

NORFOLK YFC & COUNTRYSIDERS 2021/2022



BLOCK ONE – YFC



GENERAL RULES

1. Please note entries will **only** be accepted on the competition entry form, and must be at the County Office by **email on the set date**.
2. Clubs may enter the total number of entrants, please note that competitors over the age of 28 will not be able to compete at Eastern Area and National competitions and **that only one entry will count towards points**.
3. Provided a club has already submitted their current block entry, they may request to the Competitions & Training Committee (CAT) Chairman a late entry into competitions for that block. Acceptance of a late entry is at the discretion of the CAT Chairman and Vice-chairman and will not be permitted where this will detrimentally affect the running of the competition.
4. Change of entries will **NOT** be accepted later than 3 working days prior to a weekend competition, and 5 working days for a weekday/evening competition; changes on the day may lead to disqualification and where a change or lack of attendance detracts the running of the event a £40.00 fine will be invoiced to the club. **No show or Withdrawal from any competition will also result in 3 marks being deducted from the NFU Trophy score of the Club.**
5. All competition rules will be strictly enforced and if any Clubs are found to be in default after an event, their results will be discounted and any NFU Cup Points gained will be deducted. Clubs are asked to be particularly aware of the age qualifications for competitors in each individual competition. These are clearly laid down in each set of both County and National rules. **National rules and guidelines will be in place for all National competitions.**
6. COMPETITORS **MUST** BE REGISTERED MEMBERS. **Members must produce a membership card with a photo and signature at the competition.**
7. **Insurance.** The cover provided by the National YFC Insurance Scheme will apply to all Clubs and members participating in any of these competitions. Any queries regarding Insurance, contact the County Office in the first instance. Non-members competing where not agreed prior to the competition with the County Office will invalidate the competition's insurance for the entire day.
8. Selection of competitors for Eastern Area/National Competitions will be organised on competition days if possible.
9. If there are not enough entries received for any individual competition, the competition will not take place.
10. **A "SCRATCH TEAM" is permitted. The team cannot be placed but will gain 1 point for entering.**

COUNTRYSIDER	Member must be 10 – 16 as at 1st September 2021 Countryriders cannot join until their 10th birthday
JUNIOR	Member must be 10 – 16 as at 1st September 2021
INTERMEDIATE	Member must be 17 – 21 as at 1st September 2021
SENIOR	Member must be 22 – 30 as at 1st September 2021

For further details of the rules please contact the CAT Chairman, and the County Office.

CLUB:

BLOCK No 1 YFC ENTRY FORM

DEADLINE DATE: Thursday 13th January 2022

COMPETITION	Max no of teams allowed to enter	DATE / VENUE	TICK TO ENTER
Comp No 101 Hockey League	1 TEAM/S of: 7 (to include at least 2 Ladies as per rules)	Hockey League Sunday 12th December	
Comp No 102 Senior Member of the Year	Unlimited TEAM/S of: 1	Senior Member of the Year TBC	
Comp No 103 Junior Member of the Year	Unlimited TEAM/S of: 1	Junior Member of the Year TBC	
Comp No 104 Larking Gowen Quiz	Up to 3 TEAM/S of: 6 (to include at least 2 men/women)	Larking Gowen Senior Quiz Friday 3rd December 2021	
Comp No 105 Situations Vacant	Unlimited TEAM/S of: Individual	Winter Competitions Day Sunday 30th January 2022	
Comp No 106 Brainstrust	1 TEAM/S of: 4	Winter Competitions Day Sunday 30th January 2022	
Comp No 107 After Dinner Speaking	1 TEAM/S of: Team of 3	Winter Competitions Day Sunday 30th January 2022	
Comp No 108 Cube Exhibit	1 TEAM/S of: 5	Winter Competitions Day Sunday 30th January 2022	
Comp No 109 Farmer's Birthday Cake	1 TEAM/S of: 1	Winter Competitions Day Sunday 30th January 2022	
Comp No 110 Ladies Doubles Badminton	1 TEAM/S of: Team of 2	Winter Competitions Day Sunday 30th January 2022	
Comp No 111 Mens Dodgeball	1 TEAM/S of: 6	Winter Competitions Day Sunday 30th January 2022	
Comp No 112 Bird Box	1 TEAM/S of: Club	Winter Competitions Day Sunday 30th January 2022	

Hockey League

Rules: Full Norfolk YF rules are available to download from the members area at, www.norfolkyfc.co.uk or see overleaf.

All playing members must be registered with the Norfolk YF County Office by 12noon of the Monday before the league day/s.

Event:	Hockey League
When	Sunday 12th December
Where:	Watton Hockey Club
Time	Matches start at 12 noon.
No of teams per club:	1
Consisting of:	7 (to include at least 2 Ladies as per rules)
Age Range:	Registered 18 & Over
Eastern Area Eliminator Date:	
National Final Date:	
National Rules Available on Website:	<input type="checkbox"/>
Notes	<p>Norfolk YF denotes that our Hockey League will only be played by registered Norfolk members over the age of 18.</p> <p>A maximum of 3 members over the age of 16 will be permitted to play on a club/scratch team at the umpire and Hockey Secretary's discretion.</p>

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 731307

Senior Member of the Year

Rules: National YFC rules to be adhered to, rules are available to download from the members area at, www.norfolkyfc.co.uk

Note. Member to complete and submit the attached synopsis form to the County Office by a date to be confirmed, form to cover no more than two (2) sides of A4.

Interviews to be held TBC at the YFC Office

Event:	Senior Member of the Year
When	TBC
Where:	Norfolk Showground
Time	Issued upon entry
No of teams per club:	Unlimited
Consisting of:	1
Age Range:	Registered 18 & Over
Eastern Area Eliminator Date:	TBC
National Final Date:	Saturday 23rd & Sunday 24th April 2022
National Rules Available on Website:	<input checked="" type="checkbox"/>
Notes	<p>The winner will be expected to attend the following events throughout the year to act as an Ambassador for Norfolk YFC and Countrysiders:</p> <ul style="list-style-type: none"> RNAA Spring Fling Wayland Show Norfolk Show Aylsham Show HarFest/Harvest Festival County AGM Winter Competitions

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 731307

Junior Member of the Year

Rules: National YFC rules to be adhered to, rules are available to download from the members area at, www.norfolkyfc.co.uk

Note. Member to complete and submit the attached synