double dribble</li> <li>- 2. No travelling</li> <li>- 3. No contact</li> </ul> </li> </ul>
<b>Excel Pathway</b>	Intention is that the winning school will represent Rutland at the Team Leicestershire finals day alongside Secondary Winners in March 2023

# Boccia League

<b>Year Group(s)</b>	Designated Groups
<b>Gender</b>	Mixed
<b>Venue</b>	Designated Groups
<b>Date / Time</b>	League—Thursdays 5th Jan, 12th Jan, 19th Jan, 26th Jan
<b>Format</b>	Teams need to be a minimum of 3 players and Max of 5 players (3 play at any one time)
<b>Rules</b>	<ol style="list-style-type: none"> <li>1—A ball can be propelled by rolling, throwing or kicking</li> <li>2—If a player is unable to throw or kick it, they can use a ramp</li> <li>3 –If they are unable to release the ball with their hands players can use a head pointer</li> <li>4—All players must be seated during the game</li> <li>5—Team matches are six ends</li> <li>6—An end consists of all 13 balls being propelled onto court (jack, 6 red and 6 blue)</li> <li>7—Each side can have 3 players</li> <li>8—Decided using a coin toss, the winning captain chooses to be red or blue</li> <li>9—Both sides must occupy a designated box on court</li> <li>10—The red side always begins the first end by propelling the jack onto court</li> <li>11 - Each player propels the jack onto court in turn</li> <li>12—The player who propels the jack ball also propels their teams first ball</li> <li>13—A player from the opposite side then propels their first ball</li> <li>14—The side not closest to the jack plays until they get closer, or run out of balls</li> <li>15—The end is complete when all balls from both sides have been propelled</li> <li>16—One point is awarded for every ball of the same colour, which is closest to the jack</li> <li>17—At the end of the 6 ends, the team with the highest score will be the winner</li> </ol>
<b>Excel Pathway</b>	The winner of the league will progress through to the SSPAN final in April 2023

Further information: Visit <http://www.ecb.co.uk>

# Cricket (Dynamos) Competition

<b>Year Group(s)</b>	Year 5/6
<b>Gender</b>	Mixed
<b>Venue</b>	Uppingham Cricket Club
<b>Date / Time</b>	Wednesday 7th June (9-3pm)
<b>Format</b>	<p>Teams consist of 6 players (with a maximum of 10 per squad)</p> <p><b>YEAR 5/6—Girls</b></p> <p><b>YEAR 5/6 "Mixed" Team</b>– Any combination of boys and girls</p> <p>Each game shall consist of one innings per team, each innings to be 6 overs long. An over consists of 6 balls. The pitch consists of 2 sets of wickets, 16 yards apart.</p>
<b>Rules</b>	<p>To check out the rules of Dynamos Cricket please check out the website below:</p> <p><b><a href="https://www.ecb.co.uk/play/dynamoscricquet">https://www.ecb.co.uk/play/dynamoscricquet</a></b></p> <p>We recommend downloading the Dynamos Cricket App to help score matches.</p>
<b>Excel Pathway</b>	<p><b>THE RESULT:</b> The team with the highest score wins. In the event of a tie the teams taking more wickets will be the winner. If it is equal, each player bowls 1 ball at the wickets (no batter) with the team scoring the highest number of strikes the winner.</p> <p>Winning teams from both competitions will represent Rutland at the Leicestershire and Rutland County Finals in June 2023</p>

# Cross Country Competition

<b>Year Group(s)</b>	Year 3-6
<b>Gender</b>	Mixed
<b>Venue</b>	Sykes Lane, Rutland Water
<b>Date / Time</b>	Friday 23rd Sept (First Race at 3pm)
<b>Team Size</b>	No limit on number of children per school. First 3 runners from each school will qualify for the team competition.
<b>Format</b>	<p>Those children wanting to represent at the Leicestershire Finals in March will be encouraged to attend the Cross Country league between Nov—Jan.</p> <p>6 races    Year 3/4 Girls - .75mile    Year 3/4 Boys - .75 mile                           Year 5 Girls - 1 mile            Year 5 Boys - 1 mile                           Year 6 Girls - 1.25 mile        Year 6 Boys - 1.25 miles          All distances approximate</p>

3.00pm	Year 3 Girls
3.15pm	Year 3 Boys
3.30pm	Year 4 Girls
3.45pm	Year 4 Boys
4.00pm	Year 5 Girls
4.15pm	Year 5 Boys
4.30pm	Year 6 Girls
4.45pm	Year 6 Boys

- Rules**
- No child below Year 3 may compete
  - No spikes
  - No pacing
  - Inhalers must be carried by athletes if required
  - Children must be capable of running the distances. Inclement weather can cause problems if children are not able and 'practiced'

**Develop Pathway**

A squad of 10 children pr age group will be selected to represent Rutland at the County Championships in Feb 2023

Cross Country league opportunities are available on, Sat 10th Sept and Sat 29th Oct, Sat 26th Nov in the Leicestershire Primary School League. For further details, contact Chris Thomas.

Rutland Cross Country League dates are on Sat 5th Nov (UCC), Sat 3rd Dec (UCC) and Sat 14th Jan (UCC)

# Cross Country League

**Year Group(s)**

Year 3-6

**Gender**

Mixed

**Venue**

Various

**Date / Time**

Sat 5th Nov—UCC  
 Sat 3rd Dec—UCC  
 Sat 14th Jan—UCC

**Team Size**

No limit on number of children per school.

Children will compete across the 3 league meetings gaining points based on their position.

If schools have 3 or more runners present, they will also count towards the team competition throughout the league.

