



Urdd

Chwaraeon Cenedlaethol yr Urdd

Rules

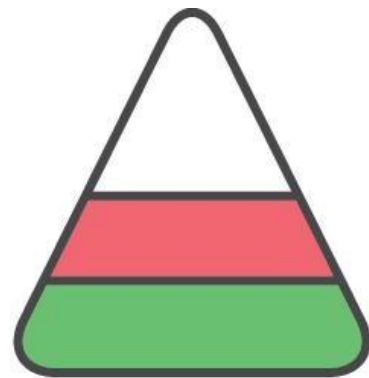
2022/2023



Chwaraeon Yr Urdd



@ChwaraeonYrUrdd



Chwaraeon



Urdd



PRIFYSGOL
ABERYSTWYTH
UNIVERSITY

Football

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Datblygu talent gyda'n gilydd
Developing talent together



National 5 a side Football

Schools with under 50 pupils. Counting from reception to Year 6

General Instructions and Rules of the Competition

- **Years 5 and 6 (We allow Year 4 to participate with parental consent)**

Group Game Points: **Win = 3 points. Draw = 1 Point. Loss = 0 Points**

- 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).
- Two substitutes are allowed (to be substituted at half time only)
- Only the goalkeeper is allowed in the goal area. Penalties for infringement:
 1. by a defender – penalty kick
 2. by an attacker – free kick
- The goalkeeper is not allowed to leave the goal area. Penalty for infringement: penalty kick
- The goalkeeper must roll the ball out of the goal area. Penalty for infringement: indirect free kick from the edge of the circle
- The ball must be kept below head height. Penalty for infringement: indirect free kick
- The side and back walls are regarded as part of the playing area
- Players may not make a returned pass back to the goalkeeper. It has to be played to another out-field player first. Penalty for infringement: indirect free kick from edge of circle
- 7 players in each squad
- **Everyone must wear shin pads**



7 a side Football (Girls)

General Instructions and Rules of the Competition

(In conjunction with football in the community trust)

Squad

Year 5 & 6 (**Year 4 can only play with parent / school's permission**)

Up to 12 girls per squad

Competition Rules

Each game should last no longer than 7 minutes per half

Group Game Points: **Win = 3 points. Draw = 1 Point. Loss = 0 Points**

- Group Winner: 1. Most points 2. Goals Scored 3. Goals Conceded
- If teams are still equal in the groups, the head-to-head result will be used and then names will be pulled out of a hat.
- If there is a tied game in the final rounds, up to 3 additional minutes per half of Golden Goal will be played before moving on to penalties.

Play area

- The pitch size shall be no bigger than 60yds 40yds or smaller than 50yds 30yds
- 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 touchline or discs across the pitch

Goalkeeper

- The Goalkeeper must throw the ball from their hands and not kick it
- The Goalkeeper can hold the ball within the penalty area and there is now limitation on the number of steps they can take
- A goal kick off the floor can be taken anywhere on the edge of the penalty area
- The goalkeeper cannot catch/hold the ball if it's passed back by a teammate

Corner/Free Kicks

- All free kicks are indirect. The defending team must be at least 3 yards away from the ball
- There are no penalty kicks
- Corner kicks are as standard, but the defending team must be at least 3 yards from the ball.

General Rules

- The ball should be a size 4
- Kick off from the centre of the field to start the game and after a goal is scored, defending team must be 3 yards away and goals aren't permitted immediately from the kick-off
- Throw ins should be taken the normal way
- Substitutes may be used at any time during a game
- There is no restriction on the amount of players allowed in the goal area

-All players must wear shin pads

- There is no off-side rule
- A yellow card will result in the player being sent off for 2 minutes
- A red card will result in the player being sent off and not being allowed to participate in the rest of the competition



7 a side Football – (Mixed)

General Instructions and Rules of the Competition

(In conjunction with football in the community trust)

Squad

Year 5 & 6 (**Year 4 can only play with parent / school's permission**)

Up to 12 girls, boys or mixed group per squad

Competition Rules

Each game should last no longer than 7 minutes per half

Group Game Points: **Win = 3 points. Draw = 1 Point. Loss = 0 Points**

- Group Winner: 1. Most points 2. Goals Scored 3. Goals Conceded
- If teams are still equal in the groups, the head-to-head result will be used and then names will be pulled out of a hat.
- If there is a tied game in the final rounds, up to 3 additional minutes per half of Golden Goal will be played before moving on to penalties.

Play area

- The pitch size shall be no bigger than 60yds 40yds or smaller than 50yds 30yds
- 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 touchline or discs across the pitch

Goalkeeper

- The Goalkeeper must throw the ball from their hands and not kick it
- The Goalkeeper can hold the ball within the penalty area and there is now limitation on the number of steps they can take
- A goal kick off the floor can be taken anywhere on the edge of the penalty area
- The goalkeeper cannot catch/hold the ball if it's passed back by a teammate

Corner/Free Kicks

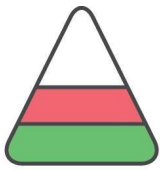
- All free kicks are indirect. The defending team must be at least 3 yards away from the ball
- There are no penalty kicks
- Corner kicks are as standard, but the defending team must be at least 3 yards from the ball.

General Rules

- The ball should be a size 4
- Kick off from the centre of the field to start the game and after a goal is scored, defending team must be 3 yards away and goals aren't permitted immediately from the kick-off
- Throw ins should be taken the normal way
- Substitutes may be used at any time during a game
- There is no restriction on the number of players allowed in the goal area

-All players must wear shin pads

- There is no off-side rule
- A yellow card will result in the player being sent off for 2 minutes
- A red card will result in the player being sent off and not being allowed to participate in the rest of the competition



Chwaraeon

National Netball – Girls

School Year: Yr.5 and 6 (Year 4 can only play with parent / school's permission)

Each game should last no longer than 7 minutes per half

Group Game Points: **Win = 3 points. Draw = 1 Point. Loss = 0 Points**

-Group Winner: 1. Most points 2. Goals Scored 3. Goals Conceded

-If teams are still equal in the groups, the head-to-head result will be used before names will be pulled out of a hat.

-If there is a tied game in the final rounds, up to 3 additional minutes per half of extra time will be played before moving on to a maximum of 4 minutes of 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.

AREA OF COURT

GS = 1, 2

GA = 1, 2, 3

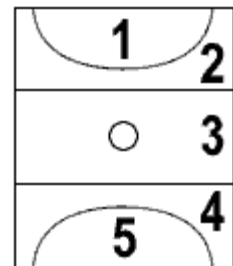
WA = 2, 3

C = 2, 3, 4

WD = 3, 4

GD = 3, 4, 5

GK = 4, 5



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
- Use a size 4 ball and the goal posts are at the correct height of 2.6m (8'6")
- The post which protrudes above the ring (when the posts are lowered) is 'out of court'

A player may not:

- Deliberately kick the ball;
- Hand or roll the ball to another player;
- Place their hands on a ball held by an opponent;
- Throw the ball while sitting/lying on the ground;
- Use the goalpost as a support in receiving a ball going out of court or to gain balance.
- Throw the ball into a third that does not directly neighbour the players third of the court.
- Regain possession of the ball, before it has been touched by another player.

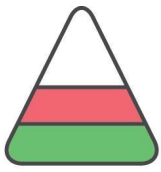
General Rules

-If a team is late 1 goal will be added to the on-time teams score up until 5 minutes have passed and then the game will be called as a 'bye'

-There is no additional time due to injuries

-It is the teachers/coaches' responsibility to keep score of their game

-The rules regarding fingernail length, items of jewellery, sharp hair adornments etc will be enforced



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High School Netball

General Instructions and Rules of the Competition

Each game should last no longer than 7 minutes per half

Group Game Points: **Win = 3 points. Draw = 1 Point. Loss = 0 Points**

- Group Winner:** 1. Most points 2. Goals Scored 3. Goals Conceded
- If teams are still equal in the groups, the head-to-head result will be used before names will be pulled out of a hat.
- If there is a tied game in the final rounds**, up to 3 additional minutes per half of extra time will be played before moving on to a maximum of 4 minutes of Golden Goal

