



# CUMBRIA SCHOOL GAMES

## COUNTY (LEVEL 3) COMPETITION HANDBOOK SPRING/SUMMER 2018 Updated – March 2018

**If you would like to request a copy of this document in different formats such as large print, braille, audio, or in a different language call 01228 226885 or email [info@activecumbria.org](mailto:info@activecumbria.org)**

## CONTENTS

Sections	Page Numbers
What is the School Games?	2
Why get involved in the School Games?	2
How to get involved in the School Games?	3
Level 2: Inter-school Competition	3
Level 3: County Sport Festivals	4
County (Level 3) School Games Festivals – Key Dates Quick Guide	6
Cumbria Sportshall Primary Athletics Final	7 – 8
Cumbria U16 MLD/SLD Tag Rugby Festival	9 – 10
Cumbria Key Step Gymnastics Final - Small Schools and Large Schools	11 – 12
Cumbria U19 Boccia 12s Competition	13 – 15
Cumbria 11 – 16 year old 5-a-side Pan Disability Football Competition	16 – 17
Cumbria Tri Golf Skills Festival (Yrs 3 & 4)	18 – 19
Cumbria Tri Golf Skills Festival (Yrs 5 & 6)	20 – 21
Cumbria Quicksticks Hockey Festival	22 – 23
Cumbria High 5 Netball Festival	24 – 25
Cumbria Year 7 Girls Netball Festival	26 – 27
Cumbria Primary Orienteering Competition	28 – 29
Cumbria U19 Team Table Cricket Tournament	30 – 31
Cumbria U19 Inclusive Table Tennis Competition	32 – 33
Cumbria Mini Red Tennis Competition (Small Schools)	34 – 35
Cumbria Mini Red Tennis Competition (Large Schools)	36 – 37
APPENDIX A: How the school games can be used to support key priorities for the whole school	38
APPENDIX B: Fair Play Charter	39
APPENDIX C: Code of Conduct	40
APPENDIX D: Spirit of the Games Values	41
APPENDIX E: Level 3 Qualifying Team Contact Sheet – Spring Term Festivals	42
APPENDIX F: Level 3 Qualifying Team Contact Sheet – Summer Term Multisport Festival	43

## WHAT IS THE SCHOOL GAMES?

The School Games is a unique opportunity to motivate and inspire millions of young people across the country to take part in more competitive school sport.

The Games are made up of four levels of activity: competition in schools, between schools, at county/area level and a national finals event:

**Level 1** - sporting competition for all students in a school through intra-school competition

**Level 2** - individuals and teams are selected to represent their schools in local inter-school competitions

**Level 3** – the county/area will stage multi-sport School Games festivals as a culmination of year-round school sport competitions

**Level 4** – the School Games finals: a national multi-sport event where the most talented young people in the UK will be selected to compete.

## WHY GET INVOLVED IN THE SCHOOL GAMES?

As a school you can use the School Games to do the following:

- Build on existing practices to provide more opportunities for those currently not engaged in competitive sport, and provide an appropriate pathway for all young people to achieve their potential
- Provide access to a range of alternative, modified and traditional competition formats helping schools offer new and exciting options to students
- Maximize the impact of competitive school sport to develop student's personal skills and contributing to school life
- Offer opportunities for young people to develop leadership skills and express citizenship through volunteer roles such as officials and team managers
- Complement other initiatives in the school which encourage a wide range of young people to participate in sport, such as Change4Life sports clubs
- Through four levels of competitive sport, young people have the opportunity to get involved, have fun, challenge themselves and progress.

In addition to this there are many more ways in which the school games can support key priorities for the wider educational and whole school outcomes.

For more information see **Appendix A** or

Visit <https://www.yourschoolgames.com/about-the-games/information-for/schools>

## HOW TO GET INVOLVED IN THE SCHOOL GAMES?

The School Games is a celebration of competitive sport that will involve all young people in years 3 to 19, of all abilities and backgrounds. Don't miss out on your school being involved. Registration is free and open for all schools in England.

To register online visit [www.yourschoolgames.com/your-school](http://www.yourschoolgames.com/your-school)

### LEVEL 2: INTER-SCHOOL COMPETITION

If you would like to find out what Inter School Games competitions and opportunities are available in your area you can contact your local School Games Organiser:

#### ALLERDALE

Linda Borthwick  
School Games Organiser  
Netherhall Sports College  
Netherall Road  
Maryport  
Cumbria  
CA15 6NT

Mobile number: 07974 327067

[l.borthwick@netherhall.cumbria.sch.uk](mailto:l.borthwick@netherhall.cumbria.sch.uk)

#### EDEN

Debbie Barr/ Claire Smithson  
School Games Organiser  
Kirkby Stephen Grammar School  
Christian Head  
Kirkby Stephen  
Cumbria  
CA17 4HA

Mobile Number(DB): 07973 724980

Mobile Number (CS): 07727 655923

Work number: 01768 374076

[debbie.barr@ksgs.cumbria.sch.uk](mailto:debbie.barr@ksgs.cumbria.sch.uk)

[claire.smithson@ksgs.cumbria.sch.uk](mailto:claire.smithson@ksgs.cumbria.sch.uk)

#### CARLISLE

Lucy Lamb  
School Games Organiser  
Richard Rose Central Academy  
Victoria Place  
Carlisle  
Cumbria  
CA1 1LY

Mobile Number: 07837888090

Work Number: 01228 822060 Ext. 4562

[Lucy.Lamb@rrca.org.uk](mailto:Lucy.Lamb@rrca.org.uk)

#### FURNESS

Oliver Carswell  
School Games Organiser  
Furness Academy  
Park Drive  
Barrow-in-Furness  
Cumbria  
LA13 9BB

Mobile Number: 07715666919

[ocarswell@furnessacademy.co.uk](mailto:ocarswell@furnessacademy.co.uk)

#### COPELAND

Rob Phizacklea  
School Games Organiser  
Westlakes Academy  
Main Street  
Egremont  
Cumbria  
CA22 2DQ

Work Telephone: 01946 820356

[PHIZACKLEAR@westlakesacademy.org.uk](mailto:PHIZACKLEAR@westlakesacademy.org.uk)

#### SOUTH LAKES

Sharon Nicholson  
School Games Organiser  
The Lakes School  
Troutbeck Bridge  
Windermere  
Cumbria  
LA23 1HW

Work telephone: 015394 40810

[sharon.nicholson@lakes.cumbria.sch.uk](mailto:sharon.nicholson@lakes.cumbria.sch.uk)

## LEVEL 3: COUNTY SPORT FESTIVALS

The Cumbria Local Organising Committee (LOC) is a county-wide strategic group established to plan and stage the high quality County (Level 3) School Games festivals which is the culmination of leading school teams from competitions at Levels 1 and 2 of the School Games.

The LOC has produced this Handbook to inform Schools in Cumbria of the Level 3 competitions and festivals that are planned for 2018.

School teams who qualify to compete at any of the Level 3 Competitions/Festivals will be sent further information prior to their competition/festival.

**Please Note:** With regard to the definition of small schools and large schools, the Cumbria School Games Local Organising Committee abide by the guidelines used by Cumbria County Council's Children's Services, which states that a small school be regarded as having 100 pupils or less on roll in years Reception to Year 6. A large school will be regarded as having 101 pupils or more on roll in years Reception to Year 6.

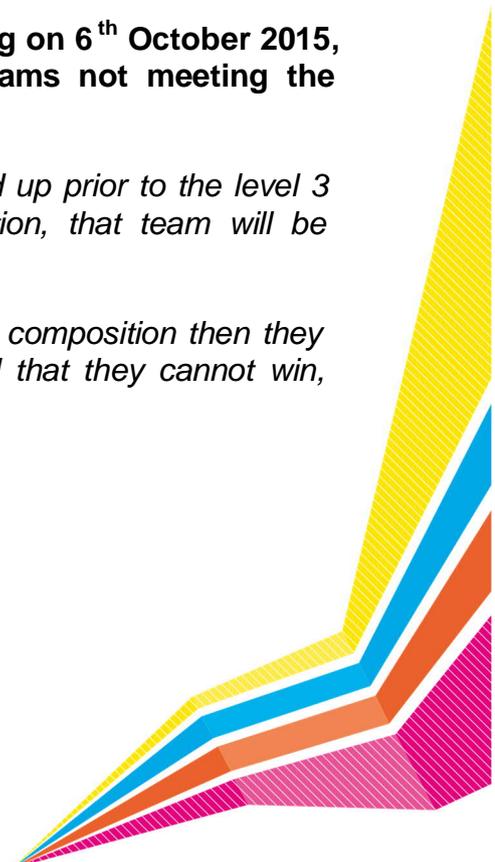
We ask that all school teachers, team managers, participants, parents, and spectators to abide by the Fair Play Charter which outlines the appropriate behaviour that should be used by all during the events. **(See Appendix B)**

We also ask team managers to encourage participants to follow our Code of Conduct **(See Appendix C)** and embrace the School Games Values. **(See Appendix D)**

**Please Note:** The Local Organising Committee, at their meeting on 6<sup>th</sup> October 2015, agreed the following with regard to the participation of teams not meeting the guidance for team composition stated in this handbook .

*'It was agreed that where it (incorrect team composition) is picked up prior to the level 3 county finals that a team does not meet the correct composition, that team will be disqualified from the level 3 competition.*

*If a team attends a level 3 county finals event without the correct composition then they will be permitted to play/compete, if they wish, but will be informed that they cannot win, collect medals or receive district points.*



*However, every effort should be made to reinforce the importance of correct team composition, particularly at level 2 where there can be local exceptions/differences, and qualifying schools should be reminded of the level 3 team composition requirements. In particular where national governing bodies of sport or other agencies deliver level 2 competition on behalf of the school games organiser.'*

If you would like more information regards any of the Level 3 (County) Festivals please contact:

Active Cumbria, Cumbria County Council, Cumbria House, 107-117 Botchergate, Carlisle, Cumbria, CA1 1RZ, Tel: 01228 226885, [info@activecumbria.org](mailto:info@activecumbria.org)

Visit: [www.cumbriaschoolgames.co.uk](http://www.cumbriaschoolgames.co.uk)

Sign up to receive regular updates via the Cumbria PE & School Sport Matters E-Newsletter [www.activecumbria.org/school-sport/sign-our-e-newsletters/](http://www.activecumbria.org/school-sport/sign-our-e-newsletters/)

Follow us on Twitter [@ActiveCumbria](https://twitter.com/ActiveCumbria) [#cumbriaschoolgames](https://twitter.com/cumbriaschoolgames)

Like us on Facebook [www.facebook.com/CumbriaPEandSport](http://www.facebook.com/CumbriaPEandSport)

## COUNTY (LEVEL 3) SCHOOL GAMES FESTIVALS - KEY DATES QUICK GUIDE

Date	Sport	Venue	Competition	Term	Year Groups	Pages
9 <sup>th</sup> March 2018	SGOs to submit qualifying team details for Level 3 Spring Festivals (See Appendix E)					44
28 <sup>th</sup> March 2018	Athletics	Penrith Leisure Centre, Penrith.	Cumbria Sportshall Primary Athletics Final	SPRING TERM	Years 5 & 6	7 - 8
	Rugby		Cumbria U16 MLD/SLD Tag Rugby Festival		Years 7 to 11	9 - 10
29 <sup>th</sup> March 2018	Gymnastics		Cumbria Key Step Gymnastics Finals (Small and Large Schools)		Years 1 to 6	11 – 14
8 <sup>th</sup> June 2018	SGOs to submit qualifying team details for Level 3 Summer Multisport Festival (See Appendix F)					45
11 <sup>th</sup> July 2018	Boccia	Various Venues across Carlisle.	Cumbria U19 Boccia 12s Competition	SUMMER TERM	Years 7 to 13	15 - 17
	Football		Cumbria 11 – 16 year old 5-a-side Pan Disability Football Competition		Years 7 to 11	18 -19
	Golf		Cumbria Tri Golf Skills Festival		Years 3 to 6	20 - 23
	Hockey		Cumbria Quicksticks Hockey Festival		Years 3 & 4	24 - 25
	Netball		Cumbria High 5 Netball Festival		Years 5 & 6	26 - 27
	Netball		Cumbria Year 7 Girls Netball Festival		Year 7	28 – 29
	Orienteering		Cumbria Primary Orienteering Competition		Years 5 & 6	30 - 31
	Table Cricket		Cumbria U19s Team Table Cricket Tournament		Years 7 to13	32 - 33
	Table Tennis		Cumbria U19 Inclusive Table Tennis Competition		Years 7 to13	34 – 35
	Tennis		Cumbria Mini Tennis Red Competition (Small and Large Schools)		Years 3 & 4	36 - 39

## CUMBRIA SPORTSHALL PRIMARY ATHLETICS FINAL

### Introduction

The Sportshall Athletics programme provides an exciting and highly popular introduction to athletics competitions. The following notes provide an overview of the competition and sets out the team requirements.

<b>Level 3 School Games Event</b>	Cumbria Sportshall Primary Athletics Final
<b>Level 3 Competition Details</b>	1.30pm – 4.30pm Wednesday 28 <sup>th</sup> March 2018 Penrith Leisure Centre Southend Road Penrith Cumbria CA11 8JH
<b>Cancellation Policy</b>	In the event that the competition has to be cancelled due to extreme weather conditions the event organisers will inform school teams no later than lunch time the day prior to the competition. No alternative date will be arranged.
<b>Year Group</b>	Year 5 & Year 6 (Combined) (9 – 11 year olds)
<b>Gender</b>	Mixed
<b>Team / Squad size</b>	The competition is for the leading 2 primary school teams that are successful in their respective competitions in their local districts.  Each school team should consist of 6 girls and 6 boys.  Where 2 small schools have combined to form one team at Level 2 and won through, the combined team is eligible to compete at Level 3.
<b>Clothing / equipment requirements</b>	The competition will be held in a sports hall so athletes will be expected to wear their appropriate school PE uniform, i.e. shorts, schools polo shirt or t-shirt and suitable trainers/footwear (no bare feet).
<b>Refreshments</b>	Lunch and refreshments will NOT be provided during the competition. Please ensure your pupils bring some lunch and liquid refreshments with them.
<b>Transport arrangements</b>	Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue and will be expected to cover any associated costs. Parking at the venue is free for teams, volunteers and staff but you must obtain a ticket from the venue reception and clearly display it in your vehicle(s) upon arrival.
<b>Welfare</b>	All competing teams will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.

## Event Format

The Cumbria Sportshall Primary Athletics Final will follow the small and rural schools format which includes each team member being able to compete in a maximum of two track and two field events drawn from the following:

### Track

- 1 + 1 Lap Relay (requiring 2 boys and 2 girls from each team)
- 2 + 2 Lap Relay (requiring 2 boys and 2 girls from each team)
- Obstacle Relay (requiring 4 boys and 4 girls from each team)
- 4 x 1 Lap Relay (requiring 4 boys and 4 girls from each team)

### Field

- Chest Push (requiring 2 boys and 2 girls from each team)
- Soft Javelin (requiring 2 boys and 2 girls from each team)
- Speed Bounce (requiring 2 boys and 2 girls from each team)
- Standing Long Jump (requiring 2 boys and 2 girls from each team)
- Standing Triple Jump (requiring 2 boys and 2 girls from each team)
- Vertical Jump (requiring 2 boys and 2 girls from each team)

<b>Rules</b>	The Sporthall Primary Athletics Final rules and guidance notes can be downloaded from <a href="http://www.sportshall.org">www.sportshall.org</a>
<b>Scoring</b>	The competition will be scored based on points awarded for places in each event. The winning school will be the team with the most points. Schools teams will compete together as one team, not as individuals. Full details of the scoring system can be found at <a href="http://www.sportshall.org">www.sportshall.org</a>
<b>Think Inclusively!</b>	All Sportshall activities may be adapted for young people with a disability. A separate resource details these adaptations which can be found at <a href="http://www.sportshall.org">www.sportshall.org</a>
<b>Pathways</b>	The Sportshall Pathway has been adopted by England Athletics as a key component in the National Schools Competition Framework and as such is part funded by Sport England. More information can be found at <a href="http://www.sportshall.org">www.sportshall.org</a>
<b>Additional information</b>	There are also other resources available including example competition formats, running order, team declaration sheets, scoring support and comprehensive rules and guidance notes may be found at <a href="http://www.sportshall.org">www.sportshall.org</a>

## CUMBRIA U16 MLD/SLD Tag Rugby Festival

### Introduction

The Cumbria Rugby Union Football Union would like to see the development of disability rugby in schools expand and it is hoped that this event will encourage more young disabled people to play and enjoy competitive rugby and be used as a catalyst for ongoing participation and development.

<b>Level 3 School Games Event</b>	Cumbria U16 MLD/SLD Tag Rugby Festival
<b>Level 3 Competition Details</b>	10.00am – 12.00pm Wednesday 28 <sup>th</sup> March 2018 Penrith Leisure Centre Southend Road Penrith Cumbria CA11 8JH
<b>Cancellation Policy</b>	In the event that the competition has to be cancelled due to extreme weather conditions the event organisers will inform school teams no later than lunch time the day prior to the competition. No alternative date will be arranged.
<b>Year Group</b>	Year 7 to year 11 (combined) (11 – 16 year olds) with a moderate or severe learning difficulty who are ambulant
<b>Gender</b>	Mixed
<b>Team / Squad size</b>	<ul style="list-style-type: none"> <li>• This competition is for the school team that is successful in their retrospective Level 2 competition. All players must have a moderate or severe learning disability that are ambulant and have basic skills in tag rugby.</li> <li>• Teams must consist of a minimum of 7 players to a maximum of 12 players (7 players plus 5 substitutes).</li> <li>• Players from more than one school in a district may form one district team if required.</li> </ul>
<b>Clothing / equipment requirements</b>	The competition will be held in a sports hall so players will be expected to wear their appropriate school PE uniform, i.e. shorts, schools polo shirt or t-shirt and suitable trainers/footwear.
<b>Refreshments</b>	Lunch and refreshments will NOT be provided during the competition Please ensure your pupils bring some lunch and liquid refreshments with them.
<b>Transport arrangements</b>	Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue. The Cumbria LOC agree to pay schools either the cost of the transport or mileage at a rate of 45 pence per mile to the Level 3 event. Please send your claim/invoice to <a href="mailto:michelle.young@cumbria.gov.uk">michelle.young@cumbria.gov.uk</a> . Parking at the venue is free for teams, volunteers and staff but you must obtain a ticket from the venue reception and clearly display it in your vehicle(s) upon arrival.
<b>Welfare</b>	All competing teams will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.

<b>Event Format</b>	<ul style="list-style-type: none"> <li>• Teams will play in a round robin basis in pools initially leading to a knock out or appropriate final in the later stages.</li> <li>• Games will last for a straight 10 minutes with no half time and start and end on the referee's instruction.</li> <li>• Substitutions can be made at any time with the consent of the referee.</li> </ul>
<b>Rules</b>	<ul style="list-style-type: none"> <li>• Games start with a free pass.</li> <li>• If the ball carrier losses a tag they must pass the ball backwards to a teammate.</li> <li>• After a tag is made the tagger must hand back the tag to the ball carrier. The defending side must stand on their side of the ball (closest to the line they are defending).</li> <li>• The ball carrier is not allowed to fend with their hand or the ball to avoid being tagged.</li> <li>• The defending team cannot grab clothing or hold back players in order to make a tag.</li> <li>• If the ball bounces forward or is passed forward it will be turned over to the other team.</li> <li>• Referees will play advantage where possible so remember to keep playing.</li> <li>• Coaches may adapt rules slightly on the day to ensure maximum opportunity for all to participate. These will be communicated to all participating teachers, helpers and players.</li> </ul>
<b>Scoring</b>	<ul style="list-style-type: none"> <li>• A try is worth 1 point. To score a try a player must carry the ball over the opponent's Try line.</li> <li>• Players are not allowed to dive over the try line. (Penalty – Free Pass to the non-offending team 5 metres out).</li> <li>• After a try has been scored the game restarts from the centre of the field with a free pass by the non-scoring team.</li> <li>• Games will be scored in the normal way (1-0, 1-3 etc.). Scores will be collated into a league table (Win – 3 points, Draw – 2 points, Loss – 1 point).</li> </ul>
<b>Pathways</b>	<p>There are also a number of junior clubs around Cumbria that young people can access. For more information contact Liam Nicholls on 07711 901374 or email <a href="mailto:LiamNicholls@RFU.com">LiamNicholls@RFU.com</a></p>
<b>Additional information</b>	<p>Rugby Development Officer:</p> <ul style="list-style-type: none"> <li>• Liam Nicholls – <a href="mailto:LiamNicholls@RFU.com">LiamNicholls@RFU.com</a></li> </ul> <p>Community Rugby Coaches:</p> <ul style="list-style-type: none"> <li>• Garry Holmes (Barrow, Eden &amp; South Lakes) – <a href="mailto:GaryHolmes@RFU.com">GaryHolmes@RFU.com</a></li> <li>• Graham Kidd (Carlisle &amp; Copeland) – <a href="mailto:GrahamKidd@RFU.com">GrahamKidd@RFU.com</a></li> <li>• Trevor Richardson (Allerdale) – <a href="mailto:TrevorRichardson@RFU.com">TrevorRichardson@RFU.com</a></li> </ul> <p>Visit our website: <a href="http://www.cumbriarfu.pitchero.com">www.cumbriarfu.pitchero.com</a></p> <p>Facebook – Cumbria Rugby Union</p> <p>Twitter: - @CumbriaRDO</p> <p>England Rugby's Core Values of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship are what makes the game special for those who enjoy the environment and culture they create. They define the game and define England Rugby. Find out more at <a href="http://englandrugby.com/my-rugby/players/core-values/">http://englandrugby.com/my-rugby/players/core-values/</a></p>

## CUMBRIA KEY STEP BEGINNERS GYMNASTICS FINALS

### Introduction

Key Step Beginners Gymnastics provides fundamental skills and movement patterns for primary school children. Through progressively developing their gymnastics ability, participants enjoy learning not only new skills but problem-solving and sequence building.

Level 3 School Games Event	Cumbria Key Step Beginners Gymnastics Competitions	
Competition Details Level 3	Small Schools Competition (Up to 100 pupils on school roll)	Large Schools Competition (101+ pupils on school roll)
	9.00am – 1.00pm Thursday 29 <sup>th</sup> March 2018 Penrith Leisure Centre Southend Road Penrith Cumbria CA11 8JH	12.30pm – 4.30pm Thursday 29 <sup>th</sup> March 2018 Penrith Leisure Centre Southend Road Penrith Cumbria CA11 8JH
Gender	Boys, Girls or Mixed	Boys, Girls or Mixed
Scoring	The <b>top 3 scorers in each section</b> of the competition will count towards the overall team results.	The <b>top 5 scorers in each section</b> of the competition will count towards the overall team results.
Competition Age Groups and Team / Squad size	The competition is for the 3 primary school teams that finish in first place in their respective competitions in their local district from the following groups: <ul style="list-style-type: none"> <li>• Key Step 1 - (Years 1&amp;2) – Team of 6 Plus 1 helper</li> <li>• Key Step 2 - (Years 3&amp;4) – Team of 6 plus 1 helper</li> <li>• Key Step 3 - (Years 5&amp;6) – Team of 6 plus 1 helper</li> </ul>	
Entry Conditions	<b>Key Steps is for 'grass roots'/beginner competitors only, - children that have never been in a school gymnastics competition, other than Key Steps; and who receive no more than one hour of gymnastics each week in classes away from their school. The requirement for a gymnast to move up to the next key step if they received a 3star award the previous year HAS BEEN REMOVED.</b>	
Clothing & Dress Requirements	Shorts and t-shirts or leotards. Gym slippers or bare feet. Hair tied back, no jewellery	
Event Format	Participants compete in three activities, known as 'disciplines' in each Key Step. These are floor, vault and body management. <ol style="list-style-type: none"> <li>1. <u>Floor</u>: Sequences of gymnastic skills performed on a small matted area. Routines include balancing, jumping, rolling and flexibility skills.</li> <li>2. <u>Vault</u>: Skills are performed travelling on or over a box of suitable height (levels 2 &amp; 3), or on/off a bench or from a springboard at level 1. Level 2 &amp; 3 vault can be taught with or</li> </ol>	

	<p>without springboard.</p> <p>3. <b>Body Management:</b> Routines designed to prepare the body for gymnastics. Performed on a small matted area, routines include strength, flexibility, balance and co-ordination skills.</p>
<b>Rules</b>	<p>Competition requirements for floor, vault and body management in each 'Key Step' are set out in the '<b>Key Step Manual</b>' (<b>Ring File Resource Pack – 2nd Edition</b>). Any further regulations/requirements relating to the finals will be provided to selected teams prior to the competition.</p>
<b>Cancellation Policy</b>	<p>If the competition is cancelled due to extreme weather conditions the event organisers will inform school teams no later than lunch time the day prior to the event. No alternative date will be arranged.</p>
<b>Refreshments</b>	<p>Lunch and refreshments will NOT be provided during the competition. Please ensure your pupils bring some lunch and liquid refreshments with them.</p>
<b>Transport arrangements</b>	<p>Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue and will be expected to cover any associated costs. Parking at the venue is free for teams, volunteers and staff but you must obtain a ticket from the venue reception and clearly display it in your vehicle(s) upon arrival.</p>
<b>Welfare</b>	<p>All competing teams will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.</p>
<b>Think Inclusively!</b>	<p>The Key Steps skills can be adapted to suit the needs of individual performers who have special needs. Examples of adaptations are included in the Key Step Inclusion online information which can be found on the British Gymnastics website:  <a href="http://www.british-gymnastics.org">www.british-gymnastics.org</a></p>
<b>Pathways</b>	<p>To find your local club visit <a href="http://www.british-gymnastics.org">www.british-gymnastics.org</a>  The British Schools Gymnastics Association also provides a pathway following Key Step for those performers wishing to stay on the school competition pathway. <a href="http://www.bsqa.org">www.bsqa.org</a> - As does Cumbria School Gymnastic Association <a href="http://www.cumbriaschoolsgym.co.uk">www.cumbriaschoolsgym.co.uk</a></p>
<b>Additional information</b>	<p>The Key Step competition pack contains everything you will need to know about the programme. (Please note the threshold levels for badge awards in Cumbria are different to those in the manual). For any concerns please contact Vanessa Foster  <a href="mailto:pe@vanessafoster.com">pe@vanessafoster.com</a>  Tel: 07765640619</p>

## CUMBRIA U19 BOCCIA 12s COMPETITION

### Introduction

Boccia is a non-contact driven sport which relies upon skill and subtlety of the player rather than their size, speed and strength. A ball can be propelled by rolling, throwing or kicking. If a player is unable to throw or kick it, they can use a 'ramp' (assistive device). If they are unable to release the ball with their hands players can use a head pointer.

<b>Level 3 School Games Event</b>	Cumbria U19 Boccia 12s Competition
<b>Level 3 Competition Details</b>	10.00am – 3.30pm Wednesday 11 <sup>th</sup> July 2018 The Sands Centre Newmarket Road Carlisle Cumbria CA1 1JQ
<b>Cancellation Policy</b>	In the event that the competition has to be cancelled due to extreme weather conditions the event organisers will inform the team managers no later than lunch time the day prior to the event. No alternative date will be arranged.
<b>Year Group</b>	Year 7 to Year 13 (Combined) (11 – 19 year olds) with a disability or special educational needs.
<b>Gender</b>	Mixed gender teams are encouraged
<b>Team / Squad size</b>	<p>The competition is for the school team that is successful in their retrospective Level 2 competitions. All players must have at least one or more of the following disabilities / impairments:</p> <ul style="list-style-type: none"> <li>• Learning Difficulty / Disability</li> <li>• Deaf or Hard of Hearing</li> <li>• Blind or Visually impaired</li> <li>• Physical Impairment (Ambulant)</li> <li>• Physical Impairment (Wheelchair User)</li> <li>• Emotional or Behavioural Difficulties</li> <li>• Special Educational Needs</li> </ul> <p>Teams must include a minimum of 3 Players and a maximum of 6 Players per Team. (3 players plus 3 substitutes)</p> <p>A minimum of 1 player in each team must fit within one of the four Boccia 'Classes'. For more info visit <a href="https://bocciaengland.org.uk/boccia/classifications/">https://bocciaengland.org.uk/boccia/classifications/</a></p> <p>Players from more than one school in a district may form one team if required.</p>
<b>Clothing / equipment requirements</b>	The competition will be held in a sports hall so athletes will be expected to wear their appropriate school PE uniform, i.e. shorts, schools polo shirt or t-shirt and suitable trainers/footwear. Teams will be expected to bring their own assistive devices. If players require a ramp assistant they will be expected to bring them along to the competition.

<b>Refreshments</b>	Lunch and refreshments will NOT be provided during the competition. Please ensure your pupils bring some lunch and liquid refreshments with them.
<b>Transport arrangements</b>	Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue. The Cumbria LOC agree to pay schools either the cost of the transport or mileage at a rate of 45 pence per mile to the Level 3 event. Please send your claim/invoice to <a href="mailto:michelle.young@cumbria.gov.uk">michelle.young@cumbria.gov.uk</a> .
<b>Welfare</b>	All competing teams will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.
<b>Event Format</b>	Boccia 12s (the official shortened version of Boccia). The competition will be run as a Round Robin.
<p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• A game consists of two sides, the red side and the blue side.</li> <li>• Each team is made up of 3 players with two balls each.</li> <li>• The team play 6 balls per side and compete against each other over 2 'ends'</li> <li>• An 'end' is when all 13 balls (1 white Jack (target), 6 blue, 6 red) balls have been played.</li> <li>• Sport Assistants for Ramp players must be within the box and face away from the court</li> </ul> <p>Before the First End</p> <ul style="list-style-type: none"> <li>• The team colours are decided using a coin toss; the winning captain chooses to be red or blue.</li> </ul> <p>First End</p> <ul style="list-style-type: none"> <li>• The 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.</li> <li>• The jack ball must cross the 'V' line to be in play.</li> <li>• 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.</li> <li>• The side not closest to the jack must play until they either manage to get closer to the jack, or run out of balls.</li> <li>• The side with remaining balls then propels them.</li> <li>• The end is completed when all balls from both sides have been played.</li> <li>• 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.</li> </ul> <p>Second End</p> <ul style="list-style-type: none"> <li>• Blue side then starts the second end.</li> <li>• After both ends have been completed the winning side is the team with the higher accumulative score from both ends.</li> <li>• If the score is equal then a tie break end is played.</li> </ul> <p>Tie Break</p> <ul style="list-style-type: none"> <li>• In a tie break end the winner of the coin toss will choose which side plays first. The jack ball of the side that plays first will be placed on the cross for this end.</li> <li>• The end is then played as in the first and second end as above.</li> <li>• The winner of the tie break wins the game.</li> </ul>	

<b>Scoring</b>	<ul style="list-style-type: none"> <li>• 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. Scores from each end are added up for both teams at the end of each match.</li> <li>• After both ends have been completed the winning side is the team with the higher accumulative score from both ends.</li> <li>• If there has been a tie break, the score remains the same (as a draw) with the winner of the tie break and therefore the match, clearly indicated.</li> </ul>
<b>Think Inclusively!</b>	Boccia is completely inclusive as it is completely appropriate for young people with mobility impairments. Ramps also enable young people with severe impairments to play strategically.
<b>Pathways</b>	<p>The performance pathway for Boccia leading to the Paralympics is only open to those players who meet the criteria of the international classification for the sport.</p> <p>There are four 'Boccia Classes' so have a look and see which one describes your ability best. There are also playing opportunities for those players who do not fit into these classifications. For more information visit <a href="https://bocciaengland.org.uk/players/">https://bocciaengland.org.uk/players/</a></p>
<b>Additional information</b>	On the Boccia England website there are various resources available to download, to help you play or administer the game of Boccia. Visit <a href="https://bocciaengland.org.uk/boccia/rules/">https://bocciaengland.org.uk/boccia/rules/</a>

## CUMBRIA 11-16 YEAR OLD 5- A- SIDE PAN DISABILITY FOOTBALL COMPETITION

### Introduction

The English Schools Football Association and Football Association would like to see the development of Disability Football in schools expand through high quality competitions and the School Games provides the ideal platform to initiate new opportunities for young people with disabilities to play football.

