



Baptist Churches
WESTERN AUSTRALIA

SportsFest

2013

Sports Rules Manual



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WESTERN AUSTRALIA

SPORTSFEST SPORT RULES 2013

NB: In all Events, umpires and scorers have volunteered their time and help to ensure that the games are played fairly and according to SportsFest rules.

Umpires decisions are final. For disputes refer to General Rule 6.1 and 6.2 in the Church Coordinator Manual.

FOR ALL SPORTS

Umpires Decisions:	Ref. to General Rule 6.1 & 6.2 (Church Coordinator Man.) Pg 11
Late teams:	Ref. to General Rule 7.1, 7.2 & 7.3 (Church Coordinator Man.) pg 11
Supply of required officials or umpires	Ref. to General Rule 11.1 & 11.2 (Church Coordinator Man.) pg 12

Age & Attendance – General Rules

- 1.1 Participants must be 16 years of age before coming to SportsFest and **not older than 28 years of age**. In exceptional circumstances country youth who are in Year 10 may attend at the SportsFest Director's discretion
- 1.2 Exceptions to this rule are for **youth group leaders** older than 28 years. You may have 1 person (only), who is a youth leader - participate in team events comprising 7 or more players. **Remember those over 28 must be involved in Youth Ministry leadership in your church.**
- 1.3 Sports with less than 7 players in the on-field/court team cannot have any person over the age of 28 in that team.

ENDING PLAY: There are four categories to describe play at the sound of the final siren.

1. ***Play ends immediately after the final siren:***

Basketball, Aussie Rules, Netball, Indoor Soccer, Bocce, Chess, Scrabble, Soft-Crosse, Ultimate Frisbee, 3 on 3 Basketball, Indoor Hockey, Soccer, Softball, Handball, Draughts, UNO, Rec Football, Fishing, Connect 4 & Dodge-ball.
2. ***Play continues after the final siren until the ball (or other) is considered dead (i.e. point scored, ball touches the ground)***

Badminton, Squash, Table Tennis, Tennis, Indoor Beach Volleyball, Volleyball & Wally ball.
3. ***Play continues after the final siren until the play phase has ended (i.e. change of possession)***

Touch Football, Lawn Bowls, Kubb & Water Polo.
4. ***Play continues until completion of the game***

Indoor Cricket, Archery, Darts & Ten Pin Bowling

SAFETY & RISK MANAGEMENT IN SPORT

Many of the sports played during SportsFest are physically demanding. Be aware of the need to warm up prior to participating and to warm down at the end of the game. Also ensure adequate fluid intake prior to, during and after participation.

It is strongly recommended that in sports involving the risk of physical contact that mouth guards and other appropriate personal protective equipment be worn during participation.

Where there are pre-existing injuries or soft tissue damage that is not fully recovered, do not participate in sports where the risk of additional injury or damage may occur.

3 on 3 BASKETBALL - Open

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that mouth guards be worn during play

1. First team in fixture book starts with the ball
2. Normal scoring applies
3. Teams to clear ball to the 1/3 line on change of possession
4. Players get two (2) fouls per game
5. Teams get free throws from the 4th team foul onwards
6. Players may be subbed at any time, subs to enter & exit at the 1/3 line
7. All other standard basketball rules to apply
8. Teams to supply one referee rostered as per fixture book

Equipment

SportsFest Supply all Gear

ARCHERY - Open

ALL participants (competitors and spectators) shall follow all directions of the Sport Coordinator. DO NOT enter target lanes until ALL bows have been laid down.

A loaded Bow “must” only be held in the direct of the target boards. ANY violation of this instruction will cause that competitor to forfeit that round.

- 1 Teams consist of 4 competitors **(General Rule 1.1, 1.2 & 1.3 apply)**
- 2 All teams when not competing must stay behind the back marking line.
- 3 If it is your turn to shoot, you move up to the front rope. When loading your arrow it must only face the target in front, you must not turn sideways to talk with a friend.
- 4 If when loading the arrow slips out and goes forward of the shooting line, you cannot get it. It must remain there until the round is concluded.
- 5 Each person shoots 5 arrows at the target and the combined scores are added.
- 6 Outer White circle – 1 point
Inner White – 2 points
Outer Black - 3 points
Inner Black – 4 points
Outer Blue – 5 Points
Inner Blue – 6 Points
Outer Red – 7 Points
Inner Red – 8 Points
Outer Yellow – 9 Points
Middle Yellow – 10 Points
Inner Yellow – 11 points
- 7 When all arrows are fired, you must place your bow down on the quiver. When all bows are on the Quiver, the sports coordinator will blow the siren/whistle. On hearing this, teams can go and collect their arrows and report scores to the central scorer. If arrow nibs remain in the board, there are pliers available to pull it out.
- 8 Once all arrows are accounted for and are in the quivers, the team then go behind the second line and the next teams can go forward (upon direction of the sport Coordinator), but must not pick up any arrows until the next siren/whistle is blown. Then they can repeat the process.

Equipment

SportsFest Supply all Gear

You are not permitted to bring your own bows or arrows

You can bring your own arm guards if you have them, but we do supply them.

AUSSIE RULES - Men's

Warm up prior to participation and warm down upon conclusion.

It is "strongly" recommended that mouth guards be worn during play

1. Umpires: Each team is to supply 1 boundary umpire & 1 field umpire. Failure to supply these umpires will incur a loss of 10 points for each official not supplied for each game.
2. Teams will consist of 14 players (any number of reserves allowed).
(General Rule 1.1 & 1.2 apply)
3. Send off rule applies for unduly rough play. If someone is sent off there will be no replacement and they will not be allowed back on for the remainder of that game.
4. If a team as a whole is seen to be excessively rough or abusive, they may be asked to leave the field with no further games played and points **will be** deducted.
5. In the event of a tie in a final 5 minutes extra time is played.

