**Please select a sport.**

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# Street 20 Cricket

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| **Age/Gender** | Year 7 Mixed |
| **Team Format** | Team of 6 – max squad size = 8 |
| **Competition Format** | • Each game must have a winner. If scores are level then the team losing fewer wickets will win. If still a tie, then a sudden death bowl off will decide places.  • Each game lasts a maximum of 20 legal balls per team.  • The batting team recycles if they get bowled out. Batters have to retire if they score 20 runs but they can bat again when recycling.  • Everyone on the fielding team except the wicket keeper must bowl four balls. If they don’t, 6 runs are added to the batting teams score for each ball not bowled  • All the bowling is from one end and the pitch is 18 yards long.  • You cannot be out LBW unless batsman deliberately kicks ball before striking with bat  • Sixes and fours are scored the same way as normal Cricket; boundaries are the fences/walls surrounding the playing area. A hit over the fence results in Six and Out.  • Byes, leg byes must be run  • Wides and no balls score 4 runs with no extra ball except when the last bowler is bowling.  • It is also a no ball if a bouncer goes above shoulder height or a full toss goes above waist height  • The ball is dead at the umpire’s discretion.  • In-coming batsmen have 10 seconds to get to the wicket before the bowler is allowed to bowl.  • Apart from the rules above the normal rules of cricket apply |
| **Scoring** | |  | | --- | | Winning teams will be awarded 2 points, losing teams 0 points. | |

# Disability Sportshall Athletics

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| **Age/Gender** | Years 5 to 8 Mixed |
| **Team Format** | Teams consist of a minimum of 8 young people, with a maximum of 12 being permitted. There are no restrictions on the split between girls and boys or the number of athletes participating from each of the four groups, subject to the total number of athletes not exceeding 12. Years 5-8 |
| **Competition Format** | All athletes will compete in each of the events as detailed below. Those events annotated with an asterisk will be adapted as detailed within the accompanying notes.    All athletes will complete a rotation around the six events scheduled above. These events provide the basis for the scoring of individual awards and team competition. We recommend that a short series of track events is staged providing opportunity for every athlete to contest at least one event as follows:  Primary teams will usually contest a 4 x 1 lap Relay and an Over and Under Relay.  Secondary teams will usually contest a 4 x 1 lap Relay and an Obstacle Relay.  The provision of track events should be flexible to ensure that each child has opportunity to race and that the events are tailored to suit individual needs. Where appropriate a small number of individual races might be included. |
| **Scoring** | An individual’s Sportshall Award is based on the accumulation of an athlete’s four highest scores from the rotation of events. Separate factors are applied to each of the groupings enabling broad comparison. Team competition utilises these individual awards, with each team’s score being the summation of their leading eight athletes’ scores. |
| **Additional Info** | Event Adaptations  The Sportshall Handbook and the All Abilities activity card set provide a detailed guide to each of the events along with the relevant adaptations that may be required to ensure that every child is able to access the events and develop Sportshall Skills. The following adaptations are recommended for all Sportshall Awards and Competition activity.  Speed Bounce Adaptations  • Groups 1 and 2 should attempt to alternately touch the sleeping policemen (placed 20cm either side of each wheel) either side of their chair as many times as possible in 20 seconds  • Group 3 should have the standard wedge replaced with a sleeping policeman and clear it as many times as possible in 20 seconds.  Target Throw Adaptations  • Group 1 should work with the Rainbow Target Throw.  Hi-Stepper Adaptations  • Groups 1 and 2 should complete a 4 x 8m slalom around cones placed at 2,  4 and 6 metres.  • Group 3 should complete the 4 x 8m Hi-Stepper with sleeping policemen in the place of wedges.  Chest Push Adaptations  • Group 1 should replace a 1kg Med Ball with a Size 4 Football.  Javelin Adaptations  • Groups 1 and 2 should use a mini-javelin.   |  |  |  |  | | --- | --- | --- | --- | | **Group** | **Description** | **Brief description of some athletes and impairments in this group.** | **Additional information** | | **1** | Power chair user | Athlete with cerebral palsy – electric wheelchair user – quadriplegic – severe to moderate involvement in all 4 limbs | | | **2** | Manual wheelchair user | Athlete with cerebral palsy.  Athlete with a spinal cord injury.  Quadraplegic and paraplegic athletes | All athletes in this group CANNOT run unaided. They MAY be able to stand and walk with support and MIGHT not regularly use a wheelchair | | **3** | Ambulant - Moderate Impairment | Athlete with cerebral palsy – Ataxic/Athetoid – affected in three or four limbs.  Athlete with cerebral palsy – Diplegic –functionally affected in both legs.  Athlete with a double above knee amputation.  Dwarf Athletes | Blind and visually impaired athletes running with a guide. All athletes in this group CAN run unaided EXCEPT for blind and visually impaired athletes who need the support of a guide runner. | | **4** | Ambulant – Minimal Impairment | Athlete who is deaf or with a hearing impairment.  Athlete with single or double arm amputation or physical impairment allowing similar movement.  Athlete with cerebral palsy - Hemiplegic functionally affected on one side.  Athlete with single above knee amputation or physical impairment allowing similar movement.  Athlete with single or double below knee amputation or physical impairment allowing similar movement.  Athlete with a learning disability \* IQ of 75 or less, limited social adaptation in day to day abilities and their learning disability must be evident during 0 – 18 years. | ALL athletes in this group can run unaided | |

