



Urdd

Chwaraeon Cenedlaethol yr Urdd

Rules

2023/2024



Chwaraeon Yr Urdd



@ChwaraeonYrUrdd



Chwaraeon



Urdd

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General Rules for Chwaraeon yr Urdd Competitions

1) Order of the day

The majority of competitions will be held during the school day and teams will be asked to register for 09:30 with the first games starting at 10:00. We ask that schools are punctual to ensure that the event runs on time. The officer running the event will share details regarding the finishing times with you prior to the event. Schools must be able to complete all of the games to be able to continue in the tournament.

2) Group game points

The following points structure will be adopted at each regional competition:

3 points for a win | 1 point for a draw | 0 points for losing a game

If teams are level on points within a group after all group games are finished, the following will determine who progresses:

- 1: Goals Scored (the team with the most goals scored wins)
- 2: Goals Conceded (the team with the least goals conceded wins)
- 3: Head to head results between the drawing teams
- 4: Coin toss between the two coaches

If a team withdraws from the competition before completing every group game, a 'bye' will be given for each game that they played or were scheduled to play. A standard score will be given per sport as the result for the games noted as a bye.

3) Final round results (different rule for cricket)

The winner of a game in the final rounds will progress to the next round, the losing team are out of the tournament.

If scores are level after full time in the final rounds, then the game will go to golden goal/try (except for Netball which will have extra-time before the golden goal). A coin toss before the extra time/golden goal will need to be done to find out who holds possession. In the football competitions, a penalty shoot-out will proceed the golden goal – best of 5 penalties and then knock out penalties if still even. In the rugby and netball, if a winner isn't determined by golden goal within the allotted time, a coin toss will decide the game, this will be done between both coaches.

4) Players

Each competition allows for a maximum of 12 in a squad.

Individuals from Year 4 are able to play in the football, netball and Tag rugby competitions for years 5-6 if an extra player is needed to make a team. The school will need to gain consent from the parent of the child that is in yr.4 and return a signed letter to allow them to take part. Please contact your local sport officer for a copy of the consent letter.

Year 4 students are not allowed to take part in the mixed rugby competition for Yrs. 5-6. Students in year 2 are not allowed to take part in any of the competitions for Yrs.3-4.

The Urdd Primary Schools sports competitions offer a female category and an open category. Participants can compete within the category they identify with most. To see the Urdd sport competitions transgender statement please follow the link: <https://bit.ly/DatganiadCystadlaethau>

Schools that are within a federation must comply with the Urdd Sport departments ruling to be able to take part: [Federation School Rule](#)

Teams must arrive with at least 7 players (except for 50|50 Cricket). In the event that a team doesn't have 7 players due to injury or illness on the day, both teams must start the game with an even number of players.

If a player receives a red card during a game, they will be sent off for the rest of the game and will not be allowed to play again during the tournament.

5) Substitutes

There isn't a limit on the number of substitutes a team can make, subs must be made during a break in play and the referee must be happy and aware of the change. Any substitutions in a Netball tournament must be made at half time (please see the rule below).

Any player that leaves the pitch due to a head injury must be assessed by the first aid team before being allowed to play again. It's the responsibility of the teacher/coach to make sure the player is assessed.

6) Urdd Membership

Everyone that takes part in an Urdd sport competition must be a member of the Urdd. We'd like to remind you that any student that receives financial support is able to become a member of the Urdd for £1. The Urdd are able to invoice the school if they are to find out that students taking part in the competitions aren't members of the Urdd. For further details on how individuals can become members of the Urdd, please follow the link: <https://www.urdd.cymru/en/join/>

7) Referees and Umpires

The referees decision is final. If any individuals or teams are disrespectful towards staff. Volunteers or referees/umpires it could lead to the team losing their place in the competition. Read more about our code of conduct here: <https://bit.ly/3qLe8ne>

Referees/umpires and Urdd staff are able to adapt the playing rules to meet the standard of play and the weather conditions.

8) Scoring

Referees will score games (except for Netball where teachers will do so). Coaches/teachers must sign the score card following each game. If there are any disagreements over the score between coaches, the Urdd staff or referee/umpires decision is final.

9) Medical

Teams must understand that there is an inherent risk of injury attached to participating in sport competitions. We ask that teams bring with them a simple first aid kit.

The Urdd will make sure that there is sufficient First Aid cover at each competition. It's the teachers responsibility to make sure that this service is used and that any health concerns are assessed.

Teams should contact the Urdd mentioning any relevant health conditions of people attending the event.

The referee/umpire or Urdd staff are permitted to prevent players from playing if they are worried for their safety.

10) Kit

No items of jewellery, including earrings, or sharp items in the hair are permitted to be worn apart from for medical reasons.

Players must wear appropriate sports wear, which includes shoes/boots depending on the playing surface.