**Format**

6 races    Year 3/4 Girls - .75mile    Year 3/4 Boys - .75 mile  
                   Year 5 Girls - 1 mile        Year 5 Boys—1 mile  
                   Year 6 Girls - 1.25 mile    Year 6 Boys - 1.25 miles  
 All distances approximate

9.00am- 9.20am	Arrival
9.30am	Briefing
9.40am	Year 3 Race
9.50am	Year 4 Race
10.00am	Year 5 Race
10.15am	Year 6 Race

**Rules**

- No child below Year 3 may compete
- No spikes
- No pacing
- Inhalers must be carried by athletes if required
- Children must be capable of running the distances. Inclement weather can cause problems if children are not able and 'practiced'

**Excel Pathway**

There is no performance pathway from the League.

# Go Ride (Cycling) Competition

<b>Year Group(s)</b>	Year 5/6
<b>Gender</b>	Mixed
<b>Venue</b>	Active Rutland Hub
<b>Date / Time</b>	Friday 26th May (1.00pm - 3.00pm)
<b>Format</b>	All teams to include 4 x Boys and 2 x Girls (3 x boys and 3 x girls can make up a team if preferred by schools)

## **Rules**      **Cyclo Cross Format**

- 1 x Team Relay (will count towards team result). Quickest time over 6 laps with students completing 1 lap each before dismounting their bike and "tagging"
- another member of the team to then undertake their lap.
- 1 x Boys individual race (All boys will race together, max 10 mins race, will not count towards team result)
- 1 x Girls individual race (All girls will race together, max 10 mins race, will not count towards team result)

## **Grass Track format**

- Italian Pursuit (will count towards team result). Quickest time over the oval course. 6 riders to ride. Rider number 6 completes the full 6 laps. Each rider will "peel" off after their lap so rider 1 completes 1 lap, 2 completes 2 laps and so on.
- Races will be timed, so the quickest team to complete the race will win.

## **Excel Pathway**

There is no competition pathway for this competition.

# Cycling

## Track Cycling League

<b>Year Group(s)</b>	Year 5/6
<b>Gender</b>	Mixed
<b>Venue</b>	Active Rutland Hub
<b>Date / Time</b>	Friday 4th Nov and Friday 11th Nov (1-3pm)
<b>Format</b>	All teams to include 4 x Boys and 2 x Girls (3 x boys and 3 x girls can make up a team if preferred by schools)

### Rules

#### Track format

- Italian Pursuit (will count towards team result). Quickest time over the oval course. 6 riders to ride. Rider number 6 completes the full 6 laps. Each rider will "peel" off after their lap so rider 1 completes 1 lap, 2 completes 2 laps and so on.
- Races will be timed, so the quickest team to complete the race will win.
- Number of races will be dependant on the number of entries.

#### Skills format

We will also do a number of skills based activities to test various elements of bike control

### Development Pathway

There is no performance pathway from this event. This is an event to increase participation within schools.



# Dodgeball

## Girls and Boys

<b>Year Group(s)</b>	Year 5/6 & 3/4
<b>Gender</b>	Mixed Competitions/Development Festival
<b>Venue</b>	Uppingham School Sports Centre
<b>Date / Time</b>	Year 5/6—Weds 8th March (10-1pm) Year 3/4—Weds 15th March (10-1pm)
<b>Format</b>	6 in a squad, 4 on court. Min 2 girls on court at all times Games last two minutes Matches are best of 5 games Schools limited to 2 teams Max
<b>Rules</b>	<p>Teams receive two points for a game won, one point for a game drawn and 0 points for a game lost. In the event of a tie a one minute overtime period is played.</p> <p>Games are played on a doubles badminton court. A two-foot centre zone is marked across the centre of the court.</p> <p>Three dodgeballs are used and positioned in the centre zone at the start of the game.</p> <p>A player is out if a direct throw from an opposing team player hits them below head height. If a throw hits a player in the face they are still in—if a throw hits a player on the back or top of the head when they are not facing play or ducking down, they are out.</p> <p>A player is out if their throw is caught by a member of the opposing team. A successful catch enables a player who is already out to return to the game, this must always be the first player who was out and they must return behind the return line.</p> <p>If a player is hit by a throw and a teammate catches that same ball before it hits any other surface then they have saved the first player hit from being out.</p> <p>A player may use a ball in their possession to block a thrown ball—they must ensure they keep full control of the ball they are holding.</p> <p>The leading team (the team with the most players on court) has five seconds from the referees call to throw the majority of the balls in their possession—the leading team can always hold on to one ball.</p> <p>You can win a game by either eliminating all the opposing players or having more players on your team at the end of two minutes.</p>
<b>Year 5/6 Excel Pathway</b>	Winning team from the yr 5/6 competition will represent Rutland at the Level 3 competition scheduled for March 2023
<b>Year 3/4 Develop Pathway</b>	There is no performance pathway from this event. This is an event to increase participation within schools.

# Energise Festival

<b>Year Group(s)</b>	Year 3/4
<b>Gender</b>	Mixed
<b>Venue</b>	Active Rutland Hub
<b>Date / Time</b>	Wednesday 18th Jan (10-1pm)
<b>Format</b>	<p>Schools should bring a maximum of 10 children to these events</p> <p>The children will participate in a variety of different themed, non-competitive activities aimed at giving them an enjoyable and worthwhile experience of physical activity.</p> <p>The purpose of the festival is to encourage youngsters to be physically active and to enjoy being active so hopefully they will be enthused to join in other extra-curricular activities offered by the school</p>
<b>Rules</b>	<p>Schools should target the less active children in their school who currently do not get involved in any extra-curricular activities or team sports</p>
<b>Development Pathway</b>	<p>There is no performance pathway from this event. This is an event to increase participation within schools.</p>

