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Covid-19 Amendment

Following the Coronavirus outbreak, the 2020-21 academic year will no doubt be a very different and challenging period. With this in mind, it is important that LRS, SSPANS, SCHOOLS & SPORTS ASSOCIATIONS recognise & understand that flexibility & adaptability will be imperative to the delivery of the Competition Calendar. Therefore, the dates & formats stated in this document are an 'ideal scenario' & may be subject to change at both local & County level.

It is important that opportunities for young people to take part in school sport are provided & so in order to do this, we may have to utilise that flexibility & adaptability with the support of schools and delivery partners involved.

Any required changes (*if & when the need arises*) will be communicated as clearly & as early as possible to allow for any necessary amendments by all parties involved.

We thank you for your support in this matter during these unprecedented times.





Guidelines



Level 2 Competitions

- Please ensure that your Level 2 competitions are covered by an overarching Safeguarding Policy and safeguarding information is displayed at events where appropriate.
- The Codes of Conduct on the next page of this document (or a similar local policy / agreement) should be adhered to and displayed at each event.

Level 3 Competitions

- Please ensure that all of your level 2 competitions take place by the play by dates set on the School Games Level 3 competition Calendar, or advise us if this isn't possible for any reason.
- Contact Liam Drake with qualifying team information for Primary Super Series Finals (school team name, team manager name, contact phone number and email address).
- Please note if it is a secondary competition organised through www.teamleicestershire.org, the information will be sent through automatically, once ALL fixtures have been played and the level 2 competition is **complete**.
- SGOs are responsible for qualifying teams to receive pre event information including; Codes of Conduct, Risk Assessments and format details ahead of participating in a Level 3 competition. A breach in the Codes of Conduct (see page 4) at a Level 3 competition will result in action decided by the School Games Manager and could result in team withdrawal from a competition.

Outlined on page 5 of this document is the competition structure that will enable more individual young people to represent your school in sport or physical activity at a level that is appropriate to their interests and competencies. Each competition has been allocated to a colour, with a description of each tier corresponding to the allocated colour. Please ensure that you are aware of the tier of competition and select your teams appropriately.

For any queries regarding Rules and Formats, Summer Championships or Super Series Finals please contact Liam Drake, l.drake@LRSport.org / 01509 564865 / 07394 567814

For any Safeguarding concerns please contact Noel Haines, n.haines@LRSport.org / 01509 564859





Codes of Conduct



LEICESTER-SHIRE
& RUTLAND SPORT
PHYSICAL ACTIVITY & WELLBEING

YOUNG PEOPLE PLAY SCHOOL SPORT FOR FUN

Players:

- Treat all people fairly and with respect regardless of race, background, religious beliefs or gender
- Respect the referee, umpire or official's decisions and the rules of the game
- Co-operate with teachers, coaches, volunteers, teammates and opponents
- Control your temper and do not criticise others by words or gestures
- Work to the best of your ability both individually and as a team
- Be a good sport and recognise good play even when it comes from the other team
- Respect the facility and equipment being used
- Wear appropriate kit and remove jewellery before play

Parents / Spectators:

- Applaud good performance and effort by your team and the opponents Congratulate both teams
- Encourage players to play by the rules and the respect the official's decision
- Never ridicule or criticise young people for making a mistake during a competition, mistakes are part of learning
- Condemn the use of violence in any form, be it by spectators, coaches, teachers, officials or players
- Show respect for your team's opponents
- Demonstrate appropriate social behaviour by not using foul language or harassing players, coaches, teachers or officials
- Recognise the value and importance of teachers, volunteer coaches and officials, and show your appreciation
- Let the teacher/coach/official do their job, don't confuse the players by telling them what to do
- Anyone taking photos should complete a photo consent form and wear a sticker

Coaches / Teachers / Team Managers:

- Show respect to others involved in the game including your players, match officials, opposition players, coaches, managers and spectators
- Compliment both teams on their effort, giving positive and constructive criticism
- Be consistent, objective and courteous in calling infractions
- Don't use inappropriate language, behaviour and violence of any form
- Act as a positive role model, adhere to the rules and teach players to do the same
- Ensure that your behaviour is consistent with the principles of good sportsmanship at all times
- Place the wellbeing and safety of a player before the development of performance
- Encourage players to value their performance and not just results
- Treat all people fairly and with respect regardless of race, background, religious beliefs or gender
- Use common sense to ensure that the "Spirit of the Games" for young people is not lost by overcalling violations





Competition Tiers explained



Performance Competition (RED)

Performance based competitions catering for the most talented athletes and teams that your school can field, subject to some eligibility criteria (e.g. National Governing Body age restrictions on competitions). These competitions are an opportunity to showcase the sporting prowess of your school and for teams to progress to County finals and in most competitions to Regional and National finals. We would advocate an 'in it to win it' approach to team selection for these competitions, however this does not mean that schools with 'weaker' sides should not enter as the local SSPAN and County Final structure will allow each school to perform at their relevant level as it has done so in the past.

In real terms these competitions - e.g. Team Leicestershire football - will continue to function as they have in previous years.

Development Competition (Blue)

In this strand of competitive school sport the focus is to increase the number of individual pupils that represent schools. These competitions provide the opportunity for less-engaged students, or those that are engaged but are perhaps less talented in traditional sports, to participate in non-traditional competitions. The ideal model for this is that the pupils that represent a school in the 'Performance Competitions' would not be eligible to play in 'Development Competitions', though we understand that there may be some crossover for smaller schools.

This competition tier is a new addition but is mostly based on existing sports. Where previously many schools have entered say, football and rugby players into dodgeball competitions, we aim to limit this so that other pupils may have the opportunity to represent their school at sport, rather than the most talented few monopolising the competition offer. The number of competitions has therefore not increased, but the new focus caters for an increase in the total of individual pupils that participate.

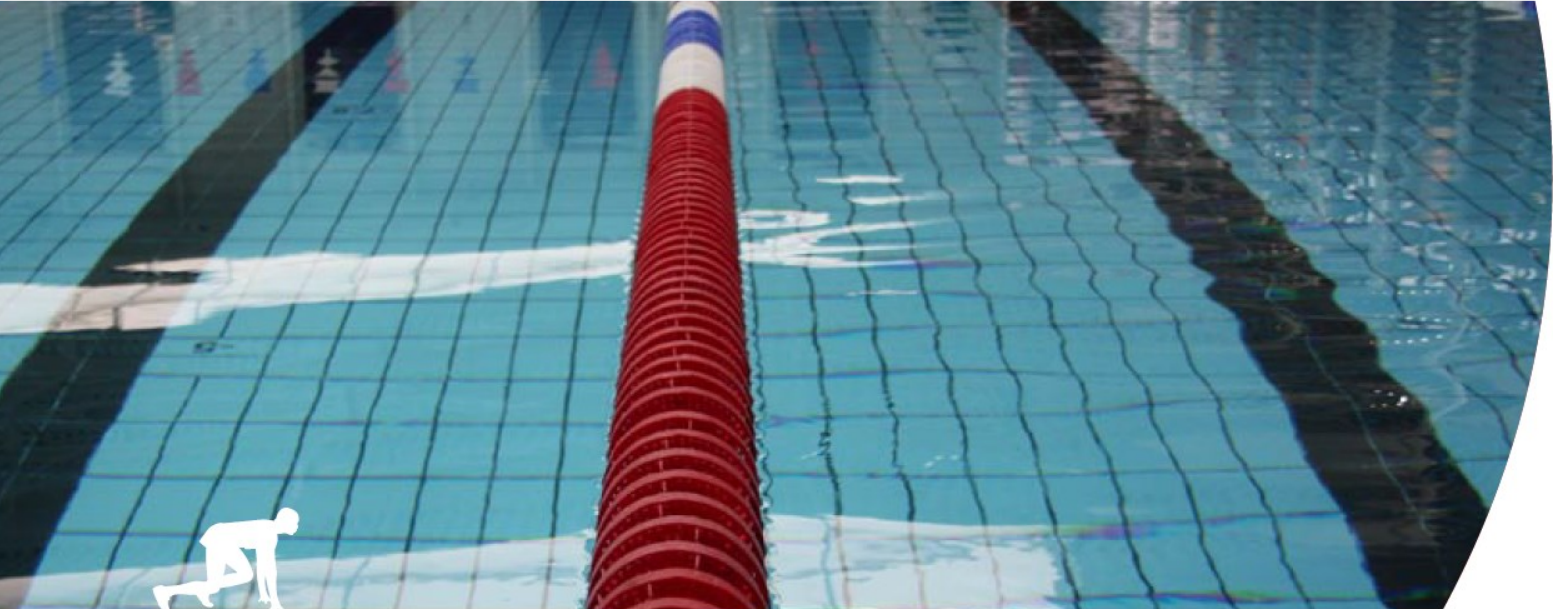
The structure and format of these events may differ slightly with the potential introduction of alternative scoring and adapted rules implemented to assist with the provision of a more appropriate level of competition for the participants involved.

Engagement Festival (Yellow)

Sports / Events that have the potential for different pupils, outside of the above competition pathways to represent their school in an event that is first and foremost about taking part and developing skills through sport. (Both physical and sport-transferable skills as well as life skills.)

NB: All events are highlighted in the appropriate colour on each page as to their allocated Competition Tier





Primary SUPER SERIES Finals

September 2020 - June 2021



**LEICESTER-SHIRE
& RUTLAND SPORT**
PHYSICAL ACTIVITY & WELLBEING





TABLE TENNIS

Year 5/6 Girls & Boys



Year Groups/ Gender	Year 5/6 Girls & Boys
Date / Time	TBC in 2021 (<i>dependent on Government and NGB advice</i>) Year 5/6 Girls arrive at 9.30am for 10-12noon Year 5/6 Boys arrive at 12.30pm for 1-3pm
Venue	Knighton Park Table Tennis Club Knighton Fields Road East, Leicester, LE2 6DP
Format	2 competitions 4 boys in a team, 4 girls in a team
Rules	<p>A match consists of the best of 3 or 5 games e.g. 2-0, 2-1 or 3-0, 3-1, 3-2 A game is won by the player first scoring 11 points. If both players score 10 points, then the game is won when one player has a lead of 2 points e.g. 13-11 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. For the second game, the initial receiver serves first and in subsequent games, it alternates A good service starts with the ball resting on the palm of the hand with the ball thrown upwards about 6 inches (16 cms); 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. A good return is made when the receiver hits the ball over the net on to the other side of the table. A point finishes when the ball is hit by the player so that it does not bounce on the other side of the table – i.e. it goes off the table or into the net 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. A let will be called by the umpire if a ball comes into the playing area from an adjoining table The bat will have red on one side and black on other. The umpires decision is final</p>
Equipment	Table tennis tables, bats, balls





PRIMARY SPORTSHALL ATHLETICS Year 5/6 Mixed



Year Groups/ Gender	Year 3, 4, 5 and 6 Mixed Min 5 Athletes per Team - Boys & Girls separate (Max 40 athletes per spreadsheet entered)
Date / Time	L2 —Results to be sent to local SSPAN by 24.11.2020 L3 —SSPAN to send L2 winning team results to LRS by 04.12.2020
Venue	VIRTUAL Competition
Format	<p style="text-align: center;">2 strands</p> <p>PARTICIPATION: mass engagement model allowing schools to run “personal best” type intra school event without having to compare their results against any other schools.</p> <p>COMPETITION: results must adhere to SHA virtual format and be submitted to SSPANs to be involved the local Level 2 event. Best school from each SSPAN area will then be submitted to LRS for County L3 Final.</p> <p>Official Sportshall Athletics Results formats / spreadsheets will be circulated for schools to enter their results.</p>
Rules	<ul style="list-style-type: none"> • The SHA FREE resource is based around the Sportshall Award scheme and will enable every child to receive their own award. • Each participant will take part in Standing Long Jump, Speed Bounce, Shuttle Run, Vertical Jump and Chest Push. • The spreadsheet (enabling the entry of up to 40 children in a class or bubble) will automatically generate a Virtual Competition score based on the Top 5 Boys and Top 5 Girls performances in each of the 5 events. • The Virtual Competition score can then be used to create an area wide League table (possibly with multiple class/bubble submissions from each school). • SHA as an organisation themselves will also be holding a series of National League tables (Y3&4, Y5&6, Y7&8) • Eveque (www.eveque.co.uk) will be offering Badges & Certificates to schools and the network at a discounted rate. <p style="text-align: center;">Further information available at www.sportshall.org</p>
Equipment	Speed bounce mats, basketballs, long jump mats, vertical jump board (or tape measures), cones / markers, stop watch.





Key Stage 2 PAN-DISABILITY SPORTSHALL ATHLETICS



Year Groups / Gender	Key Stage 2 Open Mixed Individually Scored Event
Date / Time	L2 —Results to be sent to local SSPAN by 24.11.2020 L3 —SSPAN to send L2 winning team results to LRS by 04.12.2020
Venue	VIRTUAL Competition
Format	<p style="text-align: center;"><u>2 strands</u></p> <p>PARTICIPATION: mass engagement model allowing schools to run “personal best” type intra school event without having to compare their results against any other schools.</p> <p>COMPETITION: results must adhere to SHA virtual format and be submitted to SSPANs to be involved the local Level 2 event. Best school from each SSPAN area will then be submitted to LRS for County L3 Final.</p> <p>Official Sportshall Athletics Results formats / spreadsheets will be circulated for schools to enter their results.</p>
Rules	<ul style="list-style-type: none"> • The SHA FREE resource is based around the Sportshall Award scheme and will enable every child to receive their own award. • Each participant will take part in Standing Long Jump, Speed Bounce, Shuttle Run, Vertical Jump and Chest Push. • Adapted versions have been circulated to SGOs along with the spreadsheet to collate results • The Virtual Competition score can then be used to create an area wide League table (possibly with multiple class/bubble submissions from each school). • SHA as an organisation themselves will also be holding a series of National League tables (Y3&4, Y5&6, Y7&8) • Eveque (www.eveque.co.uk) will be offering Badges and Certificates to schools and the network at a discounted rate. <p style="text-align: center;">Further information available at www.sportshall.org</p>
Equipment	Speed bounce mats, basketballs, long jump mats, vertical jump board (or tape measures), cones / markers, stop watch.

PLEASE NOTE:

Other appropriate events available...

- Parallel Cross Country Championships (open KS2-5): Date etc TBC
- KS2 Parallel Quadkids Athletics: 18th June 2021 @ Saffron Lane, 9.30am-2.30pm



BOCCIA

Key Stage 2 PAN Disability



Year Groups	Key Stage 2 PAN Disability
Gender	Open Mixed
Date / Time	26th March 2021 10am—12noon <i>Please Note: We will work towards running the County Final on this date with an understanding that this may be amended if Covid-19 restrictions dictate so.</i>
Venue	Hermitage Leisure Centre—TBC
Format	1 competition Squad of 6-8 players but 3 players on court at any one time. Disability Classification: SLD, Physical Disabilities, MLD
Rules	<p>Red side always starts the first end by propelling the jack into court. The captain chooses the player on their side to play the jack. The jack ball must cross the 'V' line to be in play.</p> <p>The player who propels the jack ball also plays their team's first coloured ball. A player from the opposing side then propels their first coloured ball.</p> <p>The side not closest to the jack must play until they either manage to get closer to the jack, or run out of balls. The side with remaining balls then propels them.</p> <p>The end is completed when all balls from both sides have been played.</p> <p>The end is scored by awarding one point for every ball of the same colour closer to the jack than the nearest opposing coloured ball.</p> <p>Blue side then starts the second end.</p> <p>After both ends have been completed the winning side is the team with the higher accumulative score from both ends</p>
Equipment	Boccia balls and Chairs





New Age Kurling KS2 PAN Disability



Year Groups / Gender	Teams of four (male, female or mixed),
Date / Time	26th March 2021 12noon—2pm <i>Please Note: We will work towards running the County Final on this date with an understanding that this may be amended if Covid-19 restrictions dictate so.</i>
Venue	Hermitage Leisure Centre—TBC
Format	<ul style="list-style-type: none"> • Teams will consist of four players. • Games take place on a badminton court sized area. • Each player delivers stones corresponding to their team colour, red or blue, towards the target at the opposite end of the court. • Each game consists of either four or six ends. An end is completed when all eight stones have been played. • Teams take it in turns to deliver the first stone of an end. • The individual/team going first in the first end should be determined by a toss of a coin/agreement between schools.
Rules	<ul style="list-style-type: none"> • Stones can be propelled using any part of the body or using a pusher, providing that the player is behind the delivery line on releasing the stone. • A team scores one point for each stone that is closer to the centre than any opposition stone. • At the completion of four/six ends, the points scored on each end are added together. The individual/team with the highest total score wins. • For league competitions, score three points for a win and one point each for a draw. Use stones difference to separate tied teams — e.g. if a team wins 9–4 the stones difference for that game will be +/- 5.
Equipment	New Age Kurling stones, pusher (if required), Target mat, Badminton court/similar sized area