Equipment

SportsFest Supply footballs

Teams Supply Jumpers & Competitors to have own personal safety equipment

BADMINTON (Doubles only) - Men's and Women's

Warm up prior to participation and warm down upon conclusion, Maintain adequate fluid intake appropriate to conditions.

1 Teams consist of 2 males (men's) or 2 females (women's).

(General Rule 1.1 apply)

2 Scoring is continuous for the duration of the game. (No sets or end changes)

3 Every time there is a serve, there is a point scored.

4 The team that wins the point serves next. Also the team mentioned first in the fixtures book will serve first.

5 Service faults include hitting the shuttle above waist height; server or receiver not standing in correct service area; and shuttle landing outside the correct service area.

6 A general fault has occurred when the shuttle drops outside the court or fails to go over the net; a player hits the shuttle twice in a row; both partners hit the shuttle on consecutive shots; or the net is touched while the shuttle is in play.

7 A let is played if the server serves from the wrong service court; players on opposite teams commit faults at the same time; the shuttle gets damaged or caught in the net; or another shuttle lands on the court.

8 Players to supply their own rackets.

Equipment

SportsFest Supply Shuttle Cocks and Nets

Teams to Supply Rackets

BASKETBALL - Men's and Women's

Warm up prior to participation and warm down upon conclusion.

It is "strongly" recommended that mouth guards be worn during play

(General Rule 1.1, 1.2 & 1.3 apply)

Umpiring:

Each church is required to provide at least one umpire. Umpiring will be fixtured, and therefore umpires should attend at the time and court listed. Failure to supply these umpires will incur a loss of 10 points for each game.

Scoring:

Each team may be required to provide at least one person to score for their game. If you do not have a scorer and there is a dispute there is no appeal process. The score sheet cannot be altered after the game.

Fouls:

Each player is allowed three (3) personal fouls before he/she is disqualified from the game. Each team is allowed five (5) team fouls before incurring free throw penalties on the sixth and every following defensive foul.

Technical and Intentional Fouls:

A technical foul involving the equipment or minor swearing will be recorded on the score sheet as a T in that player's foul count. The opposition will be awarded two free throws and possession of the ball from the half line. A technical foul or intentional foul against another player disqualifies the offender from the rest of the game and possibly from the rest of the games that day. All instances should be reported to the Sport Coordinator immediately that they occur.

Time outs:

Teams are not allowed time outs. The referee may call a time out in the event of an injury in order to get the injured person seen to and off the court.

Disputes: All disputes are to be reported to the Sport Coordinator at the main scorer's table straight after the game in order to come to as quick and fair decision as possible.

All other Australian standard basketball rules apply

Scoring

Winner (2 points) and points for and against.

Loser (0 points) and points for and against.

Draw (1 point each) and points for and against.

Finals:

In the event of a drawn game after full time 5 minutes extra time will be played. Should the scores still be even after extra time then golden goal applies (next team to score wins).

Equipment

SportsFest Supply Basket Balls

Teams to Supply numbered tops & competitors to have own personal safety equipment

BOCCE – Open

Rules being played are similar to LAWN BOWLS.

1. Teams consist of FOUR (4) players. Each player has ONE (1) shot per end and should play in the same order for the entire game. (not competition)
(General Rule 1.1, 1.2 & 1.3 apply)
2. Each game is on a time limit. Teams and players should be ready to start and finish the game as quickly as possible on the sounding of the whistle.
3. Team to commence the game is the team mentioned first in the fixture book.
4. On the first end the winning team throws the jack (small white ball) and delivers the first ball. Teams will then play alternate balls until all have been played.
5. On all ends the jack must be delivered within the playing area and at least half the distance of the rink. The Jack will be centred at the distance delivered. If this distance is not reached the opposing side will deliver the jack; however, the original team will play the first shot.
6. Balls can be rolled, thrown or bounced underarm provided they remain in play (not out of bounds). You can “Spook” (kill) any ball or the jack whilst in play to try and get extra shots or kill the end.
7. At the end of each end (when both teams have played all their balls) the team Captains will determine the number of shots to be scored on that end. One point is gained for each ball that one team has closer than your opponent. If you are unsure of the score or it is too close refer to one of the helpers.
8. Scores for each end are aggregated for the game score. Refer to the sample scorecard for correct scoring.
9. The winning team on each end delivers the Jack to start the next end.
10. In the case of a drawn end the side who delivered the Jack on that end commences the next end.
11. If a ball goes out of bounds (rink) in any direction it is considered Dead and removed from the game for that End.
12. If the Jack goes out of bounds (rink) in any direction the End is declared dead you commence another End in the normal way.
13. FOULS – (a) Jack delivered too short refer to Rule 5.
(b) Jack is killed in any direction by “spooking” refer to Rule 12
(c) Ball goes out of bounds in any direction refer to Rule 11.
14. Delivery must be from outside (end) of rink area. No Penalty will be given for a Foot Fault. But we are to enjoy our game and you should not take advantage of this.
15. The winning team is the team with the highest score.
16. Scoring – Winner (2 points) and points for and against.
Loser (0 points) and points for and against.
Draw (1 point each) and points for and against.

Equipment

SportsFest Supply all Gear

CHESS – Open

(General Rule 1.1 apply)

- 1 Rules such as “touch move” and “touch take” apply at all times.
- 2 Each game will be played for 7.5 minutes per player on the clock.
- 3 In the case of any discrepancies during play, stop the clock immediately and refer to the Sport coordinator before restarting play.
- 4 All games will be played through to flag fall on the clock or until checkmate or stalemate on the board.
- 5 The decisions of the Sport Coordinator are final.
- 6 It is expected that standards of modesty, quietness and fair play be maintained. Anyone not complying with these standards shall be penalized as deemed appropriate by the Sport Coordinator.

Equipment

SportsFest Supply all Gear

Connect 4 - Open

(General Rule 1.1 apply)

First person to get 4 in a row wins.

4 in a row can be vertical, horizontal or diagonal.

Once 4 in a row have been completed, reset the board, mark your win and go again.

Play is continuous until time is called. Once time is called take your results to the score keeper.

Equipment

SportsFest Supply all Gear

DARTS- Open

1. Teams consist of 3 competitors (**General Rule 1.1 apply**)
2. Competitors MUST know how to score their own games.
3. Each side starts with a score of 401. Game scoring commences immediately with each score being subtracted from the remaining total.
4. The first team to reduce their score to exactly zero is the winner. To finish, a double must be thrown which exactly reduces the score to zero (this is called a 'Peg').
5. If a greater score is thrown than is required to reduce the remaining score to exactly zero, then none of the three darts thrown count and the score remains as it was before that throw was taken. This is called a "bust" and the other team has its turn.
6. If the game ends before the time expires both teams cease play. (Players will be able to practice in the remaining time).
7. If the game time ends before any team reaches zero (pegged), the team with the lowest score will be deemed the winner.
8. Scoring – Winner (2 points). Loser (0 points). Draw (1 point each).
9. The grand final will be played from a 401 score.

Equipment

SportsFest Supply all Gear

Competitors can supply their own darts

DODGE BALL - Open

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that mouth guards be worn during play

1. There will be 6 players per team during the game with a maximum of 4 substitutions allowed for injuries or time-outs. **(General Rule 1.1, 1.2 & 1.3 apply)**
2. Each team must wear clearly identifying team colours i.e. T-shirts/bibs etc.
3. The number of balls for the game will be 6.
4. Players start by taking a position behind their end line. At the commencement of the game, teams approach the centre line to retrieve the balls. Balls must be taken behind the attack lines before they can be thrown at opposing players. The throw will not count if not taken behind the throw line first.
5. Players attempt to eliminate opposing players by tagging them with a ball. If a player is hit by any ball which has NOT touched the ground that player is ‘out’. Play continues until either team has eliminated all the other players or the allotted time finishes.
6. If a defending player catches a ‘live’ thrown ball, the thrower is then ‘out’ and a defending player can return to the game in order of first out - first in. If a defending player does not catch the ball, they are ‘out’.
7. Defenders may block a ‘live’ ball with another ball, that ball is still live until it hits the floor. Defenders may block a ‘live’ ball then throw the blocking ball down and catch the ‘live’ ball.
8. Players cannot leave the court to avoid being hit or to catch a ‘live’ ball.
9. It is illegal for the leading team to control all balls for more than 5 seconds. If this occurs the umpire will stop the play and evenly distribute the balls across both teams.
10. Players cannot hit defenders with a throw above the shoulders; this will result in the thrower being called out. If the defender ducks or dodges a high throw and is hit above the shoulders, they will be called out.
11. Unsportsmanlike behaviour will result in ejection from the game.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

DRAUGHTS – Open

(General Rule 1.1 apply)

- 1 Rules such as “touch move” and “touch take” apply at all times.
- 2 Each game will be played for 7.5 minutes per player on the clock.
- 3 In the case of any discrepancies during play, stop the clock immediately and refer to the Sport coordinator before restarting play.
- 4 All games will be played through to flag fall on the clock or until there is a clear winner.
- 5 The decisions of the Sport Coordinator are final.
- 6 It is expected that standards of modesty, quietness and fair play be maintained. Anyone not complying with these standards shall be penalized as deemed appropriate by the Sport Coordinator.

Equipment

SportsFest Supply all Gear

FISHING - Open

(General Rule 1.1 apply)

It is a catch, weigh and release process. The competition is run over a set time period.

The person with the heaviest overall catch wins. Must be a marine creature (not an old boot), and can be that of a non edible nature i.e. blow fish.

In the event that at the end of the set time period two or more people have caught a fish weighing the same amount, the winner will be the one that caught the biggest first.

Equipment

SportsFest Supply Bait and Scales

Competitors to Supply their own Rods, Reels & Tackle

HANDBALL - Male

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that mouth guards be worn during play

1 Six players per team (5 players & 1 Goalkeeper). (General Rule 1.1, 1.2 & 1.3 apply)

2 Playing the ball

Players are allowed to:

- 2.1 Throw, catch, stop, push or hit the ball, by using hands (open or closed), arms, head, torso, thighs and knees.
- 2.2 Hold the ball for a maximum of 3 seconds
- 2.3 Take a maximum of 3 steps with the ball
- 2.4 Bounce the ball to reset the 3 second count

Players cannot:

- 2.5 Touch the ball more than once, unless it has touched the floor, another player, or the goal in the meantime. Fumbling the ball is not penalized.
- 2.6 Touch the ball with a foot or leg below the knee, except when the ball has been thrown at the player by an opponent.
- 2.7 Play the ball intentionally out over the side line or the team’s own outer goal line.