# Girls' Football

<b>Year Group(s)</b>	Year 5/6
<b>Gender</b>	Girls
<b>Venue</b>	Uppingham Community College (4.30—6pm)
<b>Date / Time</b>	<p>Girls:</p> <ul style="list-style-type: none"> <li>• Tuesday 11<sup>th</sup> October – Year 5/6 ESFA Girls' Football Cup</li> <li>• Tuesday 15<sup>th</sup> November/6<sup>th</sup> December – Year 5/6 Girls' Football League</li> <li>• Tuesday 7<sup>th</sup> March – Let Girls' Play Biggest Football Day Festival</li> <li>• Tuesday 27<sup>th</sup> June – Girls' World Cup Football Festival</li> </ul>
<b>Format</b>	<ul style="list-style-type: none"> <li>• Mini Soccer</li> <li>• Maximum 10 in a squad, 7 on a pitch at a time</li> <li>• 2 halves of 8 mins</li> <li>• Recommended pitch size 60x40 yards</li> </ul>
<b>Rules</b>	<ul style="list-style-type: none"> <li>• A kick off is taken from the Centre to start the game and to restart after every goal.</li> <li>• Substitutes may be made on a rolling basis and at anytime with the permission of the referee.</li> <li>• A free Kick will be awarded to the opposition after committing a foul.</li> <li>• Fouls include: <ul style="list-style-type: none"> <li>• Hand ball; using any part of the arm from finger tip to shoulder.</li> <li>• Tripping, kicking or pushing an opponent</li> <li>• Obstruction of a player or the ball</li> </ul> </li> <li>• All free kicks are direct and opponents must be 5 yards from the ball.</li> <li>• A penalty will be awarded when a foul is committed by the defending team in their penalty area.</li> <li>• A throw in is awarded to the opposite team when the ball crosses the side-lines. Throw-ins should be taken with both hands from behind the head and with both feet on the floor when the ball is released.</li> <li>• Goal kicks are taken from anywhere inside the penalty area, from the floor and the ball cannot be rolling.</li> <li>• Goalkeeper cannot: Touch the ball again with her hands after it has been released from her possession and not touched another player.</li> <li>• In the event of a tie in the finals stages, extra time will be played on a Golden Goal format (i.e. First to score wins the game). If there is a still a tie, then a penalty shoot out will commence.</li> </ul>
<b>Development and Excel Pathways</b>	The winner of the Girls Football Cup (11th October) will represent Rutland at the Level 3 finals.

# Football

## Boys and Mixed

### Year Group(s)

Year 5/6 Boys / Year 3/4 Mixed

### Gender

Year 5/6 Boys / Year 3/4 Mixed

### Venue

Uppingham Community College (4.30—6pm)

### Date / Time

#### Year 5/6 Boys:

Tuesday 27th September—ESFA Boys Cup

Tuesday 1st November - Rutland League

Tuesday 22nd November - Rutland League

#### Year 3/4 Mixed:

Tuesday 4th October - Osprey/B Team Dev Night at Active Rutland Hub

Tuesday 8th November - Rutland League

Tuesday 29th November - Rutland League

### Format

- Mini Soccer
- Maximum 10 in a squad, 7 on a pitch at a time
- 2 halves of 8 mins
- Recommended pitch size 60x40 yards

### Rules

- A kick off is taken from the Centre to start the game and to restart after every goal.
- Substitutes may be made on a rolling basis and at anytime with the permission of the referee.
- A free Kick will be awarded to the opposition after committing a foul.
- Fouls include:
  - Hand ball; using any part of the arm from finger tip to shoulder.
  - Tripping, kicking or pushing an opponent
  - Obstruction of a player or the ball
- All free kicks are direct and opponents must be 5 yards from the ball.
- A penalty will be awarded when a foul is committed by the defending team in their penalty area.
- A throw in is awarded to the opposite team when the ball crosses the side-lines. Throw-ins should be taken with both hands from behind the head and with both feet on the floor when the ball is released.
- Goal kicks are taken from anywhere inside the penalty area, from the floor and the ball cannot be rolling.
- Goalkeeper cannot: Touch the ball again with her hands after it has been released from her possession and not touched another player.
- In the event of a tie in the finals stages, extra time will be played on a Golden Goal format (i.e. First to score wins the game). If there is a still a tie, then a penalty shoot out will commence.

### Development and Excel Pathways

The Winner of the Year 5/6 Boys ESFA Cup (27th September) will represent Rutland at the Level 3 Finals.

For Year 3/4 Football Leagues there is no pathway at this age.

# Gymnastics Competition

<b>Year Group(s)</b>	Year 1-6
<b>Gender</b>	Mixed
<b>Venue</b>	Active Rutland Hub, Ashwell
<b>Date / Time</b>	Wednesday 1st Feb and Wednesday 8th Feb
<b>Format</b>	<p>Inclusion Gymnastics (Key Steps 1 Routine) Any years (Wed 1st Feb 10-2pm)            Key Steps 1—Yr 1-2 only (Wed 8th Feb 9.00am-12.00pm)            Key Steps 2—Yr 3-4 only (Wed 1st Feb 10.00-2.00pm)            Key Steps 3—Yr 5-6 only (Wed 8th Feb 12-3pm)</p> <ul style="list-style-type: none"> <li>• Teams are 4 children (mixed—no minimum of girls or boys)</li> <li>• Schools may enter max of 2 teams pr Key Step level</li> <li>• Each team should be accompanied by a suitably qualified coach or teacher who should act as team manager</li> <li>• Gymnasts will be divided into groups and rotate around 3 stations and rest stations               <ul style="list-style-type: none"> <li>• All members of the team will take part in the following three stations;                   <ul style="list-style-type: none"> <li>• Floor Routine</li> <li>• Body Management</li> <li>• Vault</li> </ul> </li> </ul> </li> <li>• Children in year 1 or 2 should perform Key Step Gymnastics level 1 with a start value of 10 on each station</li> <li>• Children in year 3 or 4 should perform Key Step Gymnastics Level 2 with a start value of 10 on each station</li> <li>• Children in year 5 or 6 should perform Key Step Gymnastics Level 3 with a start value of 10 on each station (gymnasts will receive a max score of 9.0 or 10.0 depending on which Vault they perform)</li> <li>• The combined scores for the three exercises (floor, body management and vault) will calculate the individual positions.</li> <li>• The best 3 combined scores will determine the overall team score.</li> </ul>
<b>Rules</b>	<p>No Gymnasts to wear jewellery            Gymnasts can be prompted by a teacher, if needed during their routines, but this may result in points being deducted.</p>
<b>Excel Pathway</b>	<p>Winning schools in each Key Step competition will qualify for the School Games Super Series Final on 30th March 2023.</p>