<b>Level 3 School Games Event</b>	Cumbria 11 -16 year old 5-a-side Pan Disability Football Competition
<b>Level 3 Competition Details</b>	10.00am – 3.30pm Wednesday 11 <sup>th</sup> July 2018 The Sands Centre Newmarket Road Carlisle Cumbria CA1 1JQ
<b>Cancellation Policy</b>	In the event that the competition has to be cancelled due to extreme weather conditions the event organisers will inform the team managers no later than lunch time the day prior to the event. No alternative date will be arranged.
<b>Year Group</b>	Year 7 to Years 11 (Combined) (11 – 16 year olds) with a disability or special educational needs.
<b>Gender</b>	Mixed gender teams are encouraged.
<b>Team / Squad size</b>	The competition is for the school team that is successful in their retrospective Level 2 competitions. All players must have at least one or more of the following disabilities / impairments: <ul style="list-style-type: none"> <li>• Partially sighted</li> <li>• Cerebral Palsy (Ambulant)</li> <li>• Amputee (Ambulant)</li> <li>• Deaf</li> <li>• Severe Learning Disability (IQ Lower than 75)</li> <li>• Hard of Hearing</li> <li>• Moderate Learning Disability</li> <li>• Physical (Ambulant)</li> <li>• Emotional Behavioural Difficulties</li> <li>• All players must be ambulant</li> </ul> <p>Team must consist of a minimum of 5 players to a maximum of 8 players. (5 players plus 3 substitutes)</p> <p>Players from more than one school in a district may form one district team if required.</p>
<b>Clothing / equipment requirements</b>	The competition will be held indoors. Players will also be expected to wear their own shin guards. Teams are encouraged to wear their school football strips if possible.
<b>Refreshments</b>	Lunch and refreshments will NOT be provided during the competition. Please ensure your pupils bring some lunch and liquid refreshments with them.

<b>Transport arrangements</b>	Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue. The Cumbria LOC agree to pay schools either the cost of the transport or mileage at a rate of 45 pence per mile to the Level 3 event. Please send your claim/invoice to <a href="mailto:michelle.young@cumbria.gov.uk">michelle.young@cumbria.gov.uk</a> .
<b>Welfare</b>	All competing teams will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.
<b>Event Format</b>	5 a-side round robin competition.
<b>Rules</b>	<ul style="list-style-type: none"> <li>• Each team will start with 4 outfield players and 1 Goalkeeper on the field of play.</li> <li>• Each squad may consist of a maximum of 8 players.</li> <li>• Rolling substitutes are permitted throughout the game but may only be made when there is a stoppage in play. Please inform the referee prior to a substitution.</li> <li>• All free kicks awarded will be direct.</li> <li>• The football is not allowed above head height – Free kick will be awarded.</li> <li>• The goalkeeper may come out of goal area – Free kick will be awarded if goalkeeper handles ball outside the goal area.</li> <li>• A kick in or goal kick will be awarded when the football goes out play.</li> <li>• Goalkeepers cannot kick the football from their hands. A free kick will be awarded if they do so.</li> <li>• Defenders and Attackers are allowed to enter the goal keeper’s area.</li> <li>• If a defender enters the area and fouls an attacking player, a penalty will be awarded.</li> <li>• Slide tackles are not permitted and a free kick will be awarded to the opposition.</li> <li>• Before fixtures commence, all teams will be asked to perform the RESPECT handshake. The referees will guide the teams through this.</li> <li>• Fouls and Misconduct – The options for disciplining offenders is as follows: <ul style="list-style-type: none"> <li>• Player cautioned and temporarily suspended from play (2 minutes temporary suspension from play).</li> <li>• Player issued with a second caution and permanently excluded from play.</li> <li>• Player issued with a red card and permanently excluded from play.</li> </ul> </li> </ul>
<b>Scoring</b>	Games will be scored in the normal way (1-0, 1-3 etc). Scores will be collated into a league table (Win – 3 points, Draw – 2 points, Loss – 1 point). Each game will last for a period of 10 minutes.
<b>Pathways</b>	There are various opportunities for young disabled footballers to play, compete and develop in disability football throughout the County. Schools will receive information regards these opportunities directly.
<b>Additional information</b>	For more information about disability football visit <a href="http://www.esfa.co.uk/associations">www.esfa.co.uk/associations</a> <a href="http://www.thefa.com/my-football/more/county-fa">http://www.thefa.com/my-football/more/county-fa</a> <a href="http://www.cumberlandfa.com">www.cumberlandfa.com</a> @CumberlandFA (Twitter) /CumberlandFA (Facebook)

## CUMBRIA TRI GOLF SKILLS FESTIVAL (YRS 3 & 4)

### Introduction

Tri Golf was developed to enable golf to be delivered to primary school children by teachers within the school environment. A range of fun based games and activities have been developed and are completed by each participant at this simple competition.

<b>Level 3 School Games Event</b>	Cumbria Tri Golf Skills Festival (Yrs 3 & 4)
<b>Level 3 Competition Details</b>	10.00am – 3.30pm Wednesday 11 <sup>th</sup> July 2018 The Sands Centre (Main Venue) Newmarket Road Carlisle Cumbria CA1 1JQ
<b>Cancellation Policy</b>	In the event that the festival has to be cancelled due to the extreme weather conditions the event organisers will inform school teams no later than lunch time the day prior to the event. No alternative date will be arranged.
<b>Year Group</b>	Year 3 & Year 4 (Combined) (7 - 9 year olds)
<b>Gender</b>	Mixed
<b>Team / Squad size</b>	The competition is for the primary school team that is successful in their retrospective competition in their local district.  Each school team should consist of 5 girls and 5 boys from Years 3 and 4.  2 small schools may form one district team if required.
<b>Clothing / equipment requirements</b>	The festival will be held outdoors on grass, so pupils will need to bring appropriate clothes to suit the weather.
<b>Refreshments</b>	Lunch and refreshments will NOT be provided during the competition. Please ensure your pupils bring some lunch and liquid refreshments with them.
<b>Transport arrangements</b>	Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue and will be expected to cover any associated costs.
<b>Welfare</b>	All competing teams will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.

<b>Event Format</b>	Each team of 10 (five boys and five girls) will rotate around eight skill challenges with 5 minutes on each of the following stations: <ul style="list-style-type: none"> <li>• Bullseye</li> <li>• Dominoes</li> <li>• Drive for Show</li> <li>• Finders Keepers</li> <li>• Grand National</li> <li>• Tunnel</li> <li>• Zone Ball</li> <li>• <b>Go for the Green</b></li> </ul>
<b>Rules</b>	Guidance on the rules of the festival and each individual station is available within Golf Roots School Games Toolkit which can be downloaded online <a href="http://www.golf-foundation.org">www.golf-foundation.org</a>
<b>Scoring</b>	Pupils/Schools will accumulate points as they travel around the different stations. Teams will be placed with the highest point scorer being the winner etc.
<b>Think Inclusively!</b>	Teams of 10 must have five boys and five girls. The format of the skills challenge allows all abilities to play together. See page 15 in the Golf Roots School Games Toolkit <a href="http://www.golf-foundation.org">www.golf-foundation.org</a>
<b>Pathways</b>	All competitions should be linked to a wider HSBC Golf Roots project with links to local clubs, quality coaching through an extensive network of PGA coaches and opportunities for young people to volunteer at events as well as progress through the player pathway into County Academy Programmes. To find your local Golf Roots Centre visit <a href="http://www.golf-foundation.org">www.golf-foundation.org</a>
<b>Additional information</b>	The Golf Foundation has developed an exciting new toolkit of resource built on the success of their programmes to support the School Games. The School Games Toolkit can be downloaded online <a href="http://www.golf-foundation.org">www.golf-foundation.org</a>

## CUMBRIA TRI GOLF SKILLS FESTIVAL (YRS 5 & 6)

### Introduction

Tri Golf was developed to enable golf to be delivered to primary school children by teachers within the school environment. A range of fun based games and activities have been developed and are completed by each participant at this simple competition.

<b>Level 3 School Games Event</b>	Cumbria Tri Golf Skills Festival (Yrs 5 & 6)
<b>Level 3 Competition Details</b>	10.00am – 3.30pm Wednesday 11 <sup>th</sup> July 2018 The Sands Centre (Main Venue) Newmarket Road Carlisle Cumbria CA1 1JQ
<b>Cancellation Policy</b>	In the event that the festival has to be cancelled due to the extreme weather conditions the event organisers will inform school teams no later than lunch time the day prior to the event. No alternative date will be arranged.
<b>Year Group</b>	Year 5 & Year 6 (Combined) (9 – 11 year olds)
<b>Gender</b>	Mixed
<b>Team / Squad size</b>	The competition is for the primary school team that is successful in their retrospective competition in their local district.  Each school team should consist of 5 girls and 5 boys from Years 5 and 6.  2 small schools may form one district team if required.
<b>Clothing / equipment requirements</b>	Schools will be expected to wear their appropriate school / PE uniform i.e. shorts, polo shirt/t-shirt and suitable trainers/footwear. The competition will be held outdoors so pupils will need to bring appropriate clothes to suit the weather.
<b>Refreshments</b>	Lunch and refreshments will NOT be provided during the competition. Please ensure your pupils bring some lunch and liquid refreshments with them.
<b>Transport arrangements</b>	Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue and will be expected to cover any associated costs.
<b>Welfare</b>	All competing teams will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.

<b>Event Format</b>	<p>Each school team of 10 (five boys and five girls) will rotate around eight skill challenges with 5 minutes on each of the following stations:</p> <ul style="list-style-type: none"> <li>• Bullseye</li> <li>• Dominoes</li> <li>• Drive for Show</li> <li>• Finders Keepers</li> <li>• Grand National</li> <li>• Tunnel</li> <li>• Zone Ball</li> <li>• <b>Go for the Green</b></li> </ul>
<b>Rules</b>	<p>Guidance on the rules of the festival and each individual station is available within Golf Roots School Games Toolkit which can be downloaded online <a href="http://www.golf-foundation.org">www.golf-foundation.org</a></p>
<b>Scoring</b>	<p>Pupils/Schools will accumulate points as they travel around the different stations. Teams will be placed with the highest point scorer being the winner etc.</p>
<b>Think Inclusively!</b>	<p>Teams of 10 must have five boys and five girls. The format of the skills challenge allows all abilities to play together. See page 15 in the Golf Roots School Games Toolkit <a href="http://www.golf-foundation.org">www.golf-foundation.org</a></p>
<b>Pathways</b>	<p>All competitions should be linked to a wider HSBC Golf Roots project with links to local clubs, quality coaching through an extensive network of PGA coaches and opportunities for young people to volunteer at events as well as progress through the player pathway into County Academy Programmes. To find your local Golf Roots Centre visit <a href="http://www.golf-foundation.org">www.golf-foundation.org</a></p>
<b>Additional information</b>	<p>The Golf Foundation has developed an exciting new toolkit of resource built on the success of their programmes to support the School Games. The School Games Toolkit can be downloaded online <a href="http://www.golf-foundation.org">www.golf-foundation.org</a></p>

## CUMBRIA QUICKSTICKS HOCKEY FESTIVAL

### Introduction

Quicksticks is a game for 7 – 11 year olds which has been specifically designed to introduce the sport to teachers and students who have little or no prior knowledge of hockey.

<b>Level 3 School Games Event</b>	Cumbria Quicksticks Hockey Festival
<b>Level 3 Competition Details</b>	10.00am – 3.30pm Wednesday 11 <sup>th</sup> July 2018 The Sands Centre (Main Venue) Newmarket Road Carlisle Cumbria CA1 1JQ
<b>Cancellation Policy</b>	In the event that the festival has to be cancelled due to extreme weather conditions the event organisers will inform school teams no later than lunch time the day prior to the event. No alternative date will be arranged.
<b>Year Group</b>	Year 3 & Year 4 (Combined) (7 to 9 year olds)
<b>Gender</b>	Mixed
<b>Team / Squad size</b>	The competition is for the leading 2 primary school squads that are successful in their retrospective competitions in their local district.  Each school squad should consist of 3 girls and 3 boys from Years 3 and 4.  2 small schools may form one district squad if required.
<b>Clothing / equipment requirements</b>	<b>Even though the Quicksticks ball is safe we strongly recommend that shin-protectors and mouth-guards are worn.</b>  Players must not wear anything which is dangerous to other players. All players are encouraged to wear appropriate clothing and footwear.
<b>Refreshments</b>	Lunch and refreshments will NOT be provided during the competition. Please ensure your pupils bring some lunch and liquid refreshments with them.
<b>Transport arrangements</b>	Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue and will be expected to cover any associated costs.
<b>Welfare</b>	All competing teams will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.
<b>Event Format</b>	Squads will firstly compete in one of three mini round robin competitions. The teams will then compete in play offs to determine places positions from 1 – 12.

<b>Rules</b>	Guidance on the rules of quicksticks is available to download online <a href="http://www.playquicksticks.co.uk">www.playquicksticks.co.uk</a> Please note – there is no self pass in Quicksticks Hockey
<b>Scoring</b>	Guidance on scoring in quicksticks is included in the rules document which is available to download online <a href="http://www.playquicksticks.co.uk">www.playquicksticks.co.uk</a>
<b>Think Inclusively!</b>	England Hockey has written a supporting guide for those wanting to deliver Quicksticks positively and effectively to a group of players who may have very different needs. The guidance sets out key points to be aware of, how to run/approach a session and ways on how skills can be further adapted to suit all needs and can be downloaded online <a href="http://www.playquicksticks.co.uk">www.playquicksticks.co.uk</a>
<b>Pathways</b>	To find out more about how to get involved in hockey visit <a href="http://www.activecumbria.org/sports-and-fitness/hockey/">http://www.activecumbria.org/sports-and-fitness/hockey/</a>
<b>Additional information</b>	<b>All 6 players play in each game 2 player rota at each interval that is why the game is played in thirds.</b>  For further information on Quicksticks the game, the rules, delivery resources, equipment and festival / delivery templates go to <a href="http://www.playquicksticks.co.uk">www.playquicksticks.co.uk</a>

## CUMBRIA HIGH 5 NETBALL FESTIVAL

### Introduction

High 5 is the massively popular entry game of Netball. It's a great way for kids to get active, enjoy themselves and make new friends. It's designed specifically for children, aged 9-11, and uses fun and variety to get them into the game, polish skills and aid fitness.

<b>Level 3 School Games Event</b>	Cumbria High 5 Netball Festival
<b>Level 3 Competition Details</b>	10.00am – 3.30pm Wednesday 11 <sup>th</sup> July 2018 The Sands Centre (Main Venue) Newmarket Road Carlisle Cumbria CA1 1JQ
<b>Cancellation Policy</b>	In the event that the festival has to be cancelled due to extreme weather conditions the event organisers will inform school squads no later than lunch time the day prior to the event. The event may also be called off and abandoned during the event due to adverse weather. No alternative date will be arranged.
<b>Year Group</b>	Year 5 & Year 6 (Combined) (9 – 11 year olds)
<b>Gender</b>	Mixed
<b>Team / Squad size</b>	The competition is for the primary school squad that are successful in their retrospective competitions in their local district.  The school squad must consist of 7 players which should contain 5 girls and 2 boys. All players should be from years 5 or 6.  2 small schools may form one district team if required.
<b>Clothing / equipment requirements</b>	All players must wear appropriate clothing for hard courts. All players must wear appropriate bibs with their position on it during games. Bibs can be provided if needed
<b>Refreshments</b>	Lunch and refreshments will NOT be provided during the competition. Please ensure your pupils bring some lunch and liquid refreshments with them.
<b>Transport arrangements</b>	Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue and will be expected to cover any associated costs.
<b>Welfare</b>	All competing squads will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.

<b>Event Format</b>	Teams will compete in one of two mini round robins. The 3 <sup>rd</sup> placed teams in both mini leagues then play for 5 <sup>th</sup> and 6 <sup>th</sup> position. The bottom of league A then plays the runner of league B and the winner of league B play the runner up of league A. The runners up in each of the above, play off for 4 <sup>th</sup> and 3 <sup>rd</sup> position whilst the winners of the above matches play for 2 <sup>nd</sup> and 1 <sup>st</sup> position.
<b>Rules</b>	The High 5 Netball Rulebook is available to download online <a href="http://www.englandnetball.co.uk">www.englandnetball.co.uk</a>
<b>Scoring</b>	Matches will be scored in the normal way (1-0, 1-3 etc.) and points will be given depending on teams win, loss or draw.
<b>Think Inclusively!</b>	High 5 Netball is designed to enable young people to pick up key skills and experiences through flexible fun play that includes everyone. The rules give lots of freedom around the court and give players more time to make decisions. Through rotating players also get to try out every position. A brightly coloured netball can also be used for players with a visual impairment.
<b>Pathways</b>	<p>England Netball has developed a diagram showing how a player can progress through the different stages of player development and levels of competition which exist within the game. Visit the Player Pathway section on <a href="http://www.englandnetball.co.uk">www.englandnetball.co.uk</a></p> <p>There are also a number of junior clubs around Cumbria that young people can access. For more information contact Stephanie Hastwell on 07595 863975 or email <a href="mailto:stephanie.hastwell@englandnetball.co.uk">stephanie.hastwell@englandnetball.co.uk</a></p>
<b>Additional information</b>	<p>There are lots of High 5 Resources and downloads available at <a href="http://www.englandnetball.co.uk">www.englandnetball.co.uk</a> including rules, rotation sheets, match score sheets.</p> <p>Selected squads will be expected to submit a squad list prior to the festival in order to ensure correct squads and rotations.</p>

## CUMBRIA YEAR 7 GIRLS NETBALL FESTIVAL

### Introduction

Netball is a great way for kids to get active, enjoy themselves and make new friends. It's designed specifically for girls, aged 11-12.

<b>Level 3 School Games Event</b>	Cumbria Year 7 Girls Netball Festival
<b>Level 3 Competition Details</b>	10.00am – 3.30pm Wednesday 11 <sup>th</sup> July 2018 The Sands Centre (Main Venue) Newmarket Road Carlisle Cumbria CA1 1JQ
<b>Cancellation Policy</b>	In the event that the festival has to be cancelled due to extreme weather conditions the event organisers will inform school squads no later than lunch time the day prior to the event. The event may also be called off and abandoned during the event due to adverse weather. No alternative date will be arranged.
<b>Year Group</b>	Year 7 (11 – 12 year olds)
<b>Gender</b>	The game is a single sex competition for girls only.
<b>Team / Squad size</b>	The competition is for the secondary school squad that are successful in their retrospective competitions in their local district.  The squad can name up to twelve players prior to the start of the game. Seven players will take to the court and substitutions may be made in accordance with the official netball rules.  Each team to provide a qualified umpire for the competition
<b>Clothing / equipment requirements</b>	All players must wear appropriate clothing for hard courts. All players must wear appropriate bibs with their position on it during games. Bibs can be provided if needed.
<b>Refreshments</b>	Lunch and refreshments will NOT be provided during the competition. Please ensure your pupils bring some lunch and liquid refreshments with them.
<b>Transport arrangements</b>	Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue. The Cumbria LOC agree to pay schools either the cost of the transport or mileage at a rate of 45 pence per mile to the Level 3 event. Please send your claim/invoice to <a href="mailto:michelle.young@cumbria.gov.uk">michelle.young@cumbria.gov.uk</a> .
<b>Welfare</b>	All competing squads will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.