BASKETBALL

Y5/6 Mixed



LEICESTER-SHIRE
& RUTLAND SPORT
PHYSICAL ACTIVITY & WELLBEING

Year Groups	Y5/6
Gender	Mixed
Date / Time	w/c 22nd March 2021 / 12:30—15:00 (Dependent on Government and NGB advice) Please Note: We will work towards running the County Final on this date with an understanding that this may be amended if Covid-19 restrictions dictate so.
Venue	Leicester Riders Arena
Format	1 competition The principle of a round robin format, or appropriately sized pools leading to a knockout in the later stages will be followed, depending on number of teams entering 8 min—10 max in a squad
Rules	5 players on court at a time. Games shall consist of 2 equal halves, against a running clock. (Dependent on available court time) Man – Man defence, ½ court only. Each team is allowed a 1 minute interval at half time in each game. Each team is allowed 1 time out per half (lasting 30 seconds against a running clock) Substitutes - Coaches are strongly encouraged to use a rotation system so all players have equal court time. (a) There will be no personal fouls recorded; however referees have the power to eject players if they are abusing this rule. Each team can have 6 team fouls and thereafter the opposing team will receive 1 point and possession. 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. (b) Should a team field ineligible players on the day then they cannot win the competition. Three basic rules apply to the Years 5 & 6 tournament: - 1. No double dribble - 2. No travelling - 3. No contact. Teams must retreat to the half way line once they have lost possession in their front court. Each team will be awarded the following points per game: Win = 3 points Draw = 2 points Loss = 1 point
Equipment	Basketballs, Nets





MINI TENNIS

Year 3/4 + Year 5/6

Mixed



Year Groups	Year 3/4 (Red) and Year 5/6 (Orange)
Gender	Mixed (Open)
Date / Time	23rd June 2021 9am– 12.15pm
Venue	New College Leicester—TBC
Format	2 competitions Pupils from Year 3 and/or Year 4. Pupils from Year 5 and/or Year 6. Teams of 4 — two boys and two girls. Schools are encouraged to enter multiple teams at Level 2. Mini Tennis Red uses badminton sized courts, 17” to 23” Mini Tennis rackets, Mini Tennis sponge balls can be used if played indoors. Mini Tennis Red / Orange felt balls if played outdoors.
Rules	It is recommended that Timed Tennis is used as the format; players play for a set period of time, until the whistle blows. The length of matches depends on time available and amount of entries, but matches normally last ten minutes. The serve is decided by a ‘toss’ at the start of the match. The nominated person serves for the first point, it then alternates every two points. When serving, players should stand behind the baseline and the ball must not be bounced before being hit. The serve can be hit over or underarm and should be hit diagonally, landing in the diagonally opposite service box. Mini Tennis Red uses simple numbered scoring (1-0, 2-0, 2-1 etc.) rather than traditional tennis scoring (15, 30, 40 etc). Each court should have a helper/scorer, who calls out the scores and helps out with decisions (this is a great opportunity to use Tennis Leaders).
Equipment	Tennis rackets, balls, nets