# Gymnastics Development Festival

<b>Year Group(s)</b>	Year 1 - 6
<b>Gender</b>	Mixed
<b>Venue</b>	Active Rutland Hub
<b>Date / Time</b>	<ul style="list-style-type: none"> <li>• Wednesday 16th November (10am-1pm)-Development festival</li> <li>• Wednesday 25<sup>th</sup> January – Gymnastics B Squad Competition (9am-3pm @ Active Rutland Hub)</li> </ul>
<b>Format</b>	<u>Festival</u>

Events will take the format of a coaching/development festival where children and staff who attend will receive instruction and guidance from coaches in the basic skills of the Key Steps Gymnastics competition in a circuit style event.

The purpose of the festival is to introduce the skills and techniques of the Key Steps competition routines to children who have either:

- A) Not had an opportunity to participate in Competition Gymnastics before OR
  - B) Are involved in a Gym club at school and didn't make it into the School Team
- The coaches will introduce and teach the skills and techniques involved in the relevant Key Steps discipline and teach the children how to perform those skills in a competition environment.
  - Ideally Teachers will be present to observe the coaching sessions and take hints/points from it to be able to develop their delivery within their individual school settings.
  - All schools will receive a Resource pack detailing the routines for all the disciplines for all Key Steps when they arrive, therefore it is the responsibility of the teachers attending to take on board as much information and tips from the coaches as possible.

## Competition

This is a competition aimed at those same children as detailed above. Any child who attends a gymnastics club outside of school should not be entering this event.

Schools that attend the development festival will be encouraged to attend the Level 2 event in Jan/Feb where the winning team will represent Rutland at the School Games Super Series Final in March 2023.

# Hockey Quicksticks Competition

<b>Year Group(s)</b>	Year 3/4 & Y5/6
<b>Gender</b>	Mixed
<b>Venue</b>	Uppingham Community College
<b>Date / Time</b>	Year 5/6 Tuesday 9th May (4.30pm-6.30pm) Year 3/4 Tuesday 16th May (4.30pm-6.30pm)
<b>Team Size</b>	6 players in a team—four outfield players and two officials, there are no goal Keepers in quicksticks. There must be a minimum of 1 girl on court at all times.
<b>Format</b>	<ul style="list-style-type: none"> <li>To introduce pupils to umpiring and officiating the sport of hockey.</li> <li>Three periods of play to allow all players to take on officiating roles</li> <li>Yr 3/4 &amp; Yr 5/6—1 x 8 minutes playing period.</li> <li>A Match Official (teacher, parent, coach) has overall responsibility for the game and supporting the umpires.</li> <li>The Umpire (one player from each team) shall attempt to enforce the rules as outlined below. The Umpire will rotate at the end of each playing period.</li> <li>The Manager/Coach (one player from each team) shall keep the score, attempt to observe the game and help the team with basic tactics.</li> <li>The Manager/Coach will rotate at the end of each playing period.</li> </ul>
<b>Rules</b>	<ul style="list-style-type: none"> <li>A Centre Pass starts a game. This alternates between the teams at the start of each period. All players start in their own half, 3 metres away from the ball.</li> <li>After a goal is scored the Centre Pass is given to the non scoring team.</li> <li>A goal is scored when the ball completely crosses the goal line from within the shooting circle. A penalty goal is awarded if a defending player deliberately stops the ball crossing the goal-line with their feet or body.</li> <li>A Free Pass is taken from where an offence occurs, opposing players must be 3 metres away from the ball. The Free Pass taker can only touch the ball once before it is touched by another player.</li> </ul> <p><b>A Free Pass is awarded when;</b></p> <ul style="list-style-type: none"> <li>The ball crosses the side line; taken from where the ball left the pitch.</li> <li>The ball crosses the back line by the attacking team; taken from the top of the shooting circle in line with the centre spot, attacking team must be in their defending third of the pitch.</li> <li>The ball crosses the back line by the defending team; taken from corner on the side of the goal the ball crossed the line.</li> <li>A player kicks, propels, picks up, throws or carries the ball (it is not an offence if the ball touches the players foot, only if it breaks down play or creates a disadvantage.)</li> <li>Attempts to play a ball above the knee with a stick.</li> <li>Uses the (rounded) back side of the stick.</li> <li>Whilst striking the ball, causes any actual or possible danger to themselves or other players.</li> <li>Obstructs by running between the ball and opponent.</li> <li>Holds, charges, kicks, pushes, intentionally trips or strikes any player or umpire.</li> <li>Players can be sent to the sin bin for a 2 minute suspension if they persist in breaking the rules.</li> </ul>
<b>Equipment</b>	Quicksticks is best played on a netball court. 8ft wide x 2ft high goals—schools can use normal Hockey sticks or quicksticks. The ball is oversized and lightweight. Shin pads and mouth guards are also advisable
<b>Excel Pathway</b>	Winning teams in both competitions will represent Rutland at the School Games