<b>Event Format</b>	Teams will compete in one of two mini round robins. The 3 <sup>rd</sup> placed teams in both mini leagues then play for 5 <sup>th</sup> and 6 <sup>th</sup> position. The bottom of league A then plays the runner of league B and the winner of league B play the runner up of league A. The runners up in each of the above, play off for 4 <sup>th</sup> and 3 <sup>rd</sup> position whilst the winners of the above matches play for 2 <sup>nd</sup> and 1 <sup>st</sup> position.
<b>Rules</b>	A summary of rules and regulations can be downloaded via <a href="http://www.EnglandNetball.co.uk/my-game/traditional-netball">www.EnglandNetball.co.uk/my-game/traditional-netball</a>
<b>Scoring</b>	Matches will be scored in the normal way (1-0, 1-3 etc) and points will be given depending on teams win, loss or draw.
<b>Think Inclusively!</b>	A bright coloured netball can be used for visually impaired players.
<b>Pathways</b>	<p>England Netball has developed a diagram showing how a player can progress through the different stages of player development and levels of competition which exist within the game. Visit the Player Pathway section on <a href="http://www.EnglandNetball.co.uk">www.EnglandNetball.co.uk</a></p> <p>There are also a number of junior clubs around Cumbria that young people can access. For more information contact Stephanie Hastwell on 07595 863975 or email <a href="mailto:stephanie.hastwell@EnglandNetball.co.uk">stephanie.hastwell@EnglandNetball.co.uk</a></p>
<b>Additional information</b>	<p>There are lots of 7 a side Resources and downloads available at <a href="http://www.EnglandNetball.co.uk">www.EnglandNetball.co.uk</a></p> <p>Selected squads will be expected to submit a squad team sheet prior to the festival.</p>

## CUMBRIA PRIMARY ORIENTEERING COMPETITION

### Introduction

Orienteering is an active outdoor adventure sports that challenges both the minds and the body. Finding points and making choices develops self-belief, respect and team work. Boys and girls can compete together so that sport is ideal for all ages and mixed abilities.

<b>Level 3 School Games Event</b>	Cumbria Primary Orienteering Competition
<b>Level 3 Competition Details</b>	10.00am – 3.30pm Wednesday 11 <sup>th</sup> July 2018 The Sands Centre (Main Venue) Newmarket Road Carlisle Cumbria CA1 1JQ
<b>Cancellation Policy</b>	In the event that the competition has to be cancelled due to extreme weather conditions the event organisers will inform the team managers no later than lunch time the day prior to the event. No alternative date will be arranged.
<b>Year Group</b>	Year 5 & Year 6 (Combined) (9 – 11 year olds)
<b>Gender</b>	Mixed
<b>Team / Squad size</b>	The competition is for the primary school team that is successful in their retrospective primary school orienteering leagues.  Each school team should consist of 6 girls and 6 boys from Years 5 and 6.  2 small schools may form one district team if required.
<b>Clothing / equipment requirements</b>	The competition will be held outdoors so pupils will need to bring appropriate clothes/footwear to suit the weather.
<b>Refreshments</b>	Lunch and refreshments will NOT be provided during the competition. Please ensure your pupils bring some lunch and liquid refreshments with them.
<b>Transport arrangements</b>	Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue and will be expected to cover any associated costs.
<b>Welfare</b>	All competing teams will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.

<b>Event Format</b>	<ul style="list-style-type: none"> <li>• Participants will complete a standard orienteering course, locating controls in a set order.</li> <li>• A random start list will be drawn by the organiser. Participants will start at intervals of at least 1 minute with members of the same team starting at least 4 minutes apart.</li> <li>• Maps, with the courses pre-marked, will be handed out at the start.</li> <li>• Electronic time recording equipment will be used.</li> <li>• Participants will be ranked in order of the time they take to complete the course. The person with the quickest time gets 1 point, the next 2 points and so on. Those equal on time will receive the same points. Those failing to complete the course correctly score 10 points more than the person finishing the course in the slowest time.</li> <li>• All 12 team members score points, however the team total is calculated using the best 3 boys and best 3 girls scores and the team with the lowest total wins. 2 or more teams with the same total points are awarded the same position.</li> <li>• The first race of the final will involve all athletes competing over the same course. The top 3 boys and the top 3 girls from each team will then compete in an 'A' final, with the remaining 3 boys and 3 girls competing in the 'B' final. The results from the 'A' final will determine the winners and places.</li> </ul>
<b>Rules</b>	Follows normal British Orienteering Federation rules which can be found online. <a href="http://www.britishorienteering.org.uk/page/rules">www.britishorienteering.org.uk/page/rules</a>
<b>Scoring</b>	The results for both the boys and girls event will be combined to provide an overall final set of results for each team.
<b>Think Inclusively!</b>	Inclusive teams can compete in mainstream competitions.
<b>Pathways</b>	More details of competition and club opportunities can be found at <a href="http://www.britishorienteering.org.uk">www.britishorienteering.org.uk</a>
<b>Additional information</b>	For more information visit <a href="http://www.britishorienteering.org.uk/page/schools">www.britishorienteering.org.uk/page/schools</a>

## CUMBRIA U19 TEAM TABLE CRICKET TOURNAMENT

### Introduction

Table Cricket develops team-work, co-ordination, confidence, tactical awareness, communication skills, aids physical and mental development and increases self-esteem.

<b>Level 3 School Games Event</b>	Cumbria U19 Team Table Cricket Tournament
<b>Level 3 Competition Details</b>	10.00am – 3.30pm Wednesday 11 <sup>th</sup> July 2018 The Sands Centre Newmarket Road Carlisle Cumbria CA1 1JQ
<b>Cancellation Policy</b>	In the event that the tournament has to be cancelled due to extreme weather conditions the event organisers will inform the team managers no later than lunch time the day prior to the event. No alternative date will be arranged.
<b>Year Group</b>	Year 7 to Year 13 (Combined) (11 – 19 year olds) with a disability or special educational needs.
<b>Gender</b>	Mixed gender teams are encouraged
<b>Team / Squad size</b>	<p>The competition is for the school team that is successful in their retrospective competitions in their local district. All players must have at least one or more of the following disabilities / impairments:</p> <ul style="list-style-type: none"> <li>• Learning Difficulty / Disability</li> <li>• Deaf or Hard of Hearing</li> <li>• Blind or Visually impaired</li> <li>• Physical Impairment (Ambulant)</li> <li>• Physical Impairment (Wheelchair User)</li> <li>• Emotional or Behavioural Difficulties</li> <li>• Special Educational Needs</li> </ul> <p>Teams must include a minimum of 6 Players and a maximum of 8 Players per Team. (6 players plus 2 substitutes)</p> <p>Table Cricket is devised for youngsters who were unable to play a sport like table tennis at even a recreational level. Table Cricket provides activity challenges for these individuals so the game can be appreciated as a credible sporting experience. Please give priority to these youngsters when selected your teams. Please encourage as many young people who fit the Table Cricket Classification Groups to engage in this event.</p> <p>For more information visit <a href="http://www.lordstaverners.org/table-cricket">www.lordstaverners.org/table-cricket</a></p> <p>Players from more than one school in a district may form one team if required.</p>
<b>Clothing / equipment requirements</b>	The tournament will be held in a sports hall so participants will be expected to wear their appropriate school PE uniform, i.e. shorts, schools polo shirt or t-shirt and suitable trainers/footwear.

<b>Refreshments</b>	Lunch and refreshments will NOT be provided during the competition. Please ensure your pupils bring some lunch and liquid refreshments with them.
<b>Transport arrangements</b>	Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue. The Cumbria LOC agree to pay schools either the cost of the transport or mileage at a rate of 45 pence per mile to the Level 3 event. Please send your claim/invoice to <a href="mailto:michelle.young@cumbria.gov.uk">michelle.young@cumbria.gov.uk</a> .
<b>Welfare</b>	All competing teams will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.
<b>Event Format</b>	6 vs 6 Team Table Cricket Round Robin Competition
<b>Rules</b> <ul style="list-style-type: none"> <li>• The batting team starts with 200 runs.</li> <li>• The bowler bowls by releasing the ball down and off the end of the launcher.</li> <li>• The batter scores by hitting and guiding the ball against the green scoring zones around the table and avoiding the fielders.</li> <li>• The batter is out (loses five runs) if they: <ul style="list-style-type: none"> <li>○ Hit the red part of the fielder (white part means no score);</li> <li>○ Is bowled (ball goes over their end of the table between the wide markers);</li> <li>○ Glances the ball anywhere over their end of the table;</li> <li>○ Hits the launcher (caught and bowled);</li> <li>○ The ball hits their hand, arm or body (LBW);</li> <li>○ The ball is hit off the table by a ballistic hit (swipe or hit) – a guided push should be used at all times.</li> </ul> </li> <li>• Each batter plays one over six balls.</li> <li>• The winning team is that with the highest cumulative score after everyone has batted.</li> <li>• The swing ball can now be used at any time with no limitation</li> <li>• Four fielders (the two at the bowlers end and the two at the batters end, 20cm from the end of the table) are fixed at all times.</li> <li>• All the remaining five fielders (3 leg side &amp; 2 off side) can be used as active fielders at all times.</li> <li>• Clashing fielders now result in a 4 run penalty</li> </ul> <p>You can find full Table Cricket Rules online <a href="http://www.lordstaverners.org/table-cricket">http://www.lordstaverners.org/table-cricket</a></p>	
<b>Scoring</b>	The scoring system is as follows: two runs if the ball hits the side square of the batter, four runs if anywhere else down the sides, two runs for a shot either side of the launcher and six runs in either far corner. For more information visit <a href="http://www.lordstaverners.org/table-cricket">www.lordstaverners.org/table-cricket</a>
<b>Pathways</b>	The National Competition runs regional heats across the country and it's hoped that County competitions can also double up as County Regional Heats, with the winners progressing to the next stage of the competition, which culminates in a National Final at Lords. For more information visit <a href="http://www.lordstaverners.org/table-cricket">www.lordstaverners.org/table-cricket</a>
<b>Additional information</b>	<b>Please note the rules were updated in 2013/14</b> For more information visit <a href="http://www.lordstaverners.org/table-cricket">www.lordstaverners.org/table-cricket</a>

## CUMBRIA U19 INCLUSIVE TABLE TENNIS COMPETITION

### Introduction

Table Tennis is a game of speed, spin and control, demanding the quickest reactions of any sport. However, as well as being a dynamic and athletic Olympic and Paralympic Sport, it is also a popular recreational activity played in every conceivable facility indoors and recently increasingly outdoors too.

<b>Level 3 School Games Event</b>	Cumbria U19 Inclusive Table Tennis Competition
<b>Level 3 Competition Details</b>	10.00am – 3.30pm Wednesday 11 <sup>th</sup> July 2018 The Sands Centre Newmarket Road Carlisle Cumbria CA1 1JQ
<b>Cancellation Policy</b>	In the event that the competition has to be cancelled due to the extreme weather conditions the event organisers will inform the team managers no later than lunch time the day prior to the event. No alternative date will be arranged.
<b>Year Group</b>	Year 7 to Year 13 (Combined) (11 – 19 years old) with a disability or special educational needs.
<b>Gender</b>	Mixed gender teams are encouraged
<b>Team / Squad size</b>	<p>The competition is for the school team that is successful in their retrospective competition in their local districts.</p> <p>All players must have at least one or more of the following disabilities / impairments:</p> <ul style="list-style-type: none"> <li>• Wheelchair User (Manual)</li> <li>• Wheelchair User (Electric)</li> <li>• Lower Limb</li> <li>• Upper Limb</li> <li>• Cerebral Palsy</li> <li>• Dwarfism</li> <li>• Blind or Partially Sighted</li> <li>• Deaf or Hard of Hearing</li> <li>• Learning Disability or Difficulty</li> <li>• Emotional or Behavioural Difficulty</li> <li>• Special Educational Needs</li> </ul> <p>A team is made up of a minimum of 4 players and a maximum of 6 players. (4 players plus 2 substitutes)</p> <p>As a minimum requirement it is expected that all players must have the ability to take part in a basic table tennis rally. (See participant eligibility above)</p> <p>Players from more than one school in a district may form one district team if required.</p>

<b>Clothing / equipment requirements</b>	The competition will be held in a sports hall so participants will be expected to wear their appropriate school PE uniform, i.e. shorts, schools polo shirt or t-shirt and suitable trainers/footwear.
<b>Refreshments</b>	Lunch and refreshments will NOT be provided during the competition. Please ensure your pupils bring some lunch and liquid refreshments with them.
<b>Transport arrangements</b>	Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue. The Cumbria LOC agree to pay schools either the cost of the transport or mileage at a rate of 45 pence per mile to the Level 3 event. Please send your claim/invoice to <a href="mailto:michelle.young@cumbria.gov.uk">michelle.young@cumbria.gov.uk</a> .
<b>Welfare</b>	All competing teams will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.
<b>Event Format</b>	4 v 4 Team Challenge (Singles)
<b>Rules</b>	<ul style="list-style-type: none"> <li>• Each team will decide before each game who is player 1 and who is player 4 (Player one being the higher ability table tennis player out of the team and player 4 being the lowest ability player)</li> <li>• Player 1 from each team will play each other and player 2 from each team will play each other and so on.</li> <li>• A coin-toss will decide who serves first, or to start play at either end of the table.</li> <li>• The player who serving in the first game receives in the next game</li> <li>• Alternate serves every 2 points.</li> <li>• In service the ball bounces on the server's side first.</li> <li>• Each player in a game strikes the ball after it has bounced on their side of the table, to clear the net and land on the opponent's side of the table.</li> <li>• Disabled Players may place one hand on the surface of the table during a rally after playing a shot in order to recover their position (if required)</li> <li>• A point is won/lost when a player misses the ball, the ball bounces twice, the ball does not land on the table or does not clear the net.</li> <li>• Please note that the order of play and number of games played may change</li> </ul>
<b>Scoring</b>	Best of three or five games to 11 points (first to 11 points) Points from all games will contribute towards the final team results.
<b>Think Inclusively!</b>	<ul style="list-style-type: none"> <li>• When serving to a player who uses a wheelchair the service must if it were to continue on its path, cross the end line at the receiver's end of the table</li> <li>• Disabled players may place a hand on the surface of the table during a rally after playing a shot in order to recover their position.</li> <li>• Different coloured ball can be used for those players with visual impairments</li> </ul>
<b>Pathways</b>	There are currently many opportunities for disabled people in England to play table tennis at local, national, international and Paralympics levels. Visit <a href="http://etta.co.uk/our-sport-modules/table-tennis-for-people-with-disabilities/">http://etta.co.uk/our-sport-modules/table-tennis-for-people-with-disabilities/</a>
<b>Additional information</b>	Visit <a href="http://www.etta.co.uk">www.etta.co.uk</a>

## CUMBRIA MINI TENNIS RED COMPETITION (SMALL SCHOOLS)

### Introduction

Mini Tennis Red is for players aged 8 and under. It is played on small courts with short rackets and soft balls. It's just like the real game and gives players opportunities to have long rallies and play different types of shots.

<b>Level 3 School Games Event</b>	Cumbria Mini Tennis Red Competition (Small Schools)
<b>Level 3 Competition Details</b>	10.00am – 3.30pm Wednesday 11 <sup>th</sup> July 2018 The Sands Centre (Main Venue) Newmarket Road Carlisle Cumbria CA1 1JQ
<b>Cancellation Policy</b>	In the event that the competition has to be cancelled due to extreme weather conditions the event organisers will inform school squads no later than lunch time the day prior to the event. No alternative date will be arranged.
<b>Year Group</b>	Year 3 & Year 4 (Combined) (7 – 9 year olds) From Small Schools (Less than 100 pupils on school roll)
<b>Gender</b>	Mixed
<b>Team / Squad size</b>	The competition is for the leading 2 primary school teams (small schools) that are successful in their retrospective competitions in their local district.  Each school team should consist of 2 boys and 2 girls.  2 small schools may form one district team if required.
<b>Clothing / equipment requirements</b>	Schools will be expected to wear their appropriate school / PE uniform i.e. shorts, polo shirt/t-shirt and suitable trainers/footwear. The competition will be held outdoors so pupils will need to bring appropriate clothes to suit the weather.
<b>Refreshments</b>	Lunch and refreshments will NOT be provided during the competition. Please ensure your pupils bring some lunch and liquid refreshments with them.
<b>Transport arrangements</b>	Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue and will be expected to cover any associated costs.
<b>Welfare</b>	All competing teams will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.
<b>Event Format</b>	Most mini tennis matches are played either to 7 points or 10 points. It will depend on the number of teams competing to which point tiebreak is played at the County Competition. Team managers will be informed of the decided format prior to the competition.

<b>Rules</b>	<ul style="list-style-type: none"> <li>• Mini Tennis uses badminton sized courts; <u>maximum</u> size of 23” Mini Tennis Rackets should be used and Mini Tennis Red <b>sponge (if indoors) or felt balls (if outside)</b>. The competition is planned for both outdoors and indoors.</li> <li>• The serve will be decided by a ‘toss’ at the start of each match. The nominated person serves for the first point, it then alternates every two points.</li> <li>• When serving, players should stand behind the baseline and the ball must not be bounced before being hit.</li> <li>• The serve can be hit over or underarm and should be hit diagonally opposite the service box.</li> <li>• Each court will have a helper/scorer who calls out the scores and helps out with decisions.</li> </ul>
<b>Scoring</b>	<p>The scoring is done 1, 2, 3 not 15, 30, 40 etc. the winner is the player who reaches the score set out by the event organiser (e.g. first to 7 or 10 points). Once all matches have been played, the winning team will be the one who have won the most matches. If there is a draw at the end of the competition, the team with the most points wins.</p>
<b>Think Inclusively!</b>	<p>Mini Tennis is a modified version of the game which through the smaller court, shorter rackets, slower balls and simple scoring, makes it more achievable for all young people. Wheelchair users can play against non-disabled young people, with a rule difference of two bounces being allowed for the wheelchair user.</p>
<b>Pathways</b>	<p>Please go to <a href="http://www.lta.org.uk/in-your-area/Cumbria/">www.lta.org.uk/in-your-area/Cumbria/</a> to find out further information about British Tennis (where to play, competitive opportunities, coaching information etc.)</p>
<b>Additional information</b>	<p>Racket size of 23 inch maximum should be enforced. When practising for this event please try to ensure that any underarm serving is done without a bounce.</p> <p>More information can be found at <a href="http://www.lta.org.uk/LTA-Mini-Tennis/Red/Mini-Tennis-Red/">www.lta.org.uk/LTA-Mini-Tennis/Red/Mini-Tennis-Red/</a></p>

## CUMBRIA MINI TENNIS RED COMPETITION (LARGE SCHOOLS)

### Introduction

Mini Tennis Red is for players aged 8 and under. It is played on small courts with short rackets and soft balls. It's just like the real game and gives players opportunities to have long rallies and play different types of shots.

<b>Level 3 School Games Event</b>	Cumbria Mini Tennis Red Competition (Large Schools)
<b>Level 3 Competition Details</b>	10.00am – 3.30pm Wednesday 11 <sup>th</sup> July 2018 The Sands Centre (Main Venue) Newmarket Road Carlisle Cumbria CA1 1JQ
<b>Cancellation Policy</b>	In the event that the competition has to be cancelled due to extreme weather conditions the event organisers will inform school squads no later than lunch time the day prior to the event. No alternative date will be arranged.
<b>Year Group</b>	Year 3 & Year 4 (Combined) (7 – 9 year olds) From Large Schools (101+ pupils on school roll)
<b>Gender</b>	Mixed
<b>Team / Squad size</b>	The competition is for the leading 2 primary school teams (large schools) that are successful in their retrospective competitions in their local district.  Each school team should consist of 2 boys and 2 girls.
<b>Clothing / equipment requirements</b>	Schools will be expected to wear their appropriate school / PE uniform i.e. shorts, polo shirt/t-shirt and suitable trainers/footwear. The competition will be held outdoors so pupils will need to bring appropriate clothes to suit the weather.
<b>Refreshments</b>	Lunch and refreshments will NOT be provided during the competition. Please ensure your pupils bring some lunch and liquid refreshments with them.
<b>Transport arrangements</b>	Qualifying teams selected to compete at this competition will be asked to make their own transport arrangements to and from the venue and will be expected to cover any associated costs.
<b>Welfare</b>	All competing teams will receive a copy of the event welfare plan prior to the event. The plan will outline clear lines of communication for any welfare issues and provide clarification of roles, responsibilities and procedures that should be followed should an incident or accident occur.
<b>Event Format</b>	Most mini tennis matches are played either to 7 points or 10 point. It will depend on the number of teams competing to which point tiebreak is played at the County Competition. Team managers will be informed of the decided format prior to the competition.

<b>Rules</b>	<ul style="list-style-type: none"> <li>• Mini Tennis uses badminton sized courts; <u>maximum size</u> of 23” Mini Tennis Rackets should be used and Mini Tennis Red <b>sponge (if indoors) or felt balls (if outside)</b>. The competition is planned for both outdoors and indoors.</li> <li>• The serve will be decided by a ‘toss’ at the start of each match. The nominated person serves for the first point, it then alternates every two points.</li> <li>• When serving, players should stand behind the baseline and the ball must not be bounced before being hit.</li> <li>• The serve can be hit over or underarm and should be hit diagonally opposite the service box.</li> <li>• Each court will have a helper/scorer who calls out the scores and helps out with decisions.</li> </ul>
<b>Scoring</b>	<p>The scoring is done 1, 2, 3 not 15, 30, 40 etc. the winner is the player who reaches the score set out by the event organiser (e.g. first to 7 or 10 points). Once all matches have been played, the winning team will be the one who have won the most matches. If there is a draw at the end of the competition, the team with the most points wins.</p>
<b>Think Inclusively!</b>	<p>Mini Tennis is a modified version of the game which through the smaller court, shorter rackets, slower balls and simple scoring, makes it more achievable for all young people. Wheelchair users can play against non-disabled young people, with a rule difference of two bounces being allowed for the wheelchair user.</p>
<b>Pathways</b>	<p>Please go to <a href="http://www.lta.org.uk/in-your-area/Cumbria/">www.lta.org.uk/in-your-area/Cumbria/</a> to find out further information about British Tennis (where to play, competitive opportunities, coaching information etc.)</p>
<b>Additional information</b>	<p>Racket size of 23 inch maximum should be enforced. When practising for this event please try to ensure that any underarm serving is done without a bounce.</p> <p>More information can be found at <a href="http://www.lta.org.uk/LTA-Mini-Tennis/Red/Mini-Tennis-Red/">www.lta.org.uk/LTA-Mini-Tennis/Red/Mini-Tennis-Red/</a></p>

How the school games can be used to support key priorities for the whole school



Level	Educational aims	Sporting Aims
<p><b>Level 1 Intra-school competition</b> For many young people, sporting competition is first experienced through intra-school events – between house teams and form groups or in PE lessons.</p>	To support the development of young people's wider skills, qualities and aspirations, making a positive contribution to school ethos, attainment and achievement.	Level 1 of the School Games will build on schools' existing work to offer young people a year-round programme of regular intra-school competition in a number of sports, culminating in a School Games Day: the ultimate school sports day!
<p><b>Level 2 Inter-school competition</b> (Years 3-13) Individuals and teams will be selected to represent their school in local inter-school competitions, many of which will consist of leagues.</p>	To develop a wider range of opportunities valuing pupils' different abilities and interests through a variety of roles. To create wider support for learning through engaging parents/carers.	Schools will have the flexibility to decide which sports to enter, but will be encouraged to involve as many young people as possible by creating breadth in the sports they offer and depth through the creation of more teams in each sport.
<p><b>Level 3 School Games Festival</b> Each county/area will host a multi-sport showcase event (a School Games Festival) as a culmination to the year-round programme offered at Level 2. Level 3 will be planned and managed through a Local Organising Committee (LOC) established in every county, chaired by a headteacher and supported by the County Sport Partnership (CSP).</p>	To develop young people's life skills and citizenship through creating a variety of competitive pathways and engaging local business and the community to support this.	Teams and individuals from all schools involved at Level 2 will win the opportunity to compete in this event if they qualify via Level 2 School Games leagues or competitions in their area. Therefore those competing will represent the most talented school teams from the local area. Young people succeeding at Level 3 will be encouraged to develop their enjoyment of and ability in sport through existing National Governing Body (NGB) club and talent pathways.
<p><b>Level 4 National multi-sport event</b> This level consists of a high profile national multi-sport event, in which the country's most talented school age athletes will compete if selected by their NGB.</p>	To provide opportunities for young people to aspire to excellence through increased responsibility in developing their chosen path as participant or leader/volunteer. Schools with athletes and volunteers attending this event will be acknowledged and recognised nationally.	This event will take place in high profile venues and offer a unique and vibrant atmosphere designed to replicate the world's top sporting occasions. It will aim to support athletic development and act as a stepping stone to further national and international competition.

This Charter outlines the appropriate behaviour that should be used by all teams, team managers, coaches and spectators during the tournaments.

**Players:** Enjoy competition, Do your best, show good sportsmanship, play within the rules, respect opponents, officials and their decisions.

**Parents:** Promote participation in sport for fun, Teach and show respect, Congratulate your children regardless of the result, Teach sportsmanship and value of teamwork.

**Coaches:** Lead the players, Show respect for players, officials and their decisions, Stick to the rules, Promote sport for enjoyment, not just winning, Discourage rough play and cheating.

**Spectators:** Encourage and support all players, never use bad language, Respect officials and the decisions they make, Discourage rough play and cheating, Enjoy the competition regardless of the result.

# CODE OF CONDUCT



Code of Conduct for everyone involved in Levels 1, 2 and 3 of the Cumbria School Games

When attending a Cumbria School Games competition you / your school and any accompanying adults are agreeing to adhere to this Code of Conduct.

By agreeing to the Code of Conduct we ensure correct behaviour and attitudes are demonstrated by ALL event staff and volunteers, officials, school staff, team supporters, coaches and participants involved in the Cumbria School Games.

## Event Staff & Volunteers/School Staff/ Team Supporters/Coaches & Officials

- Do**
- Show high standards of behaviour within the spirit of the games
  - Respect officials and their decisions and encourage fair play
  - Place the well-being, safety and enjoyment of every child and young person above everything else - ensuring they have a positive school games experience.
  - Take responsibility for the children and young people placed in their charge
  - Support and encourage all children and young people
  - Respond to any concerns about any young person's welfare, always acting in their best interests
- Do Not**
- Engage in public criticism of athletes, teams, volunteers or officials.
  - Engage in or tolerate offensive, insulting or abusive language
  - Enter the field of play without permission

## Pupils

- Play by the rules and always do your best
- Accept decisions made by officials
- Treat your opponents with respect at all times
- Accept victory or defeat with good grace
- Stay at the school games venue unless accompanied by a member of school staff

It is the responsibility of each school to ensure that pupils and their team supporters abide by this code of conduct. Please remember that many of our officials are students themselves and volunteering. They have received training prior to this event.

During an event any genuine complaints or concerns should be directed to a member of the event management team. If you need to report any issues after the event please call **01228 226885** or e-mail **info@activecumbria.org**

It's everyone's responsibility to keep sport safe. **#safeinsport**

If you're concerned about your own or another young person's safety or welfare get in touch with someone **www.activecumbria.org/safeinsport**



**ANY BREACH OF THIS CODE OF CONDUCT MAY RESULT IN AN INDIVIDUAL AND/OR THEIR ASSOCIATED TEAM BEING SENT HOME AND/OR DISQUALIFIED FROM A COMPETITION AND JEOPARDISE THEIR FUTURE INVOLVEMENT IN OTHER CUMBRIA SCHOOL GAMES OPPORTUNITIES.**

**SUCH CONDUCT THAT FAILS TO MEET THE CODES OUTLINED ABOVE SHOULD BE IN THE FIRST INSTANCE BROUGHT TO THE ATTENTION OF THE EVENT MANAGEMENT TEAM, WHO WILL MAKE FURTHER INVESTIGATIONS INTO THE ALLEGED INCIDENT, AND TAKE APPROPRIATE ACTION.**



The six values of passion, belief, respect, honesty, determination and teamwork were developed by young people to identify what the experience of school sport should be built around. These values have been successfully applied by schools to developing a range of behaviours, qualities and inter-personal skills with their students based on sporting experiences, scenarios and attitudes.

The *Spirit of the Games* Values focus on personal excellence through competition. There are six values:



**Teamwork:** Treat everyone equally, support each other's and work together to have fun and achieve. Celebrate each other's success. Be a good friend and a positive team player in school, sport and life.



**Honesty:** With others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation



**Respect:** Treating others politely and with understanding. Accepting life's 'ups and downs' with grace. Respect every day, in everything you do and for everyone around you.



**Self-belief:** You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



**Passion:** Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you, and approach each opportunity with enthusiasm and positivity.



**Determination:** Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and the self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!

## Level 3 Qualifying Team Contact Sheet – SPRING TERM Festivals

## APPENDIX E

Level 3 Event	Age Group	Team Manager Details					School Details	
		Title	First Name	Surname	Telephone Contact Numbers	Email Address	School Name	Full School Address including post code
Cumbria U16 MLD/SLD Tag Rugby Festival	Yrs 7 – 11							
Cumbria Sportshall Primary Final (Team 1)	Yr 5 & 6							
Cumbria Sportshall Primary Final (Team 2)	Yr 5 & 6							
Cumbria Key Steps Gymnastic Final (Small Schools) Key Step One	Yr 1 & 2							
Cumbria Key Steps Gymnastics Final (Small Schools) Key Step Two	Yr 3 & 4							
Cumbria Key Steps Gymnastics Final (Small Schools) Key Step Three	Yr 1 to 6							
Cumbria Key Steps Gymnastics Final (Large Schools) Key Step One	Yr 1 & 2							
Cumbria Key Steps Gymnastics Final (Large Schools) Key Step Two	Yr 3 & 4							
Cumbria Key Steps Gymnastics Final (Large Schools) Key Step Three	Yr 1 to 6							

Deadline date for School Games Organisers to have fully completed and returned to Active Cumbria

**NO LATER than FRIDAY 9<sup>th</sup> March 2018**

## Level 3 Qualifying Team Contact Sheet – SUMMER TERM Multisport Festival

## APPENDIX F

Level 3 Event	Age Group	Team Manager Details					School Details	
		Title	First Name	Surname	Telephone Contact Numbers	Email Address	School Name	Full School Address including post code
Cumbria U19 Boccia 12s Competition	Yrs 7 – 13							
Cumbria 11-16 Year Old 5-a-side Pan Disability Football Competition	Yrs 7 – 11							
Cumbria Tri Golf Skills Festival	Yrs 3 & 4							
Cumbria Tri Golf Skills Festival	Yrs 5 & 6							
Cumbria Quicksticks Hockey Festival (Team 1)	Yrs 3 & 4							
Cumbria Quicksticks Hockey Festival (Team 2)	Yrs 3 & 4							
Cumbria High 5 Netball Festival	Yrs 5 & 6							
Cumbria Year 7 Girls Netball Festival	Yr 7							
Cumbria Primary Orienteering Competition	Yrs 5 & 6							
Cumbria U19 Team Table Cricket Tournament	Yrs 7 – 13							
Cumbria U19 Inclusive Table Tennis Competition	Yrs 7 – 13							
Cumbria Mini Tennis Red Competition (Team 1)	Yrs 3 & 4 (Small Schools)							
Cumbria Mini Tennis Red Competition (Team 2)	Yrs 3 & 4 (Small Schools)							
Cumbria Mini Tennis Red Competition (Team 1)	Yrs 3 & 4 (Large Schools)							
Cumbria Mini Tennis Red Competition (Team 2)	Yrs 3 & 4 (Large Schools)							

Deadline date for School Games Organisers to have fully completed and returned to Active Cumbria

**NO LATER than FRIDAY 8<sup>th</sup> June 2018**