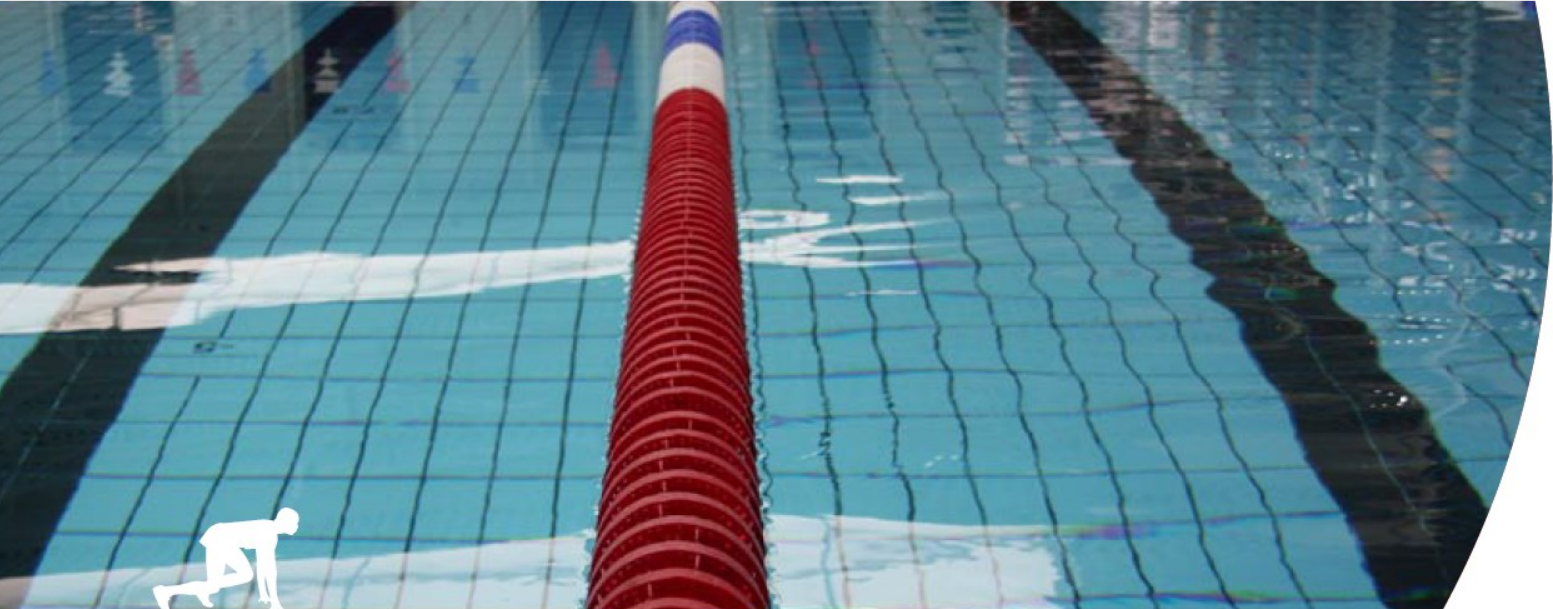
KWIK CRICKET

Year 5/6 Girls & Mixed



Year Groups / Gender	Year 5/6 Girls & Mixed* <i>*Quotas pertaining to mixed sex teams have been abolished.</i>
Date / Time	TBC
Venue	TBC
Format	<p>2 competitions</p> <p>Team Each team comprises of 8 players. Max squad of 10. In the event of injury to a player, a substitute will be allowed to field, but not bowl. Should such an injury prevent the player batting, a substitute will be allowed to bat only with the permission of the opposing member of staff.</p> <p>Throughout the tournament each game shall consist of one innings per team, each innings to be 8 overs long.</p>
Rules	<p>Batting & Scoring</p> <p>The batting side shall be divided into pairs, each pair batting for 2 overs, with a new pair starting at the end of the second, fourth and sixth overs. Team starts 200 runs. Each time a batter is out, 5 runs are deducted and the other batter of the pair faces the next ball. A batter may be out bowled, caught, run out, stumped, hit wicket.</p> <p>There is no LBW law unless the batter deliberately blocks the ball with a leg or foot.</p> <p>Runs will be scored in the normal way, as will byes. 2 runs will be awarded to the batting team for each wide ball and no-ball bowled, but no extra ball will be allocated, except in the final over of each innings when, in addition to the 2 runs, an extra ball will be bowled. At the end of the first 2 overs, the first pair of batters retires and is replaced by the second pair until all 4 pairs have batted for 2 overs each. The second team then bats for its 8 overs.</p> <p>Bowling and Fielding</p> <p>Each player on the fielding side must bowl 1 over. Bowling will take place from one end only. Bowling should be over arm where possible. At local/ district competition overarm bowling should be encouraged with the first ball of each over overarm every time. If no amount of coaching and encouragement can achieve overarm bowling, even from a base start, then the rest of the over can be bowled underarm.</p> <p>At County Finals underarm bowling is unacceptable and the 'double bounce' rule should be applied i.e. if the ball bounces more than ONCE, or rolls along the ground before it reaches the popping crease. Players on the fielding side DO NOT need to rotate fielding positions.</p> <p>With the exception of the wicketkeeper no fielder may field within 10 yards of the wicket, measured from the middle stump except behind the wicket on the off-side. A fielder may move into the restricted area to field a ball provided he/ she was outside the area when the stroke was made.</p> <p><u>As of 2019/20—Pitch length: 17yds / Max boundary size: 35mtrs</u></p>
Equipment	Kwik Cricket sets





Secondary SUPER-SERIES Finals

September 2020 - June 2021



**LEICESTER-SHIRE
& RUTLAND SPORT**
PHYSICAL ACTIVITY & WELLBEING





DISABILITY SPORTSHALL ATHLETICS KS3 & KS4/5 Mixed



LEICESTER-SHIRE
& RUTLAND SPORT
PHYSICAL ACTIVITY & WELLBEING

Year Groups / Gender	Key Stage 3 and Key Stage 4/5 Open Mixed Individually Scored Event
Date / Time	L2 —Results to be sent to local SSPAN by 24.11.2020 L3 —SSPAN to send L2 winning team results to LRS by 04.12.2020
Venue	VIRTUAL Competition
Format	<u>2 strands</u> PARTICIPATION: mass engagement model allowing schools to run “personal best” type intra school event without having to compare their results against any other schools. COMPETITION: results must adhere to SHA virtual format and be submitted to SSPANs to be involved the local Level 2 event. Best school from each SSPAN area will then be submitted to LRS for County L3 Final. Official Sportshall Athletics Results formats / spreadsheets will be circulated for schools to enter their results.
Rules	<ul style="list-style-type: none"> The SHA FREE resource is based around the Sportshall Award scheme and will enable every child to receive their own award. Each participant will take part in Standing Long Jump, Speed Bounce, Shuttle Run, Vertical Jump and Chest Push. Adapted versions have been circulated to SGOs along with the spreadsheet to collate results The Virtual Competition score can then be used to create an area wide League table (possibly with multiple class/bubble submissions from each school). SHA as an organisation themselves will also be holding a series of National League tables (Y3&4, Y5&6, Y7&8) Eveque (www.eveque.co.uk) will be offering Badges and Certificates to schools and the network at a discounted rate. <p>Further information available at www.sportshall.org</p>
Equipment	Speed bounce mats, basketballs, long jump mats, vertical jump board (or tape measures), cones / markers, stop watch.

PLEASE NOTE:

Other appropriate events available...

- Parallel Cross Country Championships (open KS2-5): Date etc TBC
- 11+ Disability Athletics Festival: 29th April 2021 @ Saffron Lane, 9.30am-2.15pm
- 11+ East Midlands Disability Athletics Championships: 6th May 2021 @ Saffron Lane, 9.30am-2.30pm



VOLLEYBALL

Key Stage 4 Girls & Key Stage 4 Boys



Year Groups	Key Stage 4
Gender	Girls & Boys
Date / Time	Boys - 8th March 2021 Girls - 15th March 2021 3.30—6.30pm <i>Please Note: We will work towards running the County Final on these dates with an understanding that this may be amended if Covid-19 restrictions dictate so. (A back-up plan is a date in the Summer term)</i>
Venue	Rushey Mead Academy (TBC)
Format	2 competitions Super mini-volley 4v4, separate gender competitions. Played on doubles badminton court
Rules	<u>*NB: As of 2019-20 onwards:*</u> Matches are 1 set to 15 (two points clear) or 6-8min timed game Double contact rule is introduced Time outs are introduced 2 per set Any part of the body can contact the ball Playing the ball off the net is allowed Serve that hits the net and falls in is legal Adaptations (if deemed necessary—particularly at Level 2): A catch <u>could</u> be allowed on the first contact in each point to help develop rallies and defensive skills. An under arm serve or throw <u>could</u> be allowed to increase the success of the serve.
Equipment	Volleyballs and nets (Set at 2.15m)