# Football (MLD)

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| **Age/Gender** | Year to 7 to 9 Mixed |
| **Team Format** | 7v7 with a maximum of 3 subs (10 players in total)  Only athletes that are level 3 or below in Maths and/or English when joining secondary school will be eligible. |
| **Competition Format** | Played to mini-soccer rules (7v7): Rules of Mini Soccer.  <http://www.sussexschoolgames.org/wp-content/uploads/2014/05/Laws-of-mini-soccer-as-will-be-applied-to-Sussex-School-Games-2014.pdf> |
| **Scoring** | Scores will be recorded after each match with points awarded as follows:  3 points Win  1 point Draw  0 points Loss  If points are equal at the end of all games the following will determine final placing’s:  (i) Result between the two teams when they played during the group stages, if that was a draw then,  (ii) goal difference, if that is equal then  (iii) the most goals scored, if that is equal then  (iv) a Penalty shootout will be organised (each team will get 3 kicks, and then sudden death) \*no children will be physically harmed! |
| **Additional Info** | Players MUST wear shin pads.  All jewellery must be removed. |

# High 5 Netball

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| **Age/Gender** | Year 5 and 6 Mixed |
| **Team Format** | Each squad MUST consist of 8 players with a maximum of 3 boys. Each competing school should bring a set of High 5 netball bibs. Teams who bring less than 8 players will not be eligible to win. |
| **Competition Format** | Rules: Full England Netball High 5 rules (<http://bit.ly/14rDXsX>) will apply with the exception of games being split into two halves rather than four quarters. |
| **Scoring** | Win: 5 points  Draw: 3 points  Loss: 2 points (with 50% and over of opposition score)  Loss: 1 point (with less than 50% of opposition score) |
| **Additional Info** | IF schools have boys in their team then the national High 5 rules regarding boys apply- max three boys in a squad with no more than two boys on court at any one time. Schools will need to ensure this in their rotations and submit their team declaration and rotations before the start of the competition. Schools DO NOT have to have boys in their squads. |

# Year 7 Netball

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| **Age/Gender** | Year 7 Girls |
| **Team Format** | Teams of 7 – max squad of 9 |
| **Competition Format** | Rules: Full England Netball 7v7 rules (<http://bit.ly/1vXL4Pw>) will apply with games being split into two halves rather than four quarters. |
| **Scoring** | Win: 5 points  Draw: 3 points  Loss: 2 points (with 50% and over of opposition score)  Loss: 1 point (with less than 50% of opposition score) |

# Stoolball

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| **Age/Gender** | Year to 9 and 10 Girls |
| **Team Format** | Squads of up to 11 with 8 on the field at any one time  Normal stoolball rules apply apart from any noted below. |
| **Competition Format** | Each match will consist of 4 x 8 ball overs.  Any Wides or No Balls will score 3 runs, but there will not be an extra ball for these, except for the last over. |
| **Scoring** | 2 points for a win, 1 for a draw.  In the event of a tie on points in a group, the result between the two tied teams will be used, and if still a tie, then runs scored will be used. If there is still a tie, there will be a 3 ball ‘bowl off’ between the two teams. |
| **Additional Info** | Competition to take place on school field. Competitors need to wear trainers and appropriate outdoor clothing. |

# Keysteps Gymnastics

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| **Age/Gender** | Year 5 and 6 Mixed |
| **Team Format** | Teams are to be comprised of a minimum of 6 maximum of 8. The highest scoring 6 will count. Teams can be the same gender or mixed.  This competition is **NOT** appropriate for pupils who attend school based extra-curricular clubs or Community Club recreational class programmes for more than 1 hour per week, or who are in any type of development squad or discipline specific squad – including Floor and Vault. This also includes cheerleading/stunting/acrobatic/trampolining clubs. |
| **Competition Format** | The competition will comprise of three areas, Floor, Vault and Body Management, with practice areas for each. Each team member will all compete in all areas. Routines are from British Gymnastics Key Steps 3   * Floor – set routine of 6 skills (with several options for performers to choose). This is scored out of 10. * Body Management – Set routine of 9 skills scored out of 10. * Vault – Performers to show 2 vaults. Best scoring vault will count. Through vault scored out of 10 (more difficult). Vault onto scored out of 9.   The competition will be run in accordance with the English Gymnastics Key Step Programme. |
| **Scoring** | All competitors will score out of a maximum of 10 on each piece, but the teams will be placed in order of the best 6 scores added together. We encourage boys to be a part of each team and including boys can gain you a maximum of 0.5 each for up to 2 boys taking part. Therefore max of 1pt additional for a team with at least 2 boys. |
| **Additional Info** | No jewellery permitted. T-shirts and shorts or leotards should be worn, and no shoes or socks. Long hair must be tied back.  Please note that space in the gymnasium for the level 3 event is limited, and exact dimensions will be communicated before the event. |

# Super Sixes Golf

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| **Age/Gender** | Year 9 and 10 Mixed |
| **Team Format** | Team of 6 (3 pairs) |
| **Competition Format** | Super Sixes is a new competition format using the adapted Golf Xtreme equipment  Each pair will play with a Golf Xtreme iron and putter (these will be provided by the organiser). Ball rule - standard golf balls will be used at this County Final (not lighter, ‘almost golf’ balls).  Each pair will be scored over 9 holes.  The pairs will play in a Texas Scramble format. This is a team format which lets both players tee off their balls; they pick the ball in the best position and play BOTH balls from that position. They both play their next shot and once again pick the ball in the best position and both play their balls. This continues until a ball has been holed. The pair counts their strokes as they play each hole. |
| **Scoring** | A stroke play scoring format will be used. The pair count the amount of shots it takes them to get the ball from the tee to the hole. Using a simple score card, at the end of each hole, they will note down how many shots it took them as a pair.  The school with the combined lowest score counting all 3 pairs will be the winning school.  The maximum score per hole is 10. Air shots (where a player misses the ball) will not count. |
| **Additional Info** | Participants will need to wear sports kit and trainers. |

# Tri Golf

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| --- | --- |
| **Age/Gender** | Year 3 and 4 Mixed |
| **Team Format** | Team of 10 (5 boys and 5 girls) from Year 3 and/or 4 |
| **Competition Format** | 8 game Tri-Golf Skills Festival |
| **Scoring** | 2 tees per game station  5 pupils per tee  Each team will play for 5 minutes on each game station before rotating to the next game.  2 minutes practice time and 5 minutes scoring time on each game  Individual scoring system for each of the 8 games  Total score for all 8 skill games determine positions.  Teams can also receive a score out of 10 for each game using our ‘Skills for Life’ system. |
| **Additional Info** | A description and layout of all 8 of the Tri-Golf skill games can be found at <http://www.golf-foundation.org/>  Tri Golf is taking place outdoors on astroturf area.  (All equipment including balls, putters and chippers will be provided by event organiser)  Competitors to ensure appropriate clothing for the weather and trainers. |

# Quicksticks Hockey

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| **Age/Gender** | Year 5 and 6 Mixed |
| **Team Format** | Team of 4 Squad of 6 (subs can only be used if injury occurs during a game, they must rotate throughout the tournament not matches)  A squad must consist of at least 2 girls or 2 boys. During a game there must be a mix of gender on the pitch. |
| **Competition Format** | The full rules and advisory guidance for Quicksticks can be found at [www.playquicksticks.co.uk](http://www.playquicksticks.co.uk) |
| **Scoring** | Win: 5 points, Draw: 3 points Lose: 1 point.  If a there are teams with equal point’s goal difference will come into play. |
| **Additional Info** | Children are recommended but not required to wear gum shields and shinpads.  Schools should bring their own sticks. These must be wooden. |

# Super 6 Athletics

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| **Age/Gender** | Year 7 Mixed |
| **Team Format** | Teams consist of 6 boys and 6 girls areas should only submit one school representing their area, unless they have single sex schools, in which case two of these may combine to make a team. Each Athlete does 1 field & 1 track event plus 1 relay each team having 2 boys and 2 girls in each event |
| **Competition Format** | 100m Sprint  200m Sprint  800m Run  Long Jump  Shot Putt  Vortex Throw  4x100m Relay 2 boys & 2 girls (boy/girl/boy/girl) |
| **Scoring** | Use Super8’s scoring spreadsheet |
| **Additional Info** | This event will take place outdoors on the athletics track and field  **Please Note: Vortex Throw NOT Javelin and only 4x100m relay** |

