

The Church Lads' and Church Girls' Brigade

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ROTHERHAM
South Yorkshire
S63 6PY

NATIONAL COMPETITION RULES



Amended January 2006

STANDING RULES FOR NATIONAL COMPETITIONS

1. The National Sports Executive Committee (composed of the Brigade Secretary assisted by representatives from the North East, North West, Midlands, South East, Wales and South West and Ulster) has overall responsibility for mounting all national level sports events and is elected every year at the Sports Representatives AGM.
2. Detailed arrangements for meetings may be delegated to host units and include arranging venues, appointment of officials, reception procedures, briefings and prize givings, etc.
3. Starters, judges, referees and umpires are authorised to take such on the spot actions as may be necessary in order to preserve the good order and sportsman like conduct of meetings. They will be particularly alert to verbal and physical abuse including the use of foul language and may summarily dismiss participants or abandon play. The National Sports Executive Committee will decide on further action which may include disqualification from further participation for a defined period.
4. Individuals may not question decisions made by sports officials but may make representations to their formation sports officer or deputy.
5. Formation sports officers are responsible for ensuring that their representatives, both players and spectators, are aware of the rules governing national events.
6. In the event of a dispute the National Sports Executive Committee shall arbitrate and its decision will be final. Host units are not empowered to do so.
7. Entry forms with fees should be sent to National Headquarters by the appropriate date.
8. **Composition of Teams.**

In competitions such as Five-a-side Football and Netball where teams are comprised of more members than those on the field understrength teams may be allowed to participate in National Competitions. Team members may be borrowed from other formations or companies provided they are volunteers and the results allowed to count. When formations or companies do not have enough participants in Groups B and C to form teams members from Groups A and B respectively may compete in the next age group providing the team thus formed is comprised of a majority of competitors in the appropriate age group. Competitors may only compete in one age group. For Athletics competitions individual competitors may only complete in their appropriate age group but up to 2 competitors in relays may be from the immediately lower age group.

9. **Limit of entries.**
 - a. Two teams per age group per Diocesan Formation, one team per age group per unattached companies where there is no Diocesan Formation.
 - b. **Individual entries.** Individual entries will be accepted from members of Diocesan Regiments/Battalions not entering a team or from unattached companies where there is no Diocesan formation.
10. **Officials.**

Referees and Umpires must be qualified and have a proper understanding of the rules.

Referee decisions shall be final.

11. **Rules**

Unless otherwise authorised the Rules for all Brigade Competitions will be those pertaining to the ruling National Sporting Bodies. Summaries of rules are included in the guidelines for each competition.

12. **Team Sheets**

Groups A, B and C

A team sheet will be provided and must be completed with the names of the team members **with School Year** signed by the leader in charge of the team and handed in **ONE HOUR** before the start of the competition.

Groups D and E

A team sheet will be provided and must be completed with the names of the team members **with the date of birth** signed by the leader in charge of the team and handed in **ONE HOUR** before the start of the competition.

The Brigade Sporting Year

This runs from 1 September to 31 August.

National Sports Groupings

GROUPS	SCHOOL YEAR		
	England & Wales	Northern Ireland	Southern Ireland
A (JTC + Y Team)	Y6 and below	Y7 and below	P5 and below
B (JTC)	Y7	Y8	P6
	Y8	Y9	S1
	Y9	Y10	S2
C (SC)	Y10	Y11	S3
	Y11	Y12	S4
	Sixth Form, College, University, Work Up to Member's 18 th birthday		
D (SC)	Sixth Form, College, University, Work Up to Member's 18 th birthday		
E (SC)	From 18 th birthday		

There are five Sports Groupings. For the younger members in the Y Team, JTC and the Senior Corps up to Year 11 there are three Groups: A, B and C. For the older members of Senior Corps and adults there are two groups: Group D for those aged 16 and 17 on the day of the competition and Group E for those aged 18 and above on the day of the competition. There is no upper age limit to Group E.

Groups A, B and C will take part in four competitions held on two weekends in May and September. In May Five-a-Side Football competitions will be held for lads and girls and there will also be a Netball competition for girls.

In September there will be Unihoc and Athletics competitions for lads and girls.

Groups D and E will take part in three competitions held during one weekend in October. Competitions in 2006 will be Five-a-Side Football, Unihoc and Volleyball.

NATIONAL FIVE-A-SIDE FOOTBALL COMPETITION

1. **Pattern of the Competition**

This will be organised on a league basis with semi finals and a final.

2. **Teams**

Each team will consist of a squad of seven players. Substitution will be allowed at any time during any game, but only two per game.

3. **Officials**

One referee and two linesmen. These should be neutral, qualified and have knowledge of the Five-a-side rules. (If neutral linesmen are not available the teams may appoint one each.) The referee may send a player off if, in his opinion, the lad or girl is playing in a dangerous manner or if he/she is constantly breaking the rules of the game. He may also dismiss a player for arguing with the referee, linesman or other player. Once the player is sent off he/she is not allowed to return nor play in any other match that day.

Referee decisions shall be final.

4. **Safety**

- a All jewellery should be removed except wedding rings which may be taped.
- b finger nails should be cut short.
- c Shin guards must be worn
- d The referee should inspect the players before each game. Anyone not willing to abide by these rules will be banned from the competition.

5. **Rules**

The rules can be obtained from the website: <http://www.thefa.com>, clicking on The FA, Rules and Regulations, FIFA Laws and finally small sided football.

a **Playing area**

60 yards by 30 yards, the goal area is a semi circle of 18 feet radius and a penalty spot is marked on the goal area line at a point opposite the centre of each goal. The goal posts are to be 16ft long and 4ft high.

b **Ball**

A size 4 or 5 association football will be used.

c **Footwear**

Football boots to be worn on grass pitches.

Trainers for indoor or hard core pitches.

d **The duration**

The duration of the game will be 7½ minutes each way with an interval of not more than two minutes.

e **Play**

The choice of ends shall be decided by the toss of a coin and the game started by the player kicking the ball in a forward direction from the centre circle as in Association Football. Every player shall be in their own half of the field with the team not kicking off standing outside their half of the centre circle.

- i Only the defending goalkeeper is allowed inside the goal area and they may handle and play the ball in their area only. Goalkeepers are not allowed to handle or kick the ball outside of their own goal area.

Penalty for infringement:

- (1) by the defending side: a penalty kick
(2) by the attacking side: an indirect free kick at the point of entry to the circle.

Note: Referees should distinguish between accidental and intentional entry into the goal area. Accidental entry where the player makes no attempt to play the ball or obstruct the goalkeeper and has no effect of the play should be ignored.

- ii There is no offside and players, except the goalkeepers, may place themselves in any part of the field (they must be in their own half of the field at the kick-off).
- iii A goal is scored when the whole of the ball has crossed the line between the posts and can be scored from any part of the field or play outside the goal area.
- iv The ball must be kept below the height of the goal, i.e. four feet.

Penalty for infringement:

An indirect free kick at the place where the offence occurred.

Note: Should the goalkeeper deflect the ball above four feet high over the goal or dead ball line in saving a goal, a corner kick will be awarded.

- v The ball is out of play when the whole of the ball has crossed the line and is returned into play:
- (1) From the side line - by a player rolling the ball underarm into play standing with both feet outside the field of play. **Penalty for infringement:** Indirect free kick at point of offence.
- (2) From the dead ball line - by goalkeeper rolling the ball underarm into play from inside their goal area. **Penalty for infringement:** Indirect free kick at nearest point on edge of area circle.
- vi Corner kicks are as in Association Football.

- vii All players must be behind the ball when a penalty kick is taken. The goalkeeper will remain on his goal line.
- viii All opposing players must be 10 feet away when direct or indirect free kicks are taken.
- ix A direct free kick will be given against offenders for charging, pushing, holding, pulling, tripping and handling.

An indirect free kick will be given against offenders for obstruction, ball above height, i.e. four feet.
- x A goal cannot be scored direct from a roll-in unless the ball is touched by another player.

NATIONAL NETBALL COMPETITION

1. **Pattern of Competition**

This will be organised on a league basis with semi finals and final.

2. **Teams**

Each team will consist of a squad of 9 players (seven players and two substitutes). Substitutions are allowed at half time during the game, up to a maximum of two per game.

3. **Rules**

The game will be played under the official rules of the All England Netball Association Ltd.

The rules are available from:

All England Netball Association Ltd.,
Netball House,
9 Paynes Park,
HITCHIN,
Hertfordshire, SG5 1EH
Tel No. 01462 442344

Particular attention is drawn to rules 1.4.3 and 1.4.4 forbidding the wearing of sharp adornments or items of jewellery (except a wedding ring which should be taped) and long fingernails

4. **The Duration**

The game shall consist of 7 minutes each way, with an interval of not more than 2 minutes.

NATIONAL ATHLETICS COMPETITION

1. **The events in the age groups are:**

GROUP A	GROUP B	GROUP C
100 metres	100 metres	100 metres
200 metres	200 metres	200 metres
800 metres	800 metres	400 metres
4 x 100 metres relay	4 x 100 metres relay	800 metres
Long Jump	High Jump	1500 metres
Shot	Long Jump	4 x 100 metres relay
	Shot	High Jump
	Javelin	Long Jump
	Discus	Shot
		Javelin
		Discus

2. **Limit of Entries**

No competitor may enter more than three events, but he or she may be included in the relay team.

3. **Points for all age groups:**

	1st	2nd	3rd	4th	5th	6th
ALL EVENTS	7	5	4	3	2	1

4. **Rules**

Amateur Athletic Association rules will apply throughout the competition with the exception of age groups.

5. **Lanes**

Formations and companies will draw for lanes at the beginning of the event. The drawn lane will apply to all events including relays and competitors will be issued with lane numbers.

6. **Javelin and Discus.**

For Groups B and C the Javelin and Discus are included using plastic equipment.

NATIONAL VOLLEYBALL COMPETITION

1. **Pattern of the Competition**

The duration and the pattern of the competition will be decided on the day by the EXECUTIVE COMMITTEE depending on the number of teams entering and the time available.

2. **Teams**

Teams consist of eight players

3. **Rules**

English Volleyball Association Standard Rules.

These are available from:

English Volleyball Association
Suite B
Loughborough Technology Centre
Epinal Way
LOUGHBOROUGH
LE11 3GE
Tel. No. 01509 631699

Web site: www.volleyballengland.org/rules or in a simplified version on
www.gigaflop.demon.co.uk/volley/RulesSimple.htm

4. **Ball**

It is recommended that either "Team Mate" Gala Light Or Volley Lite are used for the competition. A suitable ball for introducing the game is Training Pro.

All these are available from:

Team Mate
27 Newall Avenue,
SANDBACH,
Cheshire
CW11 4BJ

UNIHOOC

1. **Pattern of the Competition**

The duration and the pattern of the competition will be decided on the day by the EXECUTIVE COMMITTEE depending on the number of teams entering and the time available.

2. **Teams**

Teams consist of 4 players and 2 substitutes.

3. **Rules**

- a Game commences with hit off in centre of pitch (opposition 3ft away)
- b The pitch size will be determined by the size of the hall or court but usually inside the perimeter of two badminton courts.
- c The goals are to be benches/boards (6ft in width by 1ft in height) with a goal area (6ft radius semi-circle from centre of goals).
- d A team consists of 4 players and 2 substitutes that may be used at anytime during the game, after notifying the referee.
- e Sticks must be held with two hands at all times and not raised above waist height. The puck should not be above waist height. Dangerous play incurs sin-bin penalty.
- f Goalkeepers must be inside his/her goal area at all times (including their stick). If he/she goes outside area – direct free hit will be awarded 3ft from outside the goal area. Goalkeeper must always use stick when hitting out of goal area.
- g If a defender or their stick goes inside the goal area, a penalty is awarded.
- h If an attacker or their stick goes inside the goal area, a free hit is awarded to the goalkeeper.
- i If a player persists in committing an offence, he/she will be warned and possibly sent to a sin-bin or even sent off. (Sin-bin penalty equals one minute out of play.)
- j All players must use their stick to strike or stop the puck but the goalkeeper may save with any part of the body, provided they have their stick in hand.
- k All players must be on their feet when playing the puck. This also applies to the goalkeeper who is not permitted to lie along the front of the goals.
- l Players must be in the opposing half to score (all free hits in opposing half are direct hits, with opposition 3ft away).