Trampolining

Y7/8 & Y9/10/11



Year Groups	2 Competitions: Year 7/8 Year 9/10/11																						
Gender	4 competitors per team (mixed girls / boys)																						
Venue / Date / Time	VIRTUAL																						
Format	<p>Two separate age group Teams i) Year 7&8 ii) Year 9-11.</p> <p>Four competitors per team (mixed girls/boys); Top 3 team scores at each level will count towards the overall team score.</p> <p>Each competitor in the team will be required to perform one 10-bounce routine, the routines will need to be recorded at school and submitted online to enter.</p> <table border="1" data-bbox="475 833 1310 1106"> <thead> <tr> <th>Set Routine – Year 7&8</th> <th>Set Routine – Year 9-11</th> </tr> </thead> <tbody> <tr><td>1 Front landing</td><td>1 Full twist jump</td></tr> <tr><td>2 To feet</td><td>2 Straddle jump</td></tr> <tr><td>3 Straddle jump</td><td>3 Seat landing</td></tr> <tr><td>4 Half twist jump</td><td>4 Half twist to seat landing</td></tr> <tr><td>5 Seat landing</td><td>5 Half twist to feet</td></tr> <tr><td>6 Half twist to seat</td><td>6 Pike jump</td></tr> <tr><td>7 Half twist to feet</td><td>7 Back landing</td></tr> <tr><td>8 Tuck jump</td><td>8 Half twist to feet</td></tr> <tr><td>9 Pike jump</td><td>9 Tuck jump</td></tr> <tr><td>10 Full twist jump</td><td>10 Half twist jump</td></tr> </tbody> </table>	Set Routine – Year 7&8	Set Routine – Year 9-11	1 Front landing	1 Full twist jump	2 To feet	2 Straddle jump	3 Straddle jump	3 Seat landing	4 Half twist jump	4 Half twist to seat landing	5 Seat landing	5 Half twist to feet	6 Half twist to seat	6 Pike jump	7 Half twist to feet	7 Back landing	8 Tuck jump	8 Half twist to feet	9 Pike jump	9 Tuck jump	10 Full twist jump	10 Half twist jump
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7 Half twist to feet	7 Back landing																						
8 Tuck jump	8 Half twist to feet																						
9 Pike jump	9 Tuck jump																						
10 Full twist jump	10 Half twist jump																						
Rules	<p>Clothing: All pupils will need to wear clothing that is tight to allow judges to see body alignment – i.e. PE t-shirt and shorts, NOT tracksuit bottoms or jumpers. Socks (preferably white) must be worn on the trampoline. All jewellery must be removed; long hair must be tied back. If you feel any of these requirements are not possible please contact the competition manager.</p> <p>Competitors must know the set skills and the routine without prompts, otherwise deductions will be given. Pupils will be given a maximum of 30 seconds before a routine commences. Before starting the routine, pupils will need to indicate to the judge that they are ready to begin, pupils must then wait for the judges to signal before starting the routine. At the end of the Set Skill/Routine competitors must demonstrate a secure landing which may include -1 out bounce to end the set skill/routine. At the end of the set skill/routine a controlled stop must be held for 3 seconds.</p> <p>Judging: Each routine will be judged by two British Gymnastics qualified officials. The mean score will be calculated this way for each competitor. Top 3 team scores at each level will count towards the overall team score.</p> <p>Points will be deducted for the following-</p> <ul style="list-style-type: none"> -Travel on the bed (remain within the boxed/marked area) -More than 30 seconds used to commence the routine -More than 1 out bounce used to end the routine -Not demonstrating a controlled stop for 3 seconds. -Loss of height throughout the routine -Lack of Body Tension -Lack of Body Extension -If more than 10 moves are performed <p>Routines will be terminated if..</p> <ul style="list-style-type: none"> Straight jumps in-between consecutive skills. Falling outside of the trampoline bed Landing on 1 foot Not using the elasticity of the bed “killing the bed” Error in the routine, i.e. incorrect order The Judge's decision is final <p>For more information, please contact your local SGO</p>																						





BOCCIA

Key Stage 3 & 4, MLD & SLD



Year Groups	Key Stage 3 MLD, Key Stage 3 SLD Key Stage 4 MLD, Key Stage 4 SLD
Gender	Open Mixed
Date / Time	19th March 2021, 10am –2pm Please Note: We will work towards running the County Final on this date with an understanding that this may be amended if Covid-19 restrictions dictate so.
Venue	Leicester Arena
Format	4 competitions Squad of 3-6 players but 3 players on court at any one time. Disability Classification: SLD, Physical Disabilities, MLD There are various options of eligibility for this through the Special Schools Boccia League: Option 1 – Liaise with your special school to establish if they are competing in the Schools League – this could be your School Games team Option 2 – If 2 SSP teams competing with the league, the top placed team can represent your SSP at the School Games Option 3 – If no school from SSP involved in the league, local selection to take place through SGO.
Rules	Red side always starts the first end by propelling the jack into court. The captain chooses the player on their side to play the jack. The jack ball must cross the 'V' line to be in play. The player who propels the jack ball also plays their team's first coloured ball. A player from the opposing side then propels their first coloured ball. The side not closest to the jack must play until they either manage to get closer to the jack, or run out of balls. The side with remaining balls then propels them. The end is completed when all balls from both sides have been played. The end is scored by awarding one point for every ball of the same colour closer to the jack than the nearest opposing coloured ball. Blue side then starts the second end. After both ends have been completed the winning side is the team with the higher accumulative score from both ends
Equipment	Boccia balls and Chairs