# Multi-Skill & Multi-Sport Development Festivals

<b>Year Group(s)</b>	KS1—Multi Skill KS2—Multi Sport
<b>Gender</b>	Mixed
<b>Venue</b>	USSC/Casterton College/Oakham School
<b>Dates / Day</b>	<u>Yr 3/4 Multisports:</u>  Tues 11th Oct (9.30am-12.30pm) - USSC Thurs 13th Oct (9.30am-12.30pm) - USSC Wed 3rd May (9.30-12pm or 12.30—3pm) - Casterton College  <u>Key Stage 1 Multiskills:</u>  <ul style="list-style-type: none"> <li>• Weds 22nd Feb OR Weds 1st March 2022 (Uppingham School Sports Centre) 10.00am-1.00pm</li> <li>• Monday 3rd July (Oakham School Athletics Track)</li> <li>• 10.00am-12.00pm or 1.00pm-3.00pm</li> </ul>
<b>Format</b>	<ul style="list-style-type: none"> <li>• The Multi-Skill and Multi Sport Festivals give your pupils the opportunity to take part in a variety of activities designed to support their skill acquisition whilst having fun!</li> <li>• Schools can bring a class size of children with them to the event.</li> <li>• Yr 3/4 events will be themed events based on the following activities: <ul style="list-style-type: none"> <li>• 11th/13th Oct—Sportshall Athletics</li> <li>• 3rd May —Striking/Fielding Games</li> </ul> </li> </ul>
<b>Rules</b>	Schools/teams rotate around a number of activities to gain points for their team. Further details will be distributed closer to the date
<b>Inspire Pathway</b>	There is no performance pathway for this event. This is an event to increase participation within your school.



# Netball (High 5) League

<b>Year Group(s)</b>	Year 5/6
<b>Gender</b>	Mixed
<b>Venue</b>	Designated Groups—Qualification Finals—Uppingham Community college
<b>Date / Time</b>	Qualification Groups—Thurs 27th April, 4th May & 11th May Finals—Tues 23rd May (4.30pm—6.30pm) @ UCC
<b>Team Size Format</b>	7 minimum/9 maximum players in a squad, 5 players on court at any one time 3 boys maximum per squad, 2 allowed on court at any one time 2 halves of 6 minutes (time will be reduced if required) On-court positions: GS, GA, C, GD, GK Off-court positions: Scorers (S), Time Keeper (TK), Centre Pass Marker (CPM) Players must rotate positions according to the rotation sheets that will be sent out with the fixture list
<b>Rules</b>	<p><b>Start of play:</b> Centre pass is taken alternatively—ball must be thrown within 4 seconds All players must be in their own area, except centre, until the whistle blows The ball must be caught or touched in the centre third Obey the Footwork rule—no moving feet once in the centre circle.</p> <p><b>Offences whilst playing the ball:</b> Deliberately kick the ball. Bouncing the ball more than once. Roll the ball to another player, throw the ball while sitting / lying on the ground. Use the goalpost as support in receiving the ball, while going out of court or to gain balance, Throwing a ball over a complete third without it being touched or caught by another player in that third. Regaining possession of the ball, having dropped or thrown it, before it has been touched by another player</p> <p><b>Footwork:</b> A player when receiving the ball can land on 1 foot then the next foot (2) but the first foot that touches the ground must remain grounded until they release the ball. Their second foot (2) may be moved to help them pivot and face the way they are going to throw</p> <p>A player in possession of the ball may not – Drag or slide their landing foot, hop or jump from both feet and land without releasing the ball. A player is off-side by entering an area of the court they are not allowed</p> <p><b>Out of court:</b> If a player touches the ball with a foot outside the court (on the line is in) or the ball goes out of court, the ball is deemed out. A throw in is taken from where the ball left the court and can only be taken by a player allowed in that area</p> <p><b>Defending, Obstruction &amp; Contact:</b> Defending the ball in a player's hands by out stretching the arms is not permitted. The defending players is allowed <u>one</u> jump to intercept from at least 1m (Jumping up and down in front of a player is not allowed) Netball is a non-contact sport so no players shall knock/push or interfere with play</p> <p><b>Scoring a Goal:</b> A goal is scored when the ball passes completely through the ring from top to bottom and can only be scored by Goal Shooter (GS) or Goal Attack (GA) within the shooting circle. If goal is scored by any other player the game continues</p> <p><b>Free Pass</b> – Awarded when there is an infringement of the playing the ball rule, footwork rule or the offside rule and is awarded to the opposing team. Any player that is allowed in the particular area where the pass is taking place can take the free pass</p> <p><b>Penalty Pass/Shot</b> – Awarded when obstruction/contact occurs. If this occurs in the shooting circle then GS/GA may shoot for goal or pass. If out side the circle, the player must pass. The player that infringed must stand by the side of the player taking the penalty until they have released the ball.</p>
<b>Excel Pathway</b>	<p>Netball posts set at 9ft</p> <p>The winning school team will represent Rutland at the School Games</p>

# Orienteering Competition



<b>Year Group(s)</b>	Year 5/6
<b>Gender</b>	Mixed
<b>Venue</b>	Ketton Sports Association
<b>Date / Time</b>	Thurs 6th July (9.30—12pm or 12.30—3pm)
<b>Team Size</b>	10 pupils per team split into 5 pairs. Schools may bring more than one team if they wish.
<b>Format</b>	The aim is to introduce pupils to competitive orienteering, by doing some basic skill games and a full orienteering route with a map. This year's route will be much harder and so it is recommended that all participants attempt the first steps exercises; Map Symbols Game, Netball Numbers Exercise, Star Exercise and Short Loop Exercises –All of these are available in further detail (with pre-drawn netball maps) on the Orienteering festival resource disc which many schools have received.
<b>Rules</b>	<ul style="list-style-type: none"><li>• Control markers are placed around the venue to make a looped course.</li><li>• Pupils are given a map of controls to visit in pairs, and are tasked with proving they have been to each control by punching their cards.</li><li>• Pairs will be pitted against one another to ensure competitiveness and encourage the pupils to run.</li><li>• The winning pairs will receive points towards their schools' overall total.</li><li>• The overall winning school will be determined by their team's overall score.</li></ul>
<b>Develop Pathway</b>	There is no performance pathway from this event. This is an event to increase participation within schools.