3 The **Goalkeeper** can touch the ball with any part of his body while in the act of defense inside the goal area.

4 When defending players **cannot** pull or hit the ball out of the hand of an opponent; block or force away an opponent with arms, hands or legs; restrain, hold, push, run or jump into an opponent; otherwise impede, obstruct or endanger an opponent.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

INDOOR BEACH VOLLEYBALL – Mixed

Warm up prior to participation and warm down upon conclusion.

Keep hydrated during play.

- 1 Teams consist of six players with at least 2 females on the court at all times
(General Rule 1.1, 1.2 & 1.3 apply)
- 2 The serve must be clean and not touch any nets (roof, wall or game).
- 3 On receipt of the serve, the receiving team must touch the ball at least two times and no more than three times before returning the ball to the other team. i.e. No spiking the serve.
- 4 When returning the ball over the centre net to the opposition, the ball can touch the side net but not the roof net. The ball can be played off the roof net at other times.
- 5 No player can touch the cross-court net at any time.
- 6 Ball can only be played from waist up, but no intentional head contact
- 7 Every time there is a serve, a point is scored and the team that wins the point serves next.
- 8 All other rules are as for Volleyball.
- 9 First serve by team listed first in fixtures
- 10 No injury time is given.
- 11 In the event of a tie in a final 5 minutes extra time is played

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

INDOOR CRICKET – Men's

Warm up prior to participation and warm down upon conclusion.

Keep hydrated during play.

- 1 This event will be held at an Indoor Cricket venue.
- 2 A team will consist of 6 players. **(General Rule 1.1, 1.2 & 1.3 apply)**
- 3 The rules will be as for normal Indoor Cricket but with the possibility of some modifications to allow for time restrictions as fixtures may require.
- 4 The venue will provide the umpires and they, along with the Sport Coordinator will advise the rules and modifications as necessary.
- 5 Each competitor must bat and bowl in order for the duration of the event. This order is not to be changed or reset at the end of a game. If for any reason the playing order needs to be changed, the Sport Coordinator must be notified first.
- 6 Two over's per pair of batters.
- 7 Each player must bowl 1 over per game.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

INDOOR HOCKEY – Open

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that mouth guards and other appropriate protective equipment be worn during play.

Keep hydrated

- 1 Teams consists of no more than 6 players (**General Rule 1.1, 1.2 & 1.3 apply**)
- 2 Balls cannot be lifted even when shooting for goal
- 3 No hitting allowed
- 4 Short corners are not played; a free from the 25 yard mark is played instead.
- 5 Any ball over the backline will result in a 16 yard free for the defending team. Except if deliberate by the defensive side which will result in a free from the 25 yard mark.
- 6 Standard game play Hockey rules apply (eg feet, third man).
- 7 In the event of a tie in a semi-final up to 5 minutes extra time is played (golden goal applies). If after 2 extra times there is still no result the team ranked highest over the normal rounds is the winner.
- 8 In the event of a tie in a final up to 5 minutes extra time is played (golden goal applies – first team to score wins). If after 2 extra times there is still no result the team with the highest percentage over the normal rounds is the winner.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

Competitors are also welcome to use their own sticks

INDOOR SOCCER – Male & Mixed

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that appropriate protective equipment be worn during play.

Keep hydrated

- 1 A team consists of 5 players including a Goalkeeper. There must be at least two players of each sex on the field at all times (Mixed) **(General Rule 1.1, 1.2 & 1.3 apply)**
- 2 The Goalkeeper must wear a bib at all times.
- 3 Substitutions are allowed once the referee has been notified from outside the playing area. Substituted players must exit and enter at the designated point.
- 4 To commence play the team mentioned first may kick the ball in any direction. Opposing players must be one metre from the centre mark, and all players must be within their own half of the playing area. A goal may be scored direct from the kick off.
- 5 After a goal has been scored the other team has a centre kick off.
- 6 The ball is in play at all times except when it has crossed the goal line; goes out of the playing area or rises above head height. The referee shall have sole discretion of head height.
- 7 Heading of the ball is not allowed
- 8 A goal is scored when the ball has completely crossed the goal line. A goal is disallowed if the ball was last touched by a player of the attacking side whilst within the goal area.
- 9 There is no offside, throw ins, goal kicks or corner kicks.
- 10 The Goalkeeper may return the ball into play by under arm or side arm throw. Provided that the Goalkeeper has not handled the ball, they may return it to play by kicking the ball off the floor. The Goalkeeper is not permitted to use an over arm or deliver the ball above head height and must remain in the goal area.
- 11 When a player is taking a free kick all opposing players must be at least two metres from the ball until it is in play.
- 12 A penalty kick is taken from the penalty mark and only the defending Goalkeeper may be in the goal area. The Goalkeeper must not move their feet off the goal line until the ball has been kicked. Infringement by the Goalkeeper will result in either the score counting or a replay of the penalty kick.
- 13 A player receiving the ball from the Goalkeeper cannot return it directly to the Goalkeeper until the ball has been touched by any other player on the court.
- 14 No player is permitted within the goal area except the Goalkeeper.
- 15 Any infringement of rules will incur a penalty of a direct free kick.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

KUBB – Open

When Teams are throwing sticks stand to the side of the court, so they do not hit you

Teams consist of 3 players per side. **(General Rule 1.1 apply)**

Kubb field is 5m wide by 8 m long.

The aim of Kubb is to be the first team to knock over the king. However if the king is knocked over before all kubbs are knocked over on one side, then the team that knocks over the king loses and the game is over.

To start the game you need the King in the middle of the pitch and the 6 Kubbs lined up at the baseline of each team in between the 2 corner sticks.

Team A will then throw their 6 sticks to try to knock over the Kubbs. The throws must be under-arm and the sticks must spin end over end. (Throwing sticks sideways or spinning them side to side is not allowed)

Kubbs that are successfully knocked over are thrown back by Team B onto Team A's side of the pitch. Team A then stands them up where they land with the marked end upwards. If they bounce outside of the court, then they should be stood up inside but closest to the exit point they left the court. However if they land out of bounds on the full then Team A chooses where it goes back on the field, but not within 1m of the King.

Play then switches hand and Team B throws the sticks to knock over the Kubbs in Team A's side of the pitch. Again if Kubbs are knocked over they are tossed back into the other half of the court.

Play continues on this fashion until one team is able to knock down all Kubbs on one side. If that team has sticks left to throw they may now attempt to knock over the King. If the team is successful, they have won the game.

If the King is knocked over anytime during the game, even by a newly thrown Kubb, the offending team immediately loses the game.

SportsFest Time Rule. – Each game goes for a set time, if at the end of that time a winner is not found, the team that started 2nd must have the last throw. Kubbs are then added up and put in the for and against column on the score sheet. The team with less Kubbs standing is the winner.

Equipment

SportsFest Supply all Gear

LAWN BOWLS – Open

- Teams of three (**General Rule 1.1 apply**)
 - All equipment supplied by the club.
 - Footwear can only be thongs, flat shoes or bare feet.
 - Bowls need to be rolled not thrown.
 - Some local club rules may apply
1. Teams consist of Three (3) players. Each player has TWO (2) shot per end and should play in the same order for the entire game. (Not competition)
 2. Each game is on a time limit. Be ready to start and finish the game as quickly as possible on the sounding of the whistle.
 3. Team to commence the game is the team that wins a coin toss.
 4. On the first end the winning team rolls the jack (small white ball) and delivers (rolls) the first ball. Teams will then play alternate bowls until all have been played.
 5. On all ends the jack must be delivered within the playing area and at least half the distance of the rink. The Jack will be centered at the distance delivered. If this distance is not reached the opposing side will deliver the jack; however, the original team will play the first shot.
 6. Bowls must be rolled and finish within your rink (playing area).
 7. At the end of each end (when both teams have played all their bowls) the team Captains will determine the number of shots to be scored on that end. One point is gained for each bowl that one team has closer than your opponent. If you are unsure of the score or it is too close see one of the helpers.
 8. Scores for each end are aggregated for the game score. Refer to the sample scorecard for correct scoring.
 9. The winning team on each end delivers the Jack to start the next end.
 10. In the case of a draw end the side that delivered the Jack on that end commences the next end.
 11. If a bowl goes out of bounds (rink) in any direction it is considered Dead and removed from the game for that End.
 12. If the Jack goes out of bounds (rink) in any direction the End is declared dead you commence another End in the normal way. If the jack goes into the DITCH within your rink boundaries it remains there and you continue to bowl to it but must remain on the playing area to be a LIVE bowl.
 13. Any bowl which touches the jack and finishes in the DITCH will remain there until the completion of the end. Other bowls finishing in the DITCH are to be removed.
 14. FOULS:
 - i) Jack delivered too short refer to Rule 5.
 - ii) Jack is killed in any direction refer to Rule 12
 - iii) Bowl goes out of bounds in any direction refer to Rule 11.
 15. Delivery must be from where you set your mat on the RINK centre line. No Penalty will be given for a Foot Fault. But we are to enjoy our game and you should not take advantage of this.
 16. The winning team is the team with the highest score.
 17. Scoring – Winner (2 points) and points for and against. Loser (0 points) and points for and against. Draw (1 point each) and points for and against.
 18. Teams to play in Quarter Final games will be based on Total points scored, then shots up (aggregate score difference) and if needs be %.
 19. Quarter and Semi Finals will be played on the basis of the first team to 9 shots (points).
 20. Final will be played on the basis of the first team to 11 shots (points).

Equipment

SportsFest Supply all Gear

NETBALL - Women's and Mixed (Mixed - see below)

Warm up prior to participation and warm down upon conclusion.

It is "strongly" recommended that mouth guards and other appropriate protective equipment be worn during play.

Keep hydrated

(General Rule 1.1, 1.2 & 1.3 apply)

Teams of 7 must be on court ready to play at the commencement of each game. Any time after the central whistle has blown will infringe on the team's playing time.

No injury time will be given. It is important for an injured player to be replaced with a reserve immediately.

Umpiring:

- 1 It is the responsibility of each team to provide two umpires for the duties allocated to them. Please honour your duties so all teams (including yours) will not experience delays in starting.
- 2 You are reminded that all umpires are voluntary and are there for the players' benefit. Please remember this before disagreeing with any of their decisions.
- 3 All umpires must supply their own whistles.

All other rules for netball apply.

Finals:

In the event of a drawn game after full time 5 minutes extra time will be played. Should the scores still be even after extra time then golden goal applies (next team to score wins).

MIXED NETBALL

Warm up prior to participation and warm down upon conclusion.

It is "strongly" recommended that mouth guards and other appropriate protective equipment be worn during play.

Keep hydrated

- 1 Same rules apply to mixed Netball as for Netball.
- 2 Each team of 7 must have at least 2, and no more than 3, male players.
(General Rule 1.1, 1.2 & 1.3 apply)
- 3 Only 1 male player allowed at each of the defending/offending ends. For example you can't have a male GS and a male GA (or a male GK and a male GD).