Swimming KS3



Year Groups	KS3
Gender	Mixed
Date / Time	TBC
Venue	Uppingham School Sports Centre –TBC
Format	<p>Each swimmer MAY compete in 3 individual events plus 1 relay</p> <p>Event list as follows: <i>50m (2 lengths) Breaststroke (Girls and Boys)</i> <i>50m (2 lengths) Freestyle (Girls and Boys)</i> <i>50m (2 lengths) Backstroke (Girls and Boys)</i> <i>50m (2 lengths) Butterfly (Girls and Boys)</i> <i>100m (4 lengths) Individual Medley (Girls and Boys)</i> <i>4 x 50m (4 x 2 lengths) Mixed Medley Relay</i> <i>4 x 50m (4 x 2 lengths) Mixed Freestyle Relay</i></p> <p>All events will consist of 2 heats. All swimmers will be timed and the fastest 6 swimmers of each event will qualify through to Finals later in the gala.</p>
Rules	<ol style="list-style-type: none">1. Individual events are competed as single gender races.2. Relay events comprise of 2 boys and 2 girls per team.3. Competitors may choose to dive in to start the race, or start in the water. Diving starts will only be allowed from the deep end and no diving can be done from the shallow end. The Event Organiser may choose to start all races in the water.4. Rules such as two handed touches and simultaneous leg kick in breaststroke and butterfly must be followed, however it is recognised that some swimmers will be physically unable to achieve these.
Equipment	





Swimming KS4



Year Groups	KS4
Gender	Mixed
Date / Time	TBC
Venue	Uppingham School Sports Centre —TBC
Format	<p>Each swimmer MAY compete in 3 individual events plus 1 relay</p> <p style="text-align: center;">Event list as follows:</p> <p style="text-align: center;"><i>50m (2 lengths) Breaststroke (Girls and Boys)</i> <i>50m (2 lengths) Freestyle (Girls and Boys)</i> <i>50m (2 lengths) Backstroke (Girls and Boys)</i> <i>50m (2 lengths) Butterfly (Girls and Boys)</i> <i>100m (4 lengths) Individual Medley (Girls and Boys)</i> <i>4 x 50m (4 x 2 lengths) Mixed Medley Relay</i> <i>4 x 50m (4 x 2 lengths) Mixed Freestyle Relay</i></p> <p>All events will consist of 2 heats. All swimmers will be timed and the fastest 6 swimmers of each event will qualify through to Finals later in the gala.</p>
Rules	<ol style="list-style-type: none"> 1. Individual events are competed as single gender races. 2. Relay events comprise of 2 boys and 2 girls per team. 3. Competitors may choose to dive in to start the race, or start in the water. Diving starts will only be allowed from the deep end and no diving can be done from the shallow end. The Event Organiser may choose to start all races in the water. 4. Rules such as two handed touches and simultaneous leg kick in breaststroke and butterfly must be followed, however it is recognised that some swimmers will be physically unable to achieve these.
Equipment	





SECONDARY SPORTSHALL ATHLETICS Boys & Girls



Year Groups / Gender	<p>Year 7, 8, 9, 10 & 11 Girls & Boys <i>Each age group and gender are separate competitions (10 in total)</i> Min 5 Athletes per Team - Boys & Girls separate (Max 40 athletes per spreadsheet entered)</p>
Date / Time	<p>L2—Results to be sent to local SSPAN by 24.11.2020 L3—SSPAN to send L2 winning team results to LRS by 04.12.2020</p>
Venue	VIRTUAL Competition
Format	<p><u>2 strands</u> PARTICIPATION: mass engagement model allowing schools to run “personal best” type intra school event without having to compare their results against any other schools. COMPETITION: results must adhere to SHA virtual format and be submitted to SSPANs to be involved the local Level 2 event. Best school from each SSPAN area will then be submitted to LRS for County L3 Final.</p> <p>Official Sportshall Athletics Results formats / spreadsheets will be circulated for schools to enter their results.</p>
Rules	<ul style="list-style-type: none"> • The SHA FREE resource is based around the Sportshall Award scheme and will enable every child to receive their own award. • Each participant will take part in Standing Long Jump, Speed Bounce, Shuttle Run, Vertical Jump and Chest Push. • The spreadsheet (enabling the entry of up to 40 children in a class or bubble) will automatically generate a Virtual Competition score based on the Top 5 Boys and Top 5 Girls performances in each of the 5 events. • The Virtual Competition score can then be used to create an area wide League table (possibly with multiple class/bubble submissions from each school). • SHA as an organisation themselves will also be holding a series of National League tables (Y3&4, Y5&6, Y7&8) • Eveque (www.eveque.co.uk) will be offering Badges & Certificates to schools and the network at a discounted rate. <p>Further information available at www.sportshall.org</p>
Equipment	Speed bounce mats, basketballs, long jump mats, vertical jump board (or tape measures), cones / markers, stop watch.