# Quadkids Athletics Competition

<b>Year Group(s)</b>	Year 3/4 & 5/6
<b>Gender</b>	Mixed (Team of 5 boys and 5 Girls) Schools may enter max of 2 teams
<b>Venue</b>	Qualification 1—UCC Qualification 2—UCC Finals—UCC
<b>Date / Time</b>	Qualification 1—Monday 5th June 4-6.30pm Qualification 2—Thursday 8th June 4-6.30pm  Finals—Thurs 15th June 4-6.30pm
<b>Format</b>	Athletics helps young people develop the fundamental movement skills (strength, speed, balance and agility) that lead to a successful and lifelong enjoyment of this and many other sports. The multi event competition focuses on the fundamental running, throwing and jumping skills so important for sport and life. Designed to be fast, fun and educational, the event can appeal to participants of all abilities.
<b>Rules</b>	<ul style="list-style-type: none"> <li>• Four events—50m sprint (Yr 3/4)/75m Sprint (Yr 5/6), 400m run (Yr 3/4)/600m run (Yr 5/6), mini vortex howler throw and standing long jump</li> <li>• Each athlete is placed in a pool and competes in ALL events</li> <li>• The four events will take place in a rotational sequence</li> <li>• Individual performances are scored using a points table</li> <li>• The scores of the top four boys and top four girls over the four events are added together to give the team score and the team with the highest cumulative score wins</li> </ul>
<b>Excel Pathway</b>	The winning team from this event will represent Rutland at the School Games

# Rounders Competition

<b>Year Group(s)</b>	Year 5/6
<b>Gender</b>	Mixed
<b>Venue</b>	Casterton College Rutland
<b>Date / Time</b>	Wednesday 28th June (9.30—3pm)
<b>Format</b>	Squads can consist of a min of 6 and maximum of 15 players however only 9 are allowed on the pitch at anytime (min 3 girls pr team) 1 innings per team
<b>Rules</b>	<p><b>Batter:</b>            Waits in area behind 4<sup>th</sup> post            If out wait in area behind 1<sup>st</sup> post            Will have one good ball            May run on a no ball but once at 1<sup>st</sup> post cannot return</p> <p><b>No Ball awarded when:</b>            Not smooth underarm bowl            Ball is above the head or below the knee            Ball bounces before the batter            Ball is wide or straight at the body            The bowlers foot is outside the box</p> <p><b>Scoring:</b>            1 rounder if 4<sup>th</sup> post is reached without stopping, having struck the ball            1 rounder if 4<sup>th</sup> post is reached on a no ball (cannot be caught out) having struck the ball            ½ rounder if 4<sup>th</sup> post is reached without stopping, having not struck the ball            ½ rounder if 2<sup>nd</sup> post is reached without stopping having struck the ball            Penalty ½ rounder if obstruction by fielder            Penalty ½ rounder for two no balls</p> <p><b>Out when:</b>            Caught            Stepping outside front or back of batting box            Running inside post (unless obstructed)            Stumped            Batter overtakes</p> <p><b>Running around the track (with bat):</b>            Keep contact with post            Cannot leave post while bowler has ball in the box            As soon as the bowler releases ball you can run            Must touch 4<sup>th</sup> post            If a ball is struck behind the imaginary line extending between the batting box and 4<sup>th</sup> post, the batter must wait at 1<sup>st</sup> post until the ball is thrown forward over this line.</p>
<b>Excel Pathway</b>	There is no performance pathway from this event. This is an event to increase participation within schools.

# Sportsability Festival Competition

<b>Year Group(s)</b>	Year 3/4/5/6
<b>Gender</b>	Mixed
<b>Venue</b>	Active Rutland Hub
<b>Date / Time</b>	Wed 22nd March (10-1pm)
<b>Team Size</b>	Teams of up to 8 (min 6) - ideally a mix of girls and boys but it is open
<b>Format</b>	<p>This is a Pan Disability event. Any young person with a learning, physical or sensory impairment and those young people on SEN registers are eligible to enter</p> <p>Competition will include a circuit of Boccia, Kurling and Multi-Skills</p>
<b>Rules</b>	Participants will experience a circuit style event where they will be able to try a variety of different activities and skills.
<b>Development Pathway</b>	This is a non-competitive event, however there is an opportunity for a group of students to progress through to the Summer Festival and participate in a Sportsability Festival at this event. How and who will progress will be determined based on the number of entries to this event.

# Sportshall Athletics Competition

<b>Year Group(s)</b>	Year 5/6
<b>Gender</b>	Mixed
<b>Venue</b>	Qualification 1—UCC Qualification 2—UCC Finals—UCC
<b>Date / Time</b>	Qualification 1—Thursday 3rd Nov 4.30-6.30pm Qualification 2—Thursday 10th Nov 4.30-6.30pm  Finals—Thursday 17th Nov 4.30-6.30pm
<b>Team Size</b>	Max team size of 15 boys and 15 girls (minimum required is 9 boys and 9 girls)
<b>Format</b>	<ul style="list-style-type: none"> <li>• Introducing athletics in a fun team based format</li> <li>• Large team format, permitting a max of 15 boys and 15 girls with a minimum of 9 boys and 9 girls</li> <li>• Exciting range of track, field and relay events</li> <li>• Each participant will accumulate points for the team, depending on their position in their individual event.</li> <li>• All points will be calculated to determine the overall winning team</li> </ul>
<b>Rules</b>	<p>Athletes able to compete in a maximum of 2 track and 2 field events</p> <p><b>On the track</b></p> <ul style="list-style-type: none"> <li>• 1 Lap Relay (2 girls and 2 boys)</li> <li>• 2 Lap Relay (2 girls and 2 boys)</li> <li>• 6 Lap Parlauf (2 girls and 2 boys)</li> <li>• Obstacle Relay (4 girls and 4 boys)</li> <li>• 4 x 1 Lap Relay (4 girls and 4 boys)</li> </ul> <p><b>... and in the field</b></p> <ul style="list-style-type: none"> <li>• Speed Bounce (3 girls and 3 boys)</li> <li>• Standing Long Jump (3 girls and 3 boys)</li> <li>• Standing Triple Jump (3 girls and 3 boys)</li> <li>• Vertical Jump (3 girls and 3 boys)</li> <li>• Chest Push (3 girls and 3 boys)</li> </ul>
<b>Excel Pathway</b>	The winning school team will qualify for the Super Series event held in March 2023

