

100
1922 - 2022



Chwaraeon Cenedlaethol yr Urdd

Rules

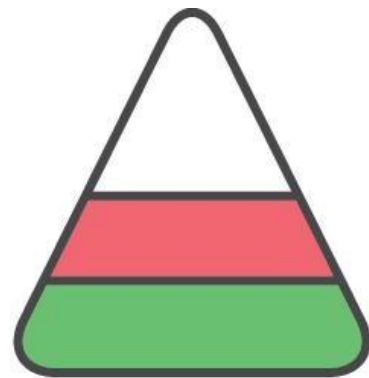
2021/22



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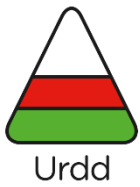


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Chwaraeon

Datblygu talent gyda'n gilydd
Developing talent together



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7 a side Football (Girls)

General Instructions and Rules of the Competition

(In conjunction with football in the community trust)

- Year 5 & 6 (**Year 4 can only play with parent / school's permission**)
- Winner of the group: 1. Most Points 2. Goals Scored 3. Goals Conceded
- In the case of a draw in the knockout stages, there will be 3 minutes each way in the golden goal and then it will go to penalties if it's still a draw.
- A squad of 10 girls to each team.
- The pitch size no bigger than 60yds 40yds or smaller than 50yds 30yds
- The ball should be a size 4
- Recommended goal size 12ft 6ft
- The goal area extends 10yds from the goal line across the width of the pitch, marked with cones on the touch-line or discs across the pitch
- Each game should last no longer than 10 minutes each half
- Kick off from the centre of the field to start the game and after a goal is scored
- Throw ins should be taken the normal way
- Goalkeepers must throw the ball rather than kick
- All free kicks are indirect. Opposition to be at least 3yds away. No penalty kicks
- Substitutes may be used at any time during a game
- Corner kicks are as normal except opposition should be at least 3yds away
- Goalkeepers can handle the ball in the penalty area and no restrictions on the number of steps they take with the ball
- Goal kicks are taken anywhere on the edge of the penalty area across the width of the field. Opposition should be 3yds away
- There is no restriction on the amount of players allowed in the goal area
- Players can pass the ball to their own goalkeeper, for the goalkeeper to handle the ball
- All players **must** wear shin pads
- Players are not to wear jewellery
- There is no off-side rule



7 a side Football – (Mixed)

General Instructions and Rules of the Competition

(In conjunction with football in the community trust)

- **Years 5 and 6 (We allow Year 4 to participate with parental consent)**
- Winner of the group: 1. Most Points 2. Goals Scored 3. Goals Conceded
- In the case of a draw in the knockout stages, there will be 3 minutes each way in the golden goal and then it will go to penalties if it's still a draw.(5 penalties each)
- A squad of 10 boys, girls or mixed to each team.
- The pitch size no bigger than 60yds 40yds or smaller than 50yds 30yds
- The ball should be a size 4
- Recommended goal size 12ft 6ft
- The goal area extends 10yds from the goal line across the width of the pitch, marked with cones on the touch-line or discs across the pitch
- Each game should last no longer than 10 minutes each half
- Kick off from the centre of the field to start the game and after a goal is scored
- Throw ins should be taken the normal way
- Goalkeepers must throw the ball rather than kick
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- Goal kicks are taken anywhere on the edge of the penalty area across the width of the field. Opposition should be 3yds away
- There is no restriction on the amount of players allowed in the goal area
- Players can pass the ball to their own goalkeeper, for the goalkeeper to handle the ball
- All players must wear shin pads
- Players are not to wear jewellery
- There is no off-side rule



National Netball – Girls

School Year: Yr..5 and 6

Win the group: 1. Most Points 2. Goals scored 3. Goals conceded

Knockout Rounds: In the case of a draw in the knockout stages, there will be 3 minutes each way in the golden goal.

General Instructions and Rules of the Competition

Dragon Netball is the game for primary school children in Wales and progresses to the full adult game. WNA philosophy behind Dragon Netball is to encourage participation with the emphasis on fun, safety and development appropriate to the age and level of the player. Modifications are made in the application of the rules, equipment used and the game structure. Coaches, umpires and providers of junior netball competition need to know, understand and abide by the rules relating to Dragon Netball to ensure the safety, enjoyment and development of young players WNA believes the game sits well with the requirements of Key stage 2 of the National Curriculum for girls in Years 5 and 6 (ages 9-11 years) and it is the only game recommended by WNA for players of this age.

Urdd Competition

What you will need?

Court Size: The game may be played on any netball court up to a maximum size of 30.5m x 15.25m (100ft x 50ft)

Markings: Normal court marking should be used as shown. On smaller courts the centre and shooting circles should remain full size

Safety: The court should be level and flat. Make sure there are no loose objects on or around the court which could cause injury, eg grit, wet leaves, loose wire, etc

Posts: These should be placed on the centre point of each goal line with none of the base protruding onto the court. The ring should be 2.6m (8'6") from the ground and fitted with a net. Should you post already have holes then 9' feet is preferred

Balls: A size 4 netball

Bibs: All bibs from a full set of netball bibs should be used.

The squad: The squad should consist of a minimum of 7 and a maximum of 12 players with 7 on court at any one time (Girls only)

Duration of the Game: Matches should be 4 x 8 minutes with 2 minutes at each interval (up to 3 minutes at half time). All players must play in at least 2 quarters but these need not be consecutive

Squad players not on court can take on a scoring, timekeeping or centre pass marking role.

Substitutions may be made at any time in the event of illness or injury

The Players: 7 members of the squad are on the court at any one time. The players are allowed in the following areas

AREA OF COURT

GS = 1, 2

GA = 1, 2, 3

WA = 2, 3

C = 2, 3, 4

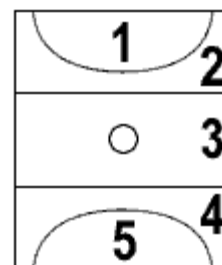
WD = 3, 4

GD = 3, 4, 5

GK = 4, 5

Team Rotations

- **There will be no rotations**



When the umpire blows the whistle, the Centre must pass the ball within 3 seconds and obey the Footwork rule. The ball must be caught or touched in the centre third
Everyone must observe the 3 feet Distance rule

Dragon Netball Rules

Adult rules apply and are coached, however the following conditions are encouraged:

- Relax the 3 second rule (up to 5 seconds) to allow players time to gain their balance and make decisions - which take longer at this level
- Relax the footwork rule, allow players to gain balance, not progress down the court.
- Players are allowed to defend on court and are also allowed to defend the shot. Players must be 3ft away from the landing foot
- Relax the replayed rule, particularly if playing outside in wet / cold conditions
- Enforce the contact rule
- Do not penalise for incorrect throw-ins, instead - explain to players if needed.
- Allow players a moment to get back 'on-side', penalise if the player remains in an offside area and impacts on the non-offending team
- Guide players on the rules relating to toss ups to help players take up their correct positions
- Explain all decisions using simple language
- Encourage all players on both teams by acting in a supportive manner
- Relax the uniform code to allow players to wear track pants and long sleeved tops (in team colours whenever possible) on colder days. Allow also for players of other cultures to wear acceptable standards of dress
- Ensure that the teams are playing with a size 4 ball and the goal posts are at the correct height of 2.6m (8'6")
- Game scores can be recorded but are not read out at the breaks or the end of the game
- Allow up to 2 minutes to have a drink at the end of each break and change bibs. Allow up to 3 minutes for the half time and change of ends unless the game is played in thirds
- Encourage quick replacement of an injured player if necessary. Play should resume as quickly as possible after ensuring the injured player is in no danger of further injury
- The section of the post which protrudes above the ring (when the posts are lowered) is 'out of court', a throw in is awarded to the opposition

Playing the Ball:

A player must:

- (a) Pass or shoot within 5 seconds
- (b) Obey the Footwork rule - relaxed

A player may not:

- (a) Deliberately kick the ball;
- (b) Bounce the ball more than once;
- (c) Hand or roll the ball to another player;
- (d) Place their hands on a ball held by an opponent;
- (e) Throw the ball while sitting/lying on the ground;
- (f) Use the goalpost as a support in receiving a ball going out of court or to gain balance.
- (g) Throw the ball over a complete third without it being touched or caught by another player in that third;
- (h) Regain possession of the ball, having dropped or thrown it before it has been touched by another player.

Penalty: Free Pass

Footwork:

The footwork rule is relaxed for Dragon Netball.

- (a) A player may receive the ball with one foot grounded or may jump to catch and land on one foot. While that landing foot remains on the ground the other foot may be moved in any direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed.
- (b) A player may receive the ball whilst both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then choose to move either foot and the

remaining foot shall then be considered to be the landing foot. Proceed as in (a) above.
Penalty: Free Pass

Scoring a Goal:

A goal is scored when the ball passes completely through the ring from top to bottom. A goal may only be scored by the Goal Shooter or the Goal Attack playing the ball from any part of the shooting circle

Defending, Obstruction and Contact:

When a player is holding the ball, the distance on the ground between that player's landing foot and the nearer foot of an opponent must be at least 3 ft. Netball is a non-contact game. No player shall knock or push an opponent or interfere with his/her play, either accidentally or deliberately.

Penalty: Penalty Pass or Shot

Out of Court:

A ball is out of court when it, or a player touching it, touches the ground or an object outside the court. The line counts as part of the court. A throw-in is awarded to the opposing team. If the ball hits the post and bounces back into court, it is still in play

The Throw-in:

The throw-in is taken at the point where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet behind the line. When the player taking the throw-in has checked that all other players are on court, she/he must release the ball within 5 seconds

Offside:

A player is offside if she/he enters an area of the court in which she/he is not allowed.
Penalty: Free Pass

Penalties: Free Pass/Penalty Pass or Shot

A free pass is awarded to a team for any infringement of the rules except obstruction and contact. A player may not shoot directly from a free pass

A Penalty pass or shot is awarded to a team against any player causing obstruction or contact. A player may shoot if the penalty is awarded inside the circle. The offending player must stand still beside the player taking the pass. A free pass, or a penalty pass or shot, is taken from the point where the infringement occurred and may be taken by any member of the team allowed in that part of the court



National Primary 7 a side Rugby - Mixed

These rules have been taken from the WRU 'Pathways' handbook. To see the rest of the rules please follow the link:

<https://www.wrugamelocker.wales/en/player-pathway/u11/>

General Instructions and Rules of the Competition

- **Years 5 and 6 only (Under 11 on 01 September)**
- Squad of twelve, seven on the field
- Referee's must have a qualification (at least level 1)
- Pitch size: half a rugby field
- Size three balls
- Scoring team to drop out
- No pushing in the scrum
- Waist high tackle or lower, if the tackle is above waist height, a free pass is awarded to the non offending team
- Hand offs are not allowed
- The hookers may strike for the ball
- 2v2 lineout uncontested
- Kicking only allowed in your own half
- 1v1 contest for the ball at the contact area (After the tackle only one player from each team can contest for the ball. This can be any player involved in the tackle or another arriving player)
- No mauling, penalty to the non offending team
- Rolling replacements, Players must leave and enter the field of play at the halfway touchline
- The acting scrum half must pass the ball from a scrum, after a ruck is formed and from lineouts
- Winner of the group: 1. Most Points 2. Tries Scored 3. Tries Conceded
- In the case of a draw in the knockout stages, there will be 3 minutes each way in the golden try



Girls Rugby Tag

Mae'r rheolau isod wedi ei gymryd o law lyfr 'Pathways' Undeb Rygbi Cymru. I weld gweddill o'r rheolau dilynwch y linc:

<https://www.wrugamelocker.wales/en/player-pathway/u11/>

Ages: Years 5 and 6 (Year 4 is allowed to participate with parental consent)

Team details: Seven a side with a maximum of 5 substitutes. The WRU requires that both teams shall field the same number of players throughout the the game.

Periods of play: Two halves of up to 10 minutes playing time – maximum 20 minutes of play.

Playing area: 50m (length) x 40m (width) maximum.
40m (length) x 30m (width) minimum.

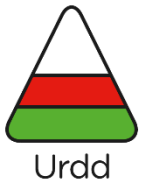
Ball size: 3

No kicking.

No line-outs, free pass from five metres in from the touch line instead. No scrumming.

TAG RULES:

- Game to start with a free pass
- Team conceding try to restart
- Six tags, ball is turned over to opposition
- Tagged player must play the ball (pass) within three seconds of being tagged
- Tackler must hand back the tag to the attacking player before continuing play, persistent infringement will result in the awarding of a penalty
- Players must leave and enter the field of play at the halfway touchline
- They must remove two tags and hand them over to substitute entering the field to place upon belt before replacement can effect
- Substitutes must wear tag belts but with no tags
- A player must have two tags before scoring a try, however if a tag is removed whilst scoring a try the try is awarded
- If a player crosses the line with one tag, he/she is brought back out five metres from the try line with the tag count continuing
- Players must stay on feet to score a try
- Spinning out of contact away from the tackler is allowed
- No hand-off allowed
- Free pass for all penalties
- Carrying the ball in two hands is encouraged but not a tag rugby rule.

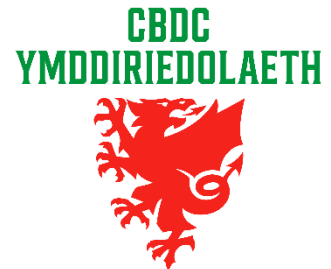


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Acknowledgments

We'd like to thank our partners for helping us develop our rules and for supporting Chwaraeon yr Urdd.



We'd also like to thank the schools that support Chwaraeon yr Urdd.