

## Chwaraeon Cenedlaethol yr Urdd

Rules

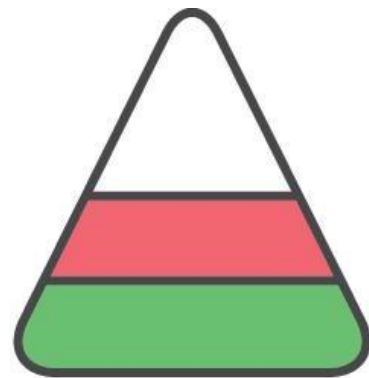
2019/20



Chwaraeon Yr Urdd



@ChwaraeonYrUrdd



Chwaraeon



Urdd

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## Gymnastics Competition Criteria (Key stage 2)

<b>Age</b>	Key Stage 2 (Year 3 – 6)
<b>Categories</b>	<ol style="list-style-type: none"> <li>1. Individual Girls</li> <li>2. Individual Boys</li> <li>3. Pairs (Either Mix or same sex)</li> <li>4. Trios (Either Mix or same sex)</li> <li>5. Group (Either Mixed or same sex which consists of 6 - 10 pupils)</li> </ol>
<b>Time limit</b>	<ul style="list-style-type: none"> <li>• Individual = 01:30 maximum</li> <li>• Pair/Trio's = 01:30 maximum</li> <li>• Group = 02:00 maximum</li> </ul> <p>Timing begins when music starts (if performing with music or first movement if performing without music). There will be a 0.3 penalty for gymnasts finishing over the stated time.</p>
<b>Music</b>	Optional but must be instrumental or Welsh Language in a form of a CD or phone. Teachers must ensure they have a spare copy with them.
<b>Equipment</b>	10m x 8m total matting area.

All routines must consist of the following skills:

Requirement	Value
Balance	0.5
Turn/Spin	0.5
Roll	0.5
Jump	0.5
Forward or sideways acrobatic skill	0.5
Backwards acrobatic skill	0.5

- The following table (below) has been written as a guide for gymnasts and coaches to identify skills to be added to the routine. Gymnasts are not limited to performing only the skills on the table.
- No skills can be repeated within any the routines
- Gymnasts can compete a maximum of 4 other skills from the list below.
- Pairs, trios and groups must finish on a balance where all pupils work together.

<b>Skills Values</b>	<b>0.1</b>	<b>0.2</b>	<b>0.3</b>
<b>Balance</b>  <b>(all balances must be held for 3 seconds to count as completed)</b>	Stork balance Front support Back support Arabesque V – sit	Headstand Handstand Frog balance Splits Straddle/ pike lever hold	Russian lever Planche Straddle lever to handstand
<b>Turn/Spin</b>	½ spin on one leg Jump ½ turn	Full spin on 1 leg Handstand ½ pirouette Stretch jump full turn Tuck/ straddle/ 'w' or wolf jump ½ turn	Handstand full pirouette Double spin on 1 leg Tuck/straddle/ 'w' or wolf jump full turn Catleap full
<b>Roll</b>	Log roll Teddy bear roll Side roll Cat roll Fwd/ bwd roll (tucked) Fwd/ bwd roll to shape stand	Dive forward roll Handstand forward roll Piked bwd roll (straight arms and legs) Bwd roll to front support (straight arms)	Backward roll to handstand (straight arms)
<b>Jump/Leap</b>	Stretch jump Tuck jump Star jump Catleap	Straddle jump Pike jump Wolf jump Split leap Stag leap Stretch jump full turn Scissor kick Tuck/ straddle/ 'w' or wolf jump ½ turn	Change leg leap Tuck/ straddle/'w' or wolf jump full turn Catleap full turn
<b>Acrobatic fwd/swd/bwd</b>	Fwd/ bwd roll (tucked) Fwd/ bwd roll to shape stand Bunny hop	Cartwheel (1 or 2 hands) Round off Fwd/ bwd walkover Handstand fwd roll Valdez	Flic to 1 or 2 Handspring (to 1 or 2) Free cartwheel Free walkover Backward roll to handstand

**\*\* No Somersaults are permitted**

Note:

- Each pupil in the pairs, trios and groups must complete 10 skills each (this includes the 6 from the requirement table). They can either be performed in synchronisation or at separate times, either the same or different elements.
- In the groups, at several points during the sequence the group should work together and not just as several pairs or trios performing their own sequence.

Judging Advice:

- Teachers will be required to submit a tariff sheet to the competition organiser prior to the competition which will be used by the judges. This will include a list of skills included in the routine and its value

Deductions will be taken for the following:

<b>Individuals/pairs/trios/groups</b>	<b>Maximum Deductions</b>
Artistry	0.5
Link to music – interpretation	0.5
Use of levels	0.5
Length of routine/ music	0.3
General deductions of individual skills (execution) –	
Small	0.1
Medium	0.3
Large	0.5
Fall	1.0
<b>Pairs/trios/groups only</b>	
Synchronisation	0.5
Whole group involvement	0.5

Scores will be determined by:

- All routines beginning with a base score of 13.00  
(Base Score 10.00 + 6 Requirements at 0.5 each = 13:00)
- + 4 additional skills (maximum 1.20)
- Total Composition Score = Up to a maximum of 14.2
- minus deductions
- = **Total Score**

## Gymnastics Competition Criteria (Key Stage 3 & 4)

<b>Age</b>	Key Stage 3 (Yrs. 7-9) Key Stage 4 (Yrs. 10-11)
<b>Categories</b>	<ol style="list-style-type: none"> <li>1. Individual Girls</li> <li>2. Individual Boys</li> <li>3. Pairs (Either Mix or same sex)</li> <li>4. Trios (Either Mix or same sex)</li> <li>5. Group (Either Mixed or same sex which consists of 6 - 8 pupils)</li> </ol>
<b>Time limit</b>	<ul style="list-style-type: none"> <li>• Individual = 01:30 maximum</li> <li>• Pair/Trio's = 01:30 maximum</li> <li>• Group = 02:00 maximum</li> </ul> <p>Timing begins when music starts (if performing with music or first movement if performing without music). There will be a 0.3 penalty for gymnasts finishing over/under the stated time.</p>
<b>Music</b>	Optional but must be instrumental or Welsh Language in a form of a CD or phone. Teachers must ensure they have a spare copy with them.
<b>Equipment</b>	<p>10 x 8 Apparatus matting area 1 Springboard, 1 box, landing mat</p> <p>Apparatus layout enclosed and to be used by all competing schools – apparatus is to be used exactly as shown in the diagram.</p>

Requirement	Value
Balance	0.5
Turn/Spin	0.5
Roll	0.5
Jump	0.5
Forward or sideways acrobatic skill	0.5
Backwards acrobatic skill	0.5

- The following table (below) has been written as a guide for gymnasts and coaches to identify skills to be added to the routine. Gymnasts are not limited to performing only the skills on the table.
- No skills can be repeated within any the routines
- Gymnasts can compete a maximum of 4 other skills from the list below.
- Pairs, trios and groups must finish on a balance where all pupils work together.
- In pairs, trios and groups routines all gymnasts must fully use the apparatus.

Skills Values	0.1	0.2	0.3
<b>Balance</b>  (all balances must be held for 3 seconds to count as completed)	Stork balance Front support Back support Arabesque V – sit	Headstand Handstand Frog balance Splits Straddle/ pike lever hold	Russian lever Planche Straddle lever to handstand
<b>Turn/Spin</b>	½ spin on one leg Jump ½ turn	Full spin on 1 leg Handstand ½ pirouette Stretch jump full turn Tuck/ straddle/ 'w' or wolf jump ½ turn	Handstand full pirouette Double spin on 1 leg Tuck/straddle/ 'w' or wolf jump full turn Catleap full
<b>Roll</b>	Log roll Teddy bear roll Side roll Cat roll Fwd/ bwd roll (tucked) Fwd/ bwd roll to shape stand	Dive forward roll Handstand forward roll Pike bwd roll (straight arms and legs) Bwd roll to front support (straight arms)	Backward roll to handstand (straight arms)
<b>Jump/Leap</b>	Stretch jump Tuck jump Star jump Cat leap	Straddle jump Pike jump Wolf jump Split leap Stag leap Stretch jump full turn Scissor kick Tuck/ straddle/ 'w' or wolf jump ½ turn	Change leg leap Tuck/ straddle/'w' or wolf jump full turn Cat leap full turn
<b>Acrobatic fwd/swd/bwd</b>	Fwd/ bwd roll (tucked) Fwd/ bwd roll to shape stand Bunny hop	Cartwheel (1 or 2 hands) Round off Fwd/ bwd walkover Handstand fwd roll Valdez	Flic to 1 or 2 Somersault (Fwd/bwd) <b>(tucked only)</b> Handspring (to 1 or 2) Free cartwheel Free walkover Backward roll to handstand

**Safety Notice:** Vaulting skills must be performed so landings are done on the safety mat and not the floor area.

Note:

- Each pupil in the pairs, trios and groups must complete 10 skills each (this includes the 6 from the requirement table). They can either be performed in synchronisation or at separate times, either the same or different elements.
- In the groups, at several points during the sequence the group should work together and not just as several pairs or trios performing their own sequence.