# Spotlight Dance Event



<b>Year Group(s)</b>	Any
<b>Gender</b>	Mixed
<b>Venue</b>	Corn Exchange, Stamford
<b>Date / Time</b>	Dress Rehearsal - Tuesday 28th March Show 1: Wednesday 29th March Show 2: Thursday 30th March
<b>Team Size</b>	No limit, but no more than a class size number of children
<b>Format</b>	<ul style="list-style-type: none"><li>• Schools to create a dance piece to perform as part of a Multi-school event.</li><li>• Schools will be expected to attend their respective dress rehearsal and BOTH performance nights on Wed 29th and Thurs 30th.</li><li>• There are no guidelines on what the performance has to include, or the style. Each school is free to create and choreograph a dance using any inspiration or theme they so wish, utilising any opportunity they have, i.e. after school club, lunchtime club, curriculum lessons, etc.</li></ul>
<b>Rules</b>	
<b>Inspire Pathway</b>	There is no performance pathway from this event. This is an event to increase participation within schools.

# Team Swimming

**Year Group(s)** Year 5 & 6  
**Gender** Mixed  
**Venue** Uppingham School Sports Centre Pool  
**Date / Time** Friday 24th March 2.30-5.30pm

**Format** Gala for 5+6's only

Please note – This event is a qualification event for the School Games where the winning SCHOOL TEAM will represent Rutland. Therefore, schools will only enter this event with a full School Games squad.

**Rules** If schools wish to attempt to compete to qualify as the Rutland representative at the School Games championship, they need to bring squads of 8 swimmers.

Each squad is made up of the following:

2 x Yr 5 Boys  
 2 x Yr 5 Girls  
 2 x Yr 6 Boys  
 2 x Yr 6 Girls

Schools can bring more than 1 squad if they wish.

**Gala Events:**

25m backstroke (Yr 5 & 6)  
 25m breaststroke (Yr 5 & 6)  
 25m freestyle (Yr 5 & 6)  
 25m butterfly (Yr 5 & 6)  
 4x25m freestyle relay (mixed)  
 4x25m medley relay (mixed)

Each swimmer must compete in 2 individual strokes and 1 relay. Relay teams consist of 2 boys and 2 girls (any yr group)

**Excel Pathway**

Following the finals day, the winning school will Qualify for the School Games final



# Swimming Galas



<b>Year Group(s)</b>	Year 4,5 & 6
<b>Gender</b>	Mixed
<b>Venue</b>	Uppingham School Sports Centre Pool
<b>Date / Time</b>	Qualification Gala 1—Friday 3rd Feb (2.30pm—5.30pm) Qualification Gala 2 —Friday 10th Feb (2.30pm-5.30pm) Finals—Friday 10th March (2.30pm-5.30pm)
<b>Format</b>	Gala for Y4, 5+6's– Children can enter 2 individual events plus 1 relay event—Yr 6 can enter 3 individual events plus 1 relay event
<b>Rules</b>	Schools can bring as many swimmers as they wish  <b>Gala Events:</b> <ul style="list-style-type: none"><li>• 25m backstroke (Yr 4, 5 &amp; 6)</li><li>• 25m breaststroke (Yr 4, 5 &amp; 6)</li><li>• 25m freestyle (Yr 4, 5 &amp; 6)</li><li>• 25m butterfly (Yr 5 &amp; 6 only)</li><li>• 50m backstroke (Yr 5 &amp; 6 only)</li><li>• 50m breaststroke (Yr 5 &amp; 6 only)</li><li>• 50m freestyle (Yr 5 &amp; 6 only)</li><li>• 4x25m freestyle relay (mixed)</li><li>• 4x25m medley relay (mixed)</li><li>• Boys and Girls freestyle relay</li></ul> <p>Top 6 swimmers/teams from across the Qualification galas will progress through to Finals day</p>
<b>Development Pathway</b>	There is no performance pathway from this event. This is an event to increase participation within schools.

# TagFest

## Rugby Development Festival



<b>Year Group(s)</b>	Year 3/4 & Year 5/6
<b>Gender</b>	Mixed
<b>Venue</b>	Oakham Rugby Football Club
<b>Date / Time</b>	<b>Tag Festivals—Oakham RFC</b> Monday 13th March (9.30-12.30pm) – Year 3/4 Monday 20th March (9.30-12.30pm) - Year 5/6
<b>Format</b>	Schools can bring up to 30 children (1 class)
<b>Rules</b>	<ul style="list-style-type: none"><li>• This will be a development festival where children and staff are introduced to a variety of different activities and skill based games to aid the development of Tag Rugby skills.</li><li>• There will be some competitive games of Tag Rugby, however the focus of the event is to develop skills and not to determine an overall winner.</li><li>• Schools will be able to accumulate points throughout the event based on their performance at each activity as well as demonstrating the School Games values throughout the event.</li></ul>
<b>Development Pathway</b>	There is no performance pathway from this event. This is an event to increase participation within schools.