# Quadkids Athletics

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| --- | --- |
| **Age/Gender** | Year 5 and 6 Mixed |
| **Team Format** | Each team to consist of 8 children (4 x boys and 4 x girls) each athlete to compete in all 5 events |
| **Competition Format** | 75m Sprint  600m Run  Vortex Howler Throw  Standing Broad Jump  8X50m Shuttle Relay |
| **Scoring** | The Quadkids scoring system will be used. See [www.quadkids.org](http://www.quadkids.org/) to download a copy should you wish.  You will need to register and login. NB select Quadkids Primary. |
| **Additional Info** | This event will take place outdoors on the athletics track and field |

# Table Tennis

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| --- | --- |
| **Age/Gender** | Year 7/8 Mixed |
| **Team Format** | Team of 4 per match– max squad size is 6, 3 boys and 3 girls.  2 boys and 2 girls to play each match. |
| **Competition Format** | At the start of the competition each boy and each girl must be given a ranking order (e.g Player  1- J Smith Player 2- D Jones 3 - T Brown) Players are to remain in this ranking order throughout the competition  Competition Format - Rules will be as per normal table tennis singles rules  Each team will play the other teams in the competition.  Each match will consist of 4 games. Game 1- Top Ranked Girls. Game 2- Second Ranked Girls. Game 3- Top Ranked Boys. Game 4- Second Ranked Boys. The team which wins the most games will be given 2 points, the losing team 0 points. Both teams winning the same number of games in a match will gain 1 point each.  At the end of the competition positions will be decided by total points from all matches. If this is level then games won in all matches and followed by total number of sets won in all matches. If teams are still level then positions will be decided as above but based on the match between the schools tied for that position Scoring . |
| **Scoring** | Matches will be the best of 5 sets, each to 11 points. If there are time issues matches may need to be best of 3 sets, each to 11 points. |
| **Additional Info** | Players need to ensure they play with ITTF approved bats with red rubber on one side of the bat and black rubber on the other. |

# Boccia

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| **Age/Gender** | KS3/4 Mixed |
| **Team Format** | 5 players with 3 playing at any one time |
| **Competition Format** | A match is started with the toss of a coin to choose who will be going first and therefore who will be placing the jack (white ball).  Each match will be scored over 3 ends. The total score is taken after the 3 ends have been played, based on the amount of balls closest to the jack. Therefore a team could win 2 ends by 1 ball each end but the third end could be won by the opposing team by 4, meaning a total score of 2-4.  To play the ball a player can throw, roll or kick the ball. An assisted device may be used if required.  If a player requires an assistant, the player must be the last person to touch the ball, the assistant must not coach or adjust the throw at all and must not face the court whilst their player is taking the shot.  Each team nominates a captain and this captain works with their team to choose who throws the ball next, this can be any player. |
| **Scoring** | A team will receive 3 points for a win and 1 point for a draw. Should there be any ties after the competition stages, teams will be placed based on the amount of balls scored at each end.  At the final, should there be a draw at the end of the 3 rounds, a one ball throw off will take place to decide the winner. |
| **Additional Info** | Each partnership should aim for a minimum of 2 Cerebral Palsy players in each squad. Please note that this is a guide, but areas should aim to fulfil the criteria based on player pathways available. |

# New Age Kurling

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| **Age/Gender** | KS3/4 Mixed |
| **Team Format** | 4 players with 2 playing at any one time |
| **Competition Format** | Competitions will be played with rubber kurling stones and pushers, plus vinyl house style targets.  Games will be played with the best of 3 ends.  For the competition playing area, a Badminton court approx 13.4m long is used. The base line of the court is the starting line (or ‘hack box’) this will be 4" wide 120cm x 120cm and in line with the target you are playing to. When delivering a kurling stone you are allowed to step over the ‘hack box’, delivery line, but some part of your body must remain behind this line at all times. Failure to do so is called a fault and the kurling stone being delivered is removed from play in that end. All Kurling stones have to be delivered to complete an end.  The winner of a toss of a coin will select the colour of the kurling stones they would like to use for their game and also select if they are to go first or second in delivery.  Scoring is the nearest to the middle (or ‘bulls eye’), if for example one red kurling stone is nearer to the centre than any blue kurling stone, then that is one point to the reds, if four red kurling stones are nearer the centre than any blue kurling stone, then that would be four points to the reds.  If a player requires an assistant, the player must be the last person to touch the stone, the assistant must not coach or adjust the push at all and must not face the court whilst their player is taking the shot. |
| **Scoring** | A team will receive 3 points for a win and 1 point for a draw. Should there be any ties after the competition stages, teams will be placed based on the amount of stones scored at each end.  At the final, should there be a draw at the end of the 3 rounds, a one stone push will take place to decide the winner. |
| **Additional Info** | Each partnership should aim for a minimum of 2 Cerebral Palsy players in each squad. Please note that this is a guide, but areas should aim to fulfil the criteria based on player pathways available. |