11) General

The Urdd must be made aware of any pupil(s) who do not want to have their photo taken. More information is available on The Urdd's Photography Policy:
https://www.urdd.cymru/files/7216/9261/8325/Telerau_Ac_Amodau_2023-24.pdf

The majority of competitions will take place in public spaces. It's the responsibility of the coaches/teachers to make sure that their students behave during the competition. We ask that schools put all of their rubbish in the bins provided.

It's the schools responsibility to make sure that the ratio of teachers/coaches to students is at the required level. We ask that there is at least one teacher/coach per team.

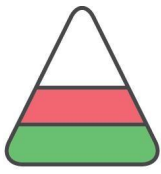
It's the responsibility of the coach/teacher to make sure that their team is next to the pitch on time. We ask that teams are ready by the pitch/court at least 5 mins before their next game so that they can decide who will take the kick off/centre pass.

If teams are late, they are at risk of losing the game that they are scheduled to play.

12) Fair Play

We'd like to thank you for showing interest in our sport competitions. These competitions are designed to develop sport skills but also the social skills of the young people of Wales, and sharing the importance of fair play. Plis support us with this aim and contribute to a positive and respectful atmosphere for those taking part.

Good luck and enjoy!



Chwaraeon

7 a side Football (Girls)

Squad

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

Up to 12 girls per squad

Time

- No game should last more than 7mins each half
- The golden goal period shouldn't last more than 5 mins each half

Play area

- The pitch size shall be no bigger than 60yds x 40yds or smaller than 50yds x 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. Drop-kicks or a kick out of hands are not allowed.
- 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 from 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.

Penalty Kicks – knockout rounds

- If games go to penalty kicks, the players that finish the game at the end of the golden goal period must be the players that take the penalty kicks. Teams are not allowed to change their goalkeeper.
- Best of 5 penalties. Then onto knock out penalties if scores are still level.

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 to be allowed to play – the Urdd will not be providing these**
- There is no off-side rule



Chwaraeon

7 a side Football – (Mixed)

Squad

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

Up to 12 players in a squad (any combination of girls and boys – there isn't a required ratio for this competition)

Time

- No game should last more than 7mins each half
- The golden goal period shouldn't last more than 5 mins each half

Play area

- The pitch size shall be no bigger than 60yds x 40yds or smaller than 50yds x 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

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- 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 to play in the games – the Urdd will not be providing these**
- There is no off-side rule



Chwaraeon

National Netball – Girls

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

Competition Rules: 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 first team to score wins.

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 in Welsh **S** (Saethwr)

GA = 1, 2, 3 in Welsh **YG** (Ymosodwr Gol)

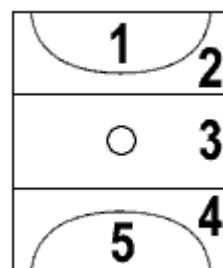
WA = 2, 3 in Welsh **AY** (Asgellwr Ymosodol)

C = 2, 3, 4 in Welsh **C** (Canolwr)

WD = 3, 4 in Welsh **AA** (Asgellwr Amddiffynnol)

GD = 3, 4, 5 in Welsh **AG** (Amddiffynnwr Gol)

GK = 4, 5 in Welsh **G** (Golgeidwad)



Dragon Netball Rules

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

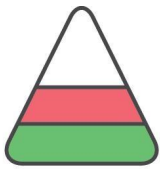
- Relax the 3 second rule (up to 5 seconds) to allow players time to gain their balance and make decisions - which take longer at this level
- Relax the footwork rule, allow players to gain balance, not progress down the court (this will be based on the umpires digression)
- Players are allowed to defend 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. After two incorrect throw-ins, from the same player, a foul will then on be called.
- 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 (play the advantage)
- Use a size 4 ball and the goal posts are at the correct height of 2.74m (9')
- The post which protrudes above the ring (when the posts are lowered) is 'out of court'

A player may not:

- (a) Deliberately kick the ball;
- (b) Hand or roll the ball to another player;
- (c) Place their hands on a ball held by an opponent;
- (d) Throw the ball while sitting/lying on the ground;
- (e) Use the goalpost as a support in receiving a ball going out of court or to gain balance.
- (f) Throw the ball over a third.
- (g) Regain possession of the ball, before it has been touched by another player.

General Rules

- 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, earrings, sharp hair adornments etc will be enforced
- Substitutes must be made at half time (if half time isn't being played then substitutions must be made during breaks in play).



Chwaraeon

National Netball – Mixed

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

Squad of 12, there must be at least 3 girls and 3 boys on court at the same time

Competition Rules: 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 first team to score wins.