- m Body contact is not allowed and dangerous play may warrant a sending off without substitution.
- n Length of matches to be decided, dependent on numbers attending. (Not exceeding 10 minutes.)
- o In the event of a draw in the finals, winners will be decided by a penalty shoot-out (each team member taking one shot). If still tied, sudden death penalties. (Penalty spot – 3ft from semi-circle.)

N.B. Sticks will be provided. Safety gear (gloves, shin-pads, face masks for goalkeepers) may be worn if desired but are the responsibility of individuals.

ORGANISATION OF NATIONAL SPORTS COMPETITIONS

GUIDELINES FOR HOST FORMATIONS

WELL IN ADVANCE

(up to to 1 or 2 years depending on circumstances):

1. Form a committee to organise the event.
Cost the event; consult NHQ as necessary.
2. In writing:
 - Book venue
 - Contact:
 - Referees/Umpires/Officials
 - Helpers
 - First Aiders
3. Organise necessary equipment
4. Communicate with Ulster and other formations concerning overnight stay (if appropriate)

NEARER THE EVENT

1. Arrange committee meeting to finalise details.
2. Check:
 - Venue
 - Referees/Umpires/Officials (confirm rules)
 - Helpers – give them details
 - First Aiders
 - Equipment
3. Finalise arrangements with Ulster and other formations (if appropriate).

APPROXIMATELY THREE MONTHS BEFORE THE EVENT

National Headquarters will send out entry forms to all formations and collate the teams on receipt of the replies.

AT LEAST EIGHT WEEKS BEFORE THE EVENT

Notify all formations of venue address.

SIX WEEKS BEFORE THE EVENT

National Headquarters will recall the trophies and order medals.

THREE WEEKS BEFORE THE EVENT

National Headquarters will send details of teams who have responded.

Organising Committee meet to finalise details, namely:

1. Confirm in writing (with stamped addressed envelope):
 - Venue
 - First Aiders
 - Umpires/Referees/Officials
 - Helpers
2. Send information pack to participating formations. Details to include:
 - Teams sheets (these will be sent from NHQ along with team details)
 - Travel directions with map
 - Information for the day, programme
 - Contact telephone number
 - Any other information
3. Check accommodation arrangements with Ulster and other formations (if appropriate)
4. Check availability of equipment.

WEEK BEFORE THE EVENT

CHECK ALL ARRANGEMENTS

ON THE DAY

1. Arrive at the venue early to check all arrangements.
2. Check helpers as they arrive – 2 hours before starting time.
3. Check all officials as they arrive
 - Brief helpers and officials on their duties.
4. Welcome teams upon arrival

5. Give briefing to sports representatives
6. Organise event
7. Arrange presentations, preferably by a VIP/distinguished guest and prepare trophies and medals for presentation.
8. Thank all competitors, officials, helpers, etc.
9. Oversee competitors' departure
10. Check venue for lost property, damage. Take appropriate action and secure site.
11. Be the last to leave.

AFTER THE EVENT

1. Send results to National Headquarters **AS A MATTER OF URGENCY**. These will then be posted on the web site and published in the next newsletter.
2. Arrange Committee Meeting to evaluate the event.
3. Send evaluation forms to National Headquarters.
4. In writing, thank everyone who has helped.

NATIONAL SPORTS COMPETITION

EVALUATION FORM

In consultation with the Organising Committee our agreed assessment of the event is as follows:

Host _____ Event _____ Date _____

1. Lead time to organise event.
2. Numbers of teams taking part.
3. Referees/judges were from within/outside the Brigade and were/were not effective. If not please explain.
4. Numbers of helpers. This was/was not enough.
5. There were/were not any major problems. If 'Yes' please explain, giving a full report on a separate sheet of paper.
6. For the future we recommend the event is organised as at present/is changed because
7. The event cost approximately
8. The event was/was not a success. If it was not, please explain in detail.

Signed _____ Name _____

To be returned to National Headquarters as soon as possible.