Equipment

SportsFest Supply all Gear

If Teams already have Bibs please supply as SportsFest has limited amount

Competitors to have own personal safety equipment

QUIZ MASTERS – Open

- 1 Teams of 4 (**General Rule 1.1, 1.2 & 1.3 apply**)
- 2 No mobile phones or PDA's allowed
- 3 10 rounds of 10 questions
- 4 Judges decision is final

Equipment

SportsFest Supply all Gear

RECREATIONAL FOOTBALL - Mixed

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that mouth guards and other appropriate protective equipment be worn during play.

Keep hydrated

1. Teams consist of 8 players with a minimum of 3 females at all times
(General Rule 1.1 & 1.2 apply)
2. Non Contact game, no tackling, bumping, shepherding, spoiling etc
3. The field is split into 3 zones, attacking, mid & defensive zones. Teams must have 3 forwards, 2 mids and 3 backs.
4. Teams score by kicking the ball to a forward who must take a set shot (cannot play on to shoot on goal).
5. The ball can travel any distance to be allowed as a mark
6. If the ball is dropped or hits the ground a turnover occurs
7. Bouncing the ball is not allowed
8. There must be a female in each zone
9. A goal counts for 9 points if kicked by a female
10. When the ball goes out of bounds a free kick is awarded to the team who did not touch the ball last.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

SCRABBLE - Open

(General Rule 1.1 apply)

- 1 Rules are the official Scrabble rules as supplied with the game set
- 2 Each game is 15 minutes, 7 minutes is allocated to each player on the (chess) timers. When this time is out at flag fall, the player with time left can continue placing words down until time is out
- 3 Scoring is added progressively, not at the end
- 4 A player may forfeit their turn only by returning all tiles to the bag and collecting 7 new tiles.
- 5 Team listed first in the fixture book plays first and has the double word score.
- 6 The official Scrabble book of words is the only accepted reference book to be used to resolve disputed spelling. This will be available from the Sport Coordinator.

Equipment

SportsFest Supply all Gear

SOFTBALL - Mixed

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that appropriate protective equipment be worn during play.

Keep hydrated

1 Each team consists of 9 players (plus substitutes) including the pitcher & catcher. There must be at least two players of each sex on the field at all times.

(General Rule 1.1 & 1.2 apply)

2 Each team must bat in order for the duration of the event ensuring that each player receives his/her bat before another player bats twice etc. If a batter bats out of order it is counted as an out.

3 Each batter is allowed 2 strikes or 3 balls or a hit of the ball to attempt to gain a base safely. Once play has commenced the batter has 30 seconds to be ready to face their first pitch.

3.1 Any foul ball is registered as strike one regardless of how many fouls are registered.

3.2 A foul ball is a dead ball if it is not caught and all runners must return to the base held at the time of the pitch.

3.3 A foul ball if caught is live and in play. Runners may advance at their own risk but must be touching the base at the time of the catch or return to touch the base before running on.

4 An ‘OUT’ consists of: Three strikes, a ball caught in fair or foul territory, a ground ball resulting in a force out or a tag out of either the batter or another base-runner, if the base runner advances on a fly ball which is caught and fails to return to the base, throwing the bat.

5 On a force play (for example, the batter running to first base) the fielder need only touch the base while holding (having control of) the ball.

6 On a tag play, where the runner has the option to stay at the base or may choose to run, a tag while in possession of the ball must be applied to the runner.

7 **Base-Running:**

7.1 The base runner must maintain one foot on the base until the batter hits the ball. There are no ‘lead-off’s’ and no stealing bases.

8 **Substitutes**

8.1 Except for injury, substitutions cannot be made during the course of a game. Substitutes are to take the position of the person they replace.

8.2 In the case of injury, the scorer and the opposing team captain must be notified before the substitution is made. Once a player is removed from the game they cannot return for the duration of the game.

9 **Pitching**

9.1 The pitcher must give each batter an opportunity to hit the ball (i.e. no intentional walks).

9.2 The umpire has the right to request a new pitcher if he/she is deemed to be time wasting or not able to comply with 9.1.

10 **Time Wasting**

10.1 Deliberate time wasting will result in 10 points being deducted from your overall church score.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

SOCCER - Mixed

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that appropriate protective equipment be worn during play.

Keep hydrated

- 1 There must be at least 4 players of each sex on the field at all times. Teams consist of 11 players
(General Rule 1.1 & 1.2 apply)
- 2 Each team must provide at least one person to act as a boundary umpire as required by the Sport Coordinator.
- 3 All rules are the same as for normal soccer.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

SOFT CROSSE – Mixed

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that appropriate protective equipment be worn during play.

Keep hydrated

- 1 There must be at least two players of each sex on the field at all times. Teams consist of 6 players **(General Rule 1.1, 1.2 & 1.3 apply)**
- 2 Standard soft Crosse rules apply.
- 3 Play begins with a “face-off” between one player from each side.
- 4 When a player has been awarded the ball for any reason, no opposing player may take a position closer to him than 4 metres.
- 5 A free play shall not take place closer to the goals than 18 metres in any direction.
- 6 A player may check an opponent's Crosse with his own Crosse, provided that the opponent has possession of the ball or the opponent is within 3 metres of a loose ball.
- 7 There is no off-side.
- 8 Players must have 3 passes before a shot on goal is allowed.
- 9 In the event of a tie in a final up to 5 minutes extra time is played (golden goal applies – first team to score wins).

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

SQUASH - Men's and Women's

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended appropriate eye protection be worn during play.