SUMMER CHAMPIONSHIPS

Date: TBC

Venue: TBC



**LEICESTER-SHIRE
& RUTLAND SPORT**
PHYSICAL ACTIVITY & WELLBEING





QUADKIDS ATHLETICS

Year 3/4 & Year 5/6 Mixed



Year Groups / Gender	Year 3/4 & 5/6 Mixed
Date / Time	TBC
Venue	TBC
Format	2 competitions Four or five boys and four or five girls compete as a team. There are four events; 50m (Y3/4) /75m sprint (Y5/6) 400m (Y3/4) /600m run (Y5/6) Mini vortex howler throw Standing long jump
Rules	The four events take place in a rotational sequence. Each athlete is placed in a pool and competes in all events. Individual performances (times and distances) are scored using a points table (the Quadkids spreadsheet calculates the points automatically). 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 points score wins. More than one team can be entered from each school (at level 2) Specimen timetables, track and field cards, declaration forms, competition manual and scoring spreadsheet are available from the QuadKids website. www.quadkids.org
Equipment	Mini vortex howlers, standing long jump mat, stopwatches





QUICKSTICKS HOCKEY

Year 3/4 & Year 5/6



Year Groups	Year 3/4 & 5/6
Gender	Mixed -stipulation of two girls in a team and one girl to be on court at all times
Date / Time	TBC
Venue	TBC
Format	<p>2 competitions (Y3/4 & Y5/6)</p> <p>6 players in a team—four outfield players and two officials, there are no goalkeepers in quicksticks.</p> <p>Introduction of umpiring and officiating the sport of hockey.</p> <p>Three periods of play to allow all players to take on officiating roles. 3 x 7 minutes playing period, with 2 minute intervals.</p> <p>A Match Official (teacher, parent, coach, young leader) has overall responsibility for the game as well as supporting the players to undertake umpire and score keeping roles.</p> <p>The Umpire (one player from each team) shall attempt the rules as outlined below.</p> <p>The Manager/Coach (one player from each team) shall keep the score, attempt to observe the game and help the team with basic tactics. Umpire and Manager/Coach rotate after each playing period.</p>
Rules	<p>A Centre Pass starts a game alternating between the teams and at the start of each period, with all players in their half, 3 meters from the ball.</p> <p>A penalty goal is awarded if a defending player deliberately stops the ball crossing the goal-line with their feet or body.</p> <p>A Free Pass is taken from where the offence occurs, opposing players must be 3 meters away from the ball. The Free Pass taker can only touch the ball once before it is touched by another player.</p> <p>A Free Pass is awarded when;</p> <p>The ball crosses the side line; taken from where the ball left the pitch.</p> <p>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 in defending third of Pitch.</p> <p>The ball crosses the back line by the defending team; taken from corner on the side of the goal the ball crossed the line.</p> <p>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.)</p> <p>Attempts to play a ball above the knee with a stick.</p> <p>Uses the (rounded) back side of the stick.</p> <p>Whilst striking the ball, causes any actual or possible danger to themselves or other players.</p> <p>Obstructs by running between the ball and opponent.</p> <p>Holds, kicks, pushes, intentionally trips or strikes any player or umpire.</p> <p>www.playquicksticks.co.uk/</p>
Equipment	<p>Mini samba or pop-up goals</p> <p>Normal Hockey sticks or quicksticks. The ball is oversized and lightweight.</p> <p><u>Shin pads and mouth guards are STRONGLY ADVISED</u></p>





NETBALL Year 5/6



Year Groups	Year 5/6
Gender	Mixed (stipulations below)
Date / Time	TBC
Venue	TBC
Format	<p>1 competition</p> <p>Bee Netball Rules :</p> <p>Five players on court. (max 2 boys) Seven to nine players in a squad. All courts will be outdoors Normal court markings. 2.74m (9ft) post. Pass or shoot within four seconds. Player rotation – schools will rotate positions at the start of each game and at half-time.</p>
Rules	<p>Sign up to Bee Netball via https://www.englandnetball.co.uk/play/bee-netball/ You will then be able to download the rules, rotation sheets, score sheets and other useful resources for Bee Netball.</p> <p>Schools MUST use the England Netball Bee Netball Rotations only.</p> <p>England Netball will be looking to support SGOs and schools to upskill themselves over the course of the year.</p> <p>SGOs will be kept up to date with the progress of this, so for more information please keep in touch with your local SSPAN.</p>
Equipment	Netballs, netball posts set at 9ft





SPORTSABILITY KS2 Mixed Pan Disability



Year Groups / Gender	Year 3/4/5/6 Mixed (Open)
Date / Time	TBC
Venue	TBC
Format	<p>1 competition Pupils from Year 3/4/5/6 Teams of up to 8 (min 6) — ideally mix of girls and boys but it is open. 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>
Rules	Further information will be available on confirmation of event details
Equipment	Boccia sets, Kurling sets, various equipment





SWIMMING

Year 5/6 Mixed



Year Groups	Year 5/6
Gender	Mixed
Date / Time	TBC
Venue	TBC
Format	<p>1 competition</p> <p>Gala</p> <p>Teams of 8 made up of; Two Y5 girls, Two Y5 boys, Two Y6 girls and Two Y6 boys.</p> <p>Areas that need to may bring young people from one school for Year 5 and one school for Year 6 athletes.</p>
Rules	<p>Event 1/2 4x1 Med Relay Mixed</p> <p>Event 3/4 Girls 25m Backstroke</p> <p>Event 5/6 Boys 25m Backstroke</p> <p>Event 7/8 Girls 25m Butterfly</p> <p>Event 9/10 Boys 25m Butterfly</p> <p>Event 11/12 girls 25m Breaststroke</p> <p>Event 13/14 Boys 25m Breaststroke</p> <p>Event 15/16 Girls 25m Freestyle</p> <p>Event 17/18 Boys 25m Freestyle</p> <p>Event 19/20 4 x 25m Free Relay Mixed</p> <p>Each individual may only compete in two individual races and two relays.</p>
Equipment	





Change 4 Life Festival



Year Groups	Y3/4
Gender	Mixed
Date / Time	TBC
Venue	TBC
Format	10 Participants per team 6 Rotating stations, each based on a Change4Life theme: <i>Adventure, Creative, Target, Flight and Combat</i>
Rules	<p>The Change 4 Life Festival is an opportunity to engage children in playing fun, physical games designed to teach them about nutrition and exercise.</p> <p>Participants will also take part in a mindfulness and a healthy eating workshop.</p> <p>Please advise of any allergies prior to the event</p>
Equipment	Will be provided on the day