The tournament shall be played in accordance with the official rules of the Game and the competition will be conducted entirely under the control of the Urdd and the Welsh Netball Association, whose decision will be final

Squad

-Each squad may consist of up to 12 players. Substitutions can only be made at half time and in the case of an injury

Dress Code

- Teams shall be dressed correctly, including positional bibs (letters front & back) and in accordance with the rules of the Game
- The rules regarding fingernail length, items of jewellery, sharp hair adornments etc will be enforced
- Trainers should be fastened in front of the tongues, in the correct manner

A player may not:

- Deliberately kick the ball.
- Bounce the ball more than once
- Hand or roll the ball to another player;
- Place their hands on a ball held by an opponent;
- Throw the ball while sitting/lying on the ground;
- Use the goalpost as a support in receiving a ball going out of court or to gain balance.
- Throw the ball into a third that does not directly neighbour the players third of the court.
- Regain possession of the ball, before it has been touched by another player.

General Rules

- If a team is late 1 goal will be added to the on-time teams score up until 5 minutes have passed and then the game will be called as a 'bye'
- There is no additional time due to injuries
- It is the teachers/coaches' responsibility to keep score of their game
- Size 5 balls
- Defending players must be 3ft away from the landing foot of the player with the ball.



National Primary 7 a side Rugby - Mixed

These rules have been taken from the WRU 'Pathways' 2022/23 handbook. For more info: <https://www.wrugamelocker.wales/en/player-pathway/u11/>

General Instructions and Rules of the Competition

Each game should last no longer than 7 minutes per half

Group Game Points: **Win = 3 points. Draw = 1 Point. Loss = 0 Points**

-Group Winner: 1. Most points 2. Tries Scored 3. Tries Conceded

-If teams are still equal in the groups, the head-to-head result will be used before names will be pulled out of a hat.

-If there is a tied game in the final rounds, up to 3 additional minutes per half of extra time will be played before moving on to a maximum of 4 minutes of Golden Try

Squad Details

Years 5 and 6 only (Under 11 on 01 September)

-Both teams must field the same number of players at all times

Fouls

- 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

-Kicking only allowed in your own half

-Cavalry charges are not permitted from a free pass. The receiver must start their run within 2 meters from the passing player.

-A yellow card will result in the player being sent off for 2 minutes

-A red card will result in the player being sent off and not being allowed to participate in the rest of the competition

Tackle area

-The off-side line is 1m back from the furthest back point of the tackle area

-No mauling at all

-One player from each team permitted to contest for the ball in the tackle area

-First player to the tackle area is permitted to pick and go

Scrum

-No pushing or competing for the ball in the scrum

-Max of 3 players in the scrum

-Only the scrum half can pick the ball up from a scrum

General Rules

-From the 5m to the 10m playing across the pitch. (30mx60m)

-Size three balls

-Scoring team to drop out at restart

-Rolling replacements, Players must leave and enter the field of play at the halfway touchline

-Players are not permitted to catch and go from the line out

-The acting scrum half must pass the ball from rucks, scrums, and line-outs



Girls Rugby Tag

These rules have been taken from the WRU 'Pathways' 2022/23 handbook. For more info: <https://www.wrugamelocker.wales/en/player-pathway/u11/>

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

General Instructions and Rules of the Competition

Each game should last no longer than 7 minutes per half

Group Game Points: **Win = 3 points. Draw = 1 Point. Loss = 0 Points**

-Group Winner: 1. Most points 2. Tries Scored 3. Tries Conceded

-If teams are still equal in the groups, the head-to-head result will be used before names will be pulled out of a hat.

-If there is a tied game in the final rounds, up to 3 additional minutes per half of extra time will be played before moving on to a maximum of 4 minutes of Golden Try

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
- Rolling replacements, Players must leave and enter the pitch at the halfway touchline
- A player must have two tags before scoring a try, however if a tag is removed whilst scoring the try, the try is still 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 awarded for all penalties
- Carrying the ball in two hands is encouraged but not a tag rugby rule
- A yellow card will result in the player being sent off for 2 minutes
- A red card will result in the player being sent off and not being allowed to participate in the rest of the competition



Urdd

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 and adrannau that support Chwaraeon yr Urdd.



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