# Table Tennis Competition

<b>Year Group(s)</b>	Yr 5/6 Boys and Girls
<b>Gender</b>	Single sex teams (Team of 4 players) Schools may enter max of 2 teams
<b>Venue</b>	Uppingham School Sports Centre
<b>Date / Time</b>	Wed 12th Oct (9.30am-12.30pm)
<b>Format</b>	2 competitions. 4 boys in a team, 4 girls in a team  A match consists of the best of 5 games, e.g 3-0, 3-1, 3-2
<b>Rules</b>	<ul style="list-style-type: none"> <li>• A game is won by the player first scoring 11 points.</li> <li>• If both players score 10pts, then the game is won when one player has a lead of 2 points, e.g 13-11</li> <li>• The person who wins the toss will serve first in the first game; after 2 points, the receiver becomes the server and so on after each 2 points until the end of the game. If 10-10 is reached, the service is alternate.</li> <li>• For the second game, the initial receive serves first and in subsequent games, it alternates.</li> <li>• A good service starts with the ball resting on the palm of the hand with the ball thrown upwards about 6 inches; the server hits the ball from behind the end of the table so it bounces on his/her side of the table and then on the other side.</li> <li>• A good return is made when the receiver hits the ball over the net on to the other side of the table.</li> <li>• A point finishes when the ball is hit by a player so that it does not bounce on the other side of the table, e.g it goes off the table or into the net.</li> <li>• A let service is when the server serves the ball and it touches the net and hits the other side; then the service is repeated until good.</li> <li>• A let will be called by the umpire if a ball comes into the playing area from an adjoining table.</li> </ul>
<b>Excel Pathway</b>	The winning teams from the Boys and Girls will represent Rutland at the Level 3 Super Series final.

# Tennis Competition



<b>Year Group(s)</b>	Year 3/4 and Yr 5/6
<b>Gender</b>	Mixed (Team of 2 boys and 2 Girls) Schools may enter multiple teams
<b>Venue</b>	Uppingham Community College
<b>Date / Time</b>	Tuesday 6th June (Yr 3/4) 4.30pm-6.30pm (Develop Event) Tuesday 13th June (Yr 5/6) 4.30pm-6.30pm (Excel Event)
<b>Format</b>	<p>Mini Tennis competition can be run on tennis courts, playgrounds or in sports halls. This modified version of the game makes it easier to achieve for all pupils regardless of their previous experience.</p> <p>For our competition, we will be competing on Badminton sized courts, using Mini Tennis rackets and Mini Tennis Sponge balls.</p>
<b>Rules</b>	<ul style="list-style-type: none"><li>• Timed Tennis will be used to determine winners of each match. Players will play for a set period of time, until the whistle blows. The length of the match depends on the time available and amount of entries.</li><li>• The serve is determined by a "toss" at the start of the match. The nominated player serves for the first point, it then alternates every two points.</li><li>• When serving, players should stand behind the baseline and the ball must not be bounced before being hit.</li><li>• The serve can be hit over or underarm and should be hit diagonally, landing in the diagonally opposite service box.</li><li>• Each court should have a helper/scorer, who calls out the scores and helps out with decisions.</li></ul>
<b>Development Pathway</b>	The winning team from the 5/6 competition will represent Rutland at the SSPAN Finals in June

# Rutland SSP Competition Calendar

	Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Autumn 1	29-Aug	1								
	05-Sep	2						Leics XC League		
	12-Sep	3	Sports Leaders							
	19-Sep	4	Sports Leaders	PE Leads Meet			Cross Country			
	26-Sep	5		Boys ESFA Cup			Cross County (BP)			
	03-Oct	6		3/4 Dev Football						
	10-Oct	7		3/4 Mul	Girls ESFA	Table Tennis	3/4 Multisports			
	17-Oct	Leicestershire & Rutland Half Term								
	24-Oct	Rutland Half Term								
Autumn 2	31-Oct	1	Virtual SHA	Daily Boost Dec	5/6 Foot	Aquasplash	Basketball Develop	SHA	Cycling League	Rutland XC League
	07-Nov	2			3/4 Foot	Aquasplash	Basketball	SHA	Cycling League	
	14-Nov	3			Girls 5/6 Football	Gym Dev Festival	SHA			
	21-Nov	4			Boys 5/6 Football	Basketball			Leics XC League	
	28-Nov	5			Mixed 3/4 Football	Basketball Finals			Rutland XC League	
	05-Dec	6			Girls 5/6 Football	Badminton Develop				
	12-Dec	7								
	19-Dec	Leicestershire & Rutland Christmas Holiday								
	26-Dec	Leicestershire & Rutland Christmas Holiday								
Spring 1	02-Jan	1				Boccia League				
	09-Jan	2				Boccia League		Rutland XC League		
	16-Jan	3			Energise Festival	Boccia League				
	23-Jan	4			Gymnastics	Boccia League				
	30-Jan	5			Gymnastics		Swimming			
	06-Feb	6			Gymnastics		Swimming			
	13-Feb	Rutland Half Term (some schools)								
Spring 2	20-Feb	Leicestershire & Rutland Half Term			KS1 Multiskills	Leicestershire & Rutland Half Term				
	27-Feb	2		Mixed Y3/4 Football	KS1 Multiskills					
	06-Mar	3		Girls Football Festival	5/6 Dodgeball		Swimming Finals			
	13-Mar	4	Yr 3/4 TagFest	Boys 5/6 Football	3/4 Dodgeball					
	20-Mar	5	Yr 5/6 TagFest		Sportsability		Team Swim			
	27-Mar	6		Spotlight Rehearsal	NAK	Spotlight	Spotlight			
	03-Apr	Leicestershire & Rutland Easter Holiday								
	10-Apr	Leicestershire & Rutland Easter Holiday								
Summer 1	17-Apr	1								
	24-Apr	2				Netball League				
	01-May	3			3/4 Multisports	Netball League				
	08-May	4		Yr 5/6 Hockey		Netball League				
	15-May	5		Yr 3/4 Hockey						
	22-May	6		Netball Finals			Go Ride Cycling			
	29-May	Leicestershire & Rutland Half Term								
Summer 2	05-Jun	1	Quadkids	Tennis (3/4)	Cricket	Quadkids				
	12-Jun	2		Tennis (5/6)		Quadkids Finals				
	19-Jun	3		Athletics						
	26-Jun	4		Girls Foot Fest	Rounders					
	03-Jul	5	KS1 Multiskills			Orienteering				
	10-Jul	6	Awards Night							
	17-Jul	7								