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 in Welsh **S** (Saethwr)

GA = 1, 2, 3 in Welsh **YG** (Ymosodwr Gol)

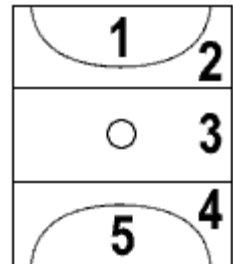
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WD = 3, 4 in Welsh **AA** (Asgellwr Amddiffynnol)

GD = 3, 4, 5 in Welsh **AG** (Amddiffynnwr Gol)

GK = 4, 5 in Welsh **G** (Golgeidwad)



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 (this will be based on the umpires digression)
- 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. After two incorrect throw-ins, from the same player, a foul will then on be called.
- 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 (play the advantage)
- Use a size 4 ball and the goal posts are at the correct height of 2.74m (9')
- The post which protrudes above the ring (when the posts are lowered) is 'out of court'

A player may not:

- (a) Deliberately kick the ball;
- (b) Hand or roll the ball to another player;
- (c) Place their hands on a ball held by an opponent;
- (d) Throw the ball while sitting/lying on the ground;
- (e) Use the goalpost as a support in receiving a ball going out of court or to gain balance.
- (f) Throw the ball over a third.
- (g) Regain possession of the ball, before it has been touched by another player.

General Rules

- 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, earrings, sharp hair adornments etc will be enforced
- Substitutes must be made at half time (if half time isn't being played then substitutions must be made during breaks in play).



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/>

Squad Details

- Squad of 12 – 7 playing with 5 on the bench
- Years 5 and 6 only (under 11 on the 01 September)
- Both teams must field the same amount of players at the start of each game.

Time

- Maximum of 7 minutes a half for each game

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)
- Ball size: 3
- Scoring team to drop out at restart
- Rolling replacements, Players must leave and enter the field of play at the halfway touchline
- Non contested line-out 2v2
- 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 Tag Rugby

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)

Squad Details

- Squad of 12 girls – 7 playing with 5 on the bench
- Years 5 and 6 only (under 11 on the 01 September)
- Both teams must field the same amount of players at the start of each game.

General Rules

- Field dimensions: 50m (length) x 40m (width) maximum and 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
- The ball must leave the players hands when making a pass.



Mixed Tag Rugby – Years 3&4

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 3 and 4 only

Squad Details

- Squad of 12 – 7 playing with 5 on the bench
- Years 3 and 4 only (under 11 on the 01 September)
- Both teams must field the same amount of players at the start of each game.

General Rules

- Field dimensions: 50m (length) x 40m (width) maximum and 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
- The ball must leave the players hands when making a pass.

National 50/50 Cricket

Rules and Scoresheet

The game consists of:

- 10 players per game: 12 in a squad
- Year 3 & 4 students only
- Each player bats for 5 balls
- Each player bowls 5 balls
- The game is for 50 balls per team
- Each person bats on their own
- The fielding team rotates clockwise after every 5 balls

Batting

- Each person bats for five balls
- When batting you must run to score ALL your runs
- There are NO boundaries.
- The batsman must run to the stumps at the non-striking end to score a run. The player or the players bat (the batter must be holding the bat), reach the line of the stumps for the run to be scored.

Bowling

- Each person bowls for five balls
- Each ball may be bowled underarm or over arm (the bowling arm must stay straight when bowling over arm).
- The ball must bounce no more than twice in front of the batsman in his/her normal stance
- Any ball above shoulder height in normal standing position will be deemed as a no ball

Playing Area

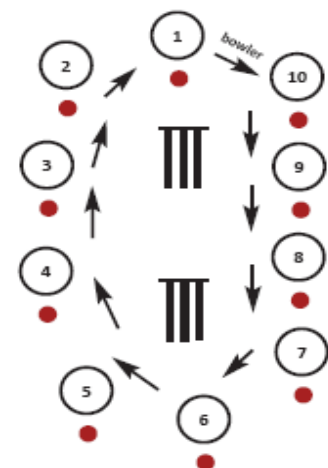
- Two sets of stumps will be placed 15 meters apart
- Two cones either side of the stumps will be used as a guide for wide balls and for the batters as they are collecting runs.

Fielding

- Each person rotates clockwise after each 5 balls are bowled to give everyone a chance to field in each position

Scoring

- Each team starts at 50 runs
- 5 runs are deducted if a wicket is taken and the bowler used the over arm technique (bowled, run out or caught). 3 runs are deducted if a wicket is taken and the bowler used the under arm technique.
- A no ball or wide will count as 2 extra runs to the opposition and the ball will not be repeated unless it is the 50th ball of EACH innings
- The game MUST finish with a legal ball
- Each run will be scored by running AROUND the stumps at both ends
- Batsman may be run out at ANY end
- A batsman is safe once he/she has passed the stumps
- If two teams are tied with the same amount of points, the team that has scored the most runs will go through.
- If the match is tied at the semi-final or the final, the winners will be decided following two super overs per team





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Acknowledgments

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



Thank you to the schools and adrannau that support Chwaraeon yr Urdd.



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