Keep hydrated

(General Rule 1.1 apply)

- 1 Scoring will be continuous for the duration of each game.
- 2 To save time, the team mentioned first in the fixture book will serve first.
- 3 The server only scores points. i.e. if the server commits a fault, service passes to the opponent. If the receiving team commits a fault, the serving team wins the point. (International rules)
- 4 All other rules for squash apply.
- 5 Players must supply their own racket.

Equipment

SportsFest Supply balls

Competitors to Supply Racket

TABLE TENNIS – Mixed

Warm up prior to participation and warm down upon conclusion.

Keep hydrated by drinking fluids, before during and after participation.

- 1 Teams must be mixed (1 female, 1 male). **(General Rule 1.1 apply)**
- 2 Scoring will be continuous for the duration of each game. (No sets)
- 3 Service change will be after each 5 points.
 - 3.1 Service change is as follows; you **MUST** serve from the right-hand side of the table to the opposition's right-hand side for each of your 5 serves. After your 5 serves are complete swap places with your partner who becomes the receiver for the oppositions next five serves before commencing his/her own set of 5 serves.
 - 3.2 Once the ball has been successfully served you and your partner must hit the ball in sequence, alternately, until the rally is over. If you hit the ball out of order your team will automatically lose the point.
- 4 Service
 - 4.1 A serve is only legal if it bounces twice, once on the server's side and once on the receiver's side. It must be served from the palm of the hand and not from your fingertips. The ball must rise a minimum of 150mm after leaving the palm of the free hand. Your hand must be behind the base line of the table and above table height. Also your body must be completely behind the table. If the serve is not legal as above it is counted as a point against the server.
 - 4.2 If the ball brushes the net as it passes over to the correct corner of the table (as in a legal serve), this is counted as a 'let' and the serve will be replayed. If the server serves three lets in a row this will result in a point against the server.
 - 4.3 If the ball brushes/hits the net but does not land in the correct corner, (as in a legal serve), this will result in a point against the server.
- 5 Your free hand may never touch the table or the ball (after the serve has been made), any infringement of this rule results in a point against the offending team.
- 6 The ball can be hit with the hand holding the bat (up to the wrist), but not by the hand alone or the bat when not held.
- 7 Each team must supply their own bats.

Equipment

SportsFest Supply all Gear

Competitors can use their own bats

TEN PIN BOWLING – Open

Warm up prior to participation and warm down upon conclusion.

Keep hydrated, before during and after participation.

1. Teams consist of four players. Each player will be assigned a separate lane & play with other players from opposing teams. **(General Rule 1.1, 1.2 & 1.3 apply)**
2. Each player will play 2 complete games.
3. The team score will be the total of all 4 players 2 complete games.
4. The team with the highest overall score will win the event. No finals are played.
6. If two or more teams totals are even, the Sports Coordinator will determine the winner or ranking from the highest number of strikes obtain over the 2 games.
7. All players to wear joggers, skate shoes or rubber soled enclosed shoes or you can hire shoes for \$3 each

Equipment

Competitors to have appropriate footwear or Hire at your expense

TENNIS (Doubles only) - Men's, Women's and Mixed

Warm up prior to participation and warm down upon conclusion and keep hydrated.

- 1 Teams will consist of two players. **(General Rule 1.1 apply)**
- 2 Scoring will be continuous (i.e. no sets), with highest games scored winning
- 3 Teams will change ends after the first game, then after every second game.
- 4 Short deuces apply
- 5 All normal rules for Tennis apply.
- 6 Players to bring their own racket.

Equipment

SportsFest Supply all Gear

Competitors to supply rackets

TOUCH RUGBY – Mixed & Male

Warm up prior to participation and warm down upon conclusion.

It is “**strongly**” recommended that mouth guards and other appropriate protective equipment be worn during play.

Keep hydrated

- 1 The game of touch has six players with at least 2 players of each sex on the field at all times (Mixed). **(General Rule 1.1, 1.2 & 1.3 apply)**
- 2 A touchdown is awarded when a player other than the dummy half places the ball on the ground over the team’s attacking score line and within the boundaries of the extended sidelines.
- 3 All penalties (except off-side) result in a change of possession, and begin with a roll-ball.
- 4 For off-side, advantage shall be paid where possible, and if not, the touch count will start again, and the play will commence with a roll - ball.
- 5 On a roll-ball, the defence can only move forward once the dummy half has touched the ball.
- 6 Dummy half cannot score.
- 7 A touch is contact on any part of the body, ball or clothing.
- 8 In the event of a tie in a final up to 5 minutes extra time is played (golden goal applies – first team to score wins). One player from either side is also removed from the game each time extra time is needed.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

TUG-O-WAR

It is recommended that participants wear gloves during this event.

1. Teams consist of 8 male or 8 female competitors. **(General Rule 1.1 & 1.2 apply)**
2. The anchor person **must not** tie the rope around themselves.
3. It must be the same team competing through all the heats unless an injury occurs.
4. Participants must not twist the rope around their arms.
5. Spectators must remain behind field markers during this event and must not encroach onto the courts.
6. Spectators must not congregate at ends of the courts. (This could jeopardise the teams as they make their way down the courts).

Equipment

SportsFest Supply all Gear

Competitors can supply and wear gloves

ULTIMATE FRISBEE - Mixed

Warm up prior to participation and warm down upon conclusion.

It is “strongly” recommended that mouth guards and other appropriate protective equipment be worn during play. Keep hydrated during and after participation.