Judging Advice:

- Teachers will be required to submit a tariff sheet to the competition organiser prior to the competition which will be used by the judges. This will include a list of skills included in the routine and its value

Deductions will be taken for the following:

<b>Individuals/pairs/trios/groups</b>	<b>Maximum Deductions</b>
Artistry	0.5
Link to music – interpretation	0.5
Use of levels	0.5
Use of Apparatus	0.5
Length of routine/ music	0.3
General deductions of individual skills (execution) –	
Small	0.1
Medium	0.3
Large	0.5
Fall	1.0
<b>Pairs/trios/groups only</b>	
Synchronisation	0.5
Whole group involvement	0.5

Scores will be determined by:

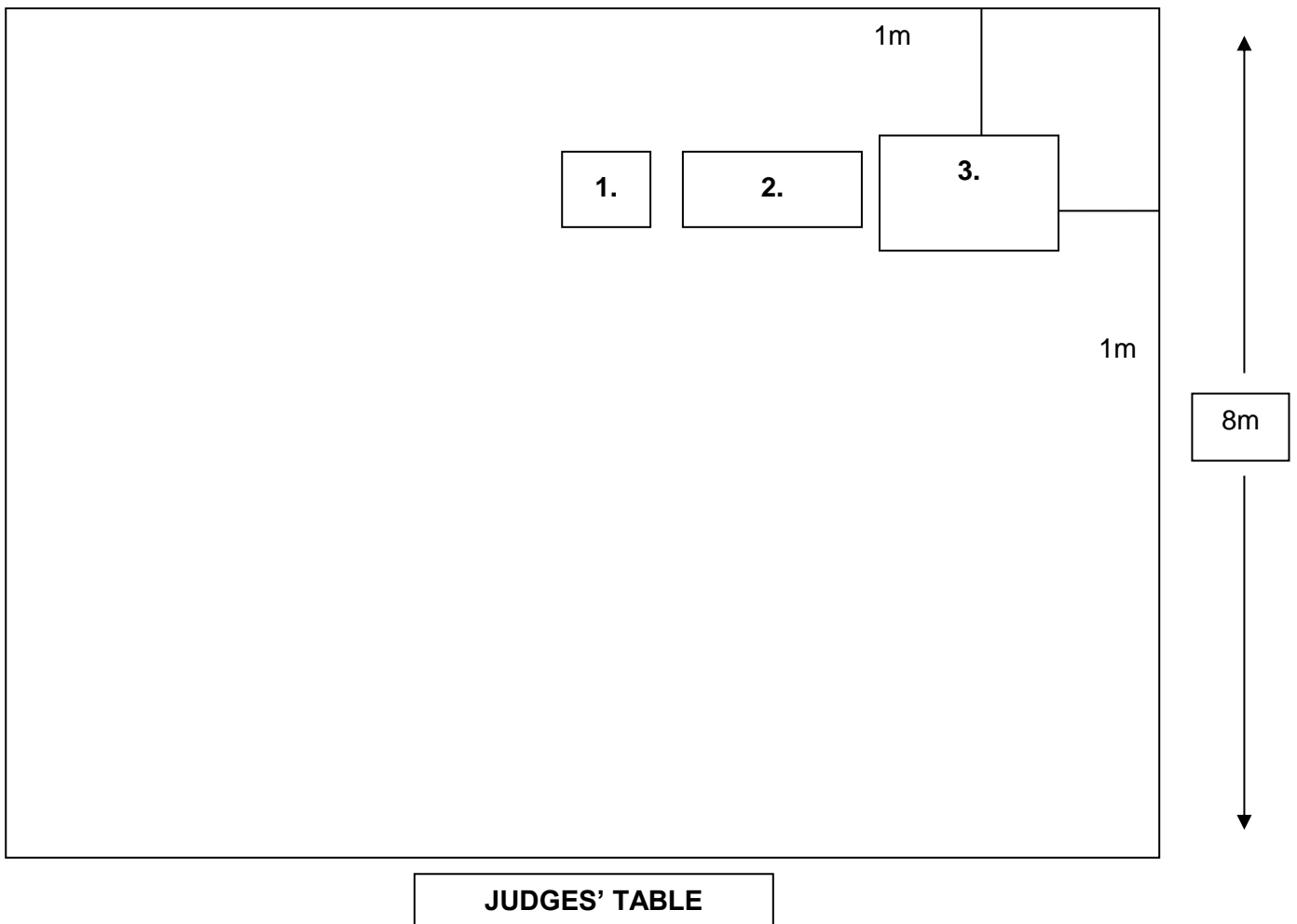
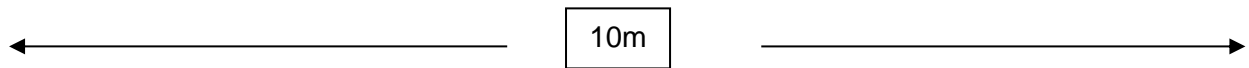
- All routines beginning with a base score of 13.00  
(Base Score 10.00 + 6 Requirements at 0.5 each = 13:00)
  - + 4 additional skills (maximum 1.20)
  - Total Composition Score = Up to a maximum of 14.2
  - minus deductions
- = Total Score**



## Floor and Apparatus Layout

**Dimensions:**

Equipment	Width	Length	Height
Floor Area	10m	8m	
1. Springboard	1m 10cms	1m 10cms	
2. Box	44cms	1m 37cms	1m
3. Landing Mat	1m 20cms	2m 40cms	20/30cms



## **National Swimming Gala**

### **General Instructions and Rules of the Competition**

This is a simplified version of the rules produced by the World Governing Body of Swimming, FINA, which are applied by Swim Wales in all competitions

#### **General**

- Swimmers must finish the race in the same lane in which they started (SW10.3)
- Swimmers must not start before the start signal is given (SW4.4)
- The swimmer must touch the end of the pool at each turn and at the finish (SW5.2)
- No swimmer is allowed to walk on the bottom of the pool (SW10.4)
- Pulling on the lane rope is not allowed (SW10.6)
- Interfering with another swimmer shall disqualify the offender (SW10.7)
- Swimmers cannot use or wear any device that may aid his speed, buoyancy or endurance during competition (i.e flippers, fins, webbed gloves). Goggles are permitted (SW10.8)
- At the end of the race, it helps the referee if swimmers stay in the water until asked to leave (In relays all swimmers except the final swimmer in each team should leave the pool as quickly as possible without obstructing swimmers in other lanes) (SW10.14)
- Swimmers **MUST NEVER** climb out over electronic timing pads – It can cause serious damage
- In relay events there must be a different swimmer for each leg (SW10.13)
- In all strokes except Breaststroke (see below) the head of the swimmer must have broken the surface of the water within 15 metres of the start and after each turn (SW5.3, 6.3 & 8.5)
- The referee's decision is final

#### **Freestyle**

- Swimmers can touch the wall at turns and at the finish with any part of their body
- Freestyle means that the swimmer may swim any stroke, except in individual medley and medley relays, when it must not be back, breast or fly
- In freestyle, swimmers can stand on the pool bottom, but cannot walk

#### **Backstroke**

- On the command "Take your marks" swimmers shall line up in the water facing the starting end with both hands holding the wall/starting grips. The feet including the toes shall be under the surface of the water and must not be curled over the gutter (SW6.1)
- The swimmer must swim upon his back throughout the race except when executing a turn. After the turn they must leave the wall on their back
- A swimmer may carry out a turn on their front. If they do so, the turn should begin immediately after moving onto their front, and any propulsive movement towards the wall with either arms or legs must be part of a continuous turning action (SW6.4)
- The swimmer must stay on their back at the finish until they have touched the wall (SW6.5)

#### **Breaststroke**

- The swimmer must be on the breast at all times (SW7.2)
- For the first stroke after the start and after each turn, the swimmer is allowed to take one arm stroke completely back to the legs and one leg kick while under water. However the head must break the surface of the water before the hands turn in at widest part of the second stroke

- For all subsequent strokes, the arms must not go back beyond the hips, and the head must break the surface of the water
- All movements of the arms and legs shall be simultaneous and in the same horizontal plane without alternating movements (SW7.2 & 7.4)
- Alternating or downward dolphin kick is not permitted
- At each turn and at the finish of the race the touch shall be made with both hands simultaneously at, above and below the water level. The hands must be separated on the touch at the turn and the finish.

#### **Butterfly**

- At the start and at turns the swimmer is allowed multiple leg kicks and one arm pull whilst under water, which must bring them to the surface (SW8.5)
- From the beginning of the first arm stroke after the start and after each turn the body shall be kept on the breast (SW8.1)
- Both arms must be brought forward together over the water and brought backwards simultaneously (SW8.2)
- All movements of feet and legs must be simultaneous, alternating movements are not permitted, although the legs/feet do not have to be at the same level. Breaststroke kicking is NOT allowed (SW8.3)
- At each turn and finish of the race the touch shall be made with both hands simultaneously at, above or below the water surface (SW8.4). The hands must be separated on the touch at the turn and the finish.

#### **Medley swimming (Individual Medley & Medley Relay)**

- In individual medley events the swimmer will swim the four styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle
- In medley relay event swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle
- Freestyle must be a different stroke from the others swum
- Each section must be finished in accordance with the rule which applies to the stroke concerned (Note – backstroke swimmers are disqualified if they turn onto their front at the end of the backstroke leg)

#### **Relays**

- Except at the start, the outgoing swimmer does not need to be still, but the incoming swimmer must touch the wall before the next swimmer leaves the blocks/poolside
- Each section must be finished in accordance with the rule which applies to the style concerned

A full set of FINA rules is available on the FINA website

**No more than two swimmers from the same school will be allowed to compete in an individual race.**

**No swimmer will be allowed to compete in more than two individual races (including individual medley) and two relay races.**



## 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)**
- 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)

- 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
- *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
- 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
- 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

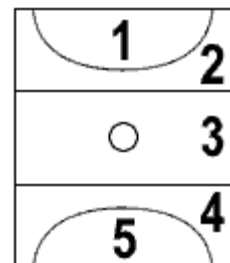
WD = 3, 4

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

## **High School Netball**

### **General Instructions and Rules of the Competition**

1. 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
2. Teams shall be dressed correctly, including positional bibs (letters front & back) and in accordance with the rules of the Game
3. The rules regarding fingernail length, items of jewellery, sharp hair adornments etc will be enforced
4. Trainers should be fastened in front of the tongues, in the correct manner
5. Points will be awarded on the 3-1-0
6. Winner of a group will be determined by: 1. Most Points 2. Goals scored 3. Goals conceded
7. Extra time (Round two onwards) will be played as per WNA championship rules (if required)
8. Captains should toss for first centre pass or choice of ends prior to their match and inform the umpires
9. Teams are asked to provide alternative bibs in case of a clash of colours. The first named team should change
10. Teams should be at the courtside 3 mins before the Game is due to start ready as per 2, 3, 4, 9 & 10 above
11. If a team is late then the non-offending team will receive 1 goal for every minute late and after 5 minutes the Game is awarded as a bye
12. No injury time can be allowed and the injured player should be removed from the courts as soon as possible and substituted immediately. However, in the event of a serious injury, the player must not be moved from the court without medical supervision
13. No player who is bleeding from an open wound will be allowed to enter or remain on court and may only enter or re-enter it when a) the flow of blood has been stopped b) the wound has been cleaned and covered and c) affected clothing has been removed
14. Only the teams playing may be courtside – no spectators. Team and coaches must use the team benches. NB there is limited spectators space at Cardiff University and at a WIS during the preliminary rounds. The finals at WIS will use the International Court and the spectator seating.
15. Each squad may consist of up to 12 players. Substitution can only be made at half time and in the case of an injury
16. We ask that a teacher/coach be present at every game as a team member will be responsible to score their own matches



## National Primary 7 a side Rugby - Mixed

These rules have been taken from the WRU 'Pathways' 2017/18 handbook. To see the rest of the rules please follow the link: <http://bit.ly/WRUPathways>

### 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 2017/18. I weld gweddill o'r rheolau dilynwch y linc: <http://bit.ly/WRUPathways>**

**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.



Urdd

## Acknowledgments

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



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