- 1 Each team consists of 7 players plus Substitutes. There must be at least three players of each sex on the field at all times. **(General Rule 1.1 & 1.2 apply)**
- 2 **To start play:**
Each point begins with both teams lining up on the front of their respective end zone line. The defence throws ('pulls') the disc to the offence.
- 3 **Scoring:**
Each time the offence completes a pass in the defence's end zone, the offence scores a point. Play is initiated each time a score is made. When a score is made the end zones are reversed. The scoring team will then be heading in the opposite direction. The Scoring team will "Pull" the Frisbee into play.
- 4 **Movement of the Disc:**
The disc may be advanced in any direction by completing a pass to a team-mate. Players may not run with the disc. The person with the disc ('thrower') has ten seconds to throw the disc. The defender guarding the thrower ('marker') counts out the stall count (10 Seconds).
- 5 **Change of possession:**
A "turnover" occurs when the Frisbee hits the ground, goes out of bounds, is dropped or intercepted. Unlike touch football, if the Frisbee is knocked down, the team that last held the Frisbee loses it, regardless of who knocks it down. The defensive team takes possession of the disc at that point and becomes the offensive team.
- 6 **Substitutions:**
Players not in the game may replace players in the game after a score and during injury time-out.
- 7 **Non-contact:**
No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made
- 8 **Fouls:**
When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- 9 **Self-Refereeing:**
Players are responsible for their own foul and line calls. Players resolve their own disputes.
- 10 **Spirit of the Game:**
Team Frisbee stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.
- 11 Due to time restraints, the team mentioned first will have first pull of the disc.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

UNO – Open

(General Rule 1.1 apply)

- 1 Each game will involve up to five competitors
- 2 Competitors play continuous games for 30 minutes, at the end of which, each person's score is given to the event scorer.
- 3 Incomplete hands count for points at the conclusion of each game. Number cards 0-9 face value. Draw 2, Reverse & skip 20 points. Wild & Wild draw four 50 points
- 4 At the end of 30 minutes if the current game is incomplete no points are counted.
- 5 Lowest overall score over all rounds wins the competition.

Equipment

SportsFest Supply all Gear

VOLLEYBALL - Mixed

Warm up prior to participation and warm down upon conclusion.

It is strongly recommended that appropriate protective equipment be worn during play.

Keep hydrated

- 1 Teams will consist of six players on the court. Substitutes may be rotated on court into service position.
(General Rule 1.1, 1.2 & 1.3 apply)
- 2 Teams must be mixed with at least two players of each sex on the field at all times.
- 3 Scoring will be continuous (i.e. not sets, no end changes).
- 4 Every time there is a serve, a point is scored and the team that wins the point serves next.
- 5 Points are awarded as per (new) international rules.
- 6 A ball landing on the line is considered IN play.
- 7 Players will rotate clockwise when that team gains the service.
- 8 Serves may be over-arm or underarm, and must be made from outside the baseline of the court. There are no double faults (i.e. if first service is out, service changes to the other team).
- 9 A player continues to serve until a rally is lost by the serving team.
- 10 The ball may be played off the net (except on service) as long as no player touches the net.
- 11 Players may not touch the net or its posts, or reach over/under the net to play a ball.
- 12 The ball can be touched up to three times before it must be returned over the net. No player may touch the ball twice consecutively with the exception of a block.
- 13 The ball may not be held or carried. Any part of the body may be used for contacting the ball.
- 14 Once the ball touches the ground, it is out of play.
- 15 No injury time is given.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

WATER POLO - Male

Warm up prior to participation and warm down upon conclusion.

It is strongly recommended that appropriate protective equipment be worn during play.

- 1 Teams consist of 6 swimmers. **(General Rule 1.1, 1.2 & 1.3 apply)**
- 2 Each game commences with players swimming for ball.
- 3 Players must have only one hand on the ball with the exception of the nominated goal-keeper, who may use both hands.
- 4 The ball must not be held underwater or the opposing team will have possession.
- 5 No player can receive a pass in close proximity to the goals unless they are throwing for goal themselves.
- 6 Tackling a player without the ball will result in a foul.
- 7 Any fouls will result in a free for the opposition.
- 8 Any attempt to hold, sink or pull a player will result in the offending player leaving the pool for one minute and the team will lose possession.
- 9 No player may hold on to the wall or goals.
- 10 No player may touch the bottom of the pool.
- 11 Unsportsmanlike behaviour will result in ejection.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment

WALLYBALL – Mixed & Male

Warm up prior to participation and warm down upon conclusion.

It is strongly recommended that appropriate protective equipment be worn during play.

Keep hydrated

1. Teams consist of maximum 4 players on the court at any one time. For Mixed there is to be a minimum of 1 female on the court at all times (**General Rule 1.1, 1.2 & 1.3 apply**)
2. Players hit a ball across and net, strung half way down a squash court
3. Each team is allowed three “touches” before returning the ball over the net. Players must not hit the ball consecutively (except blocking – see rule 8).
4. The server stands in the back right corner with one foot remaining in the corner triangle. The serve must clear the net and not touch any wall on the full. If the ball touches the net tape on service and bounces on opponent’s court, a let shall be played.
5. Team members take it in turns to serve, rotating one place clockwise when each service is won.
6. The ball may hit the front and back walls underneath the 6’ line and the ball may hit any part of the sidewalls. The ball however is not allowed to be struck onto both sides in the one shot
7. Ceiling fans and lights are OUT. Above the 6’ line on the front and back wall is out at all times
8. A player may “block” the ball by using their hands and forearms when within one meter of the net. In so doing, person must not move arms in forward motion (i.e. strike the ball). Block does not count as a touch. Player blocking may hit the ball once more (consecutively) in recovering their own block. This is the only exception to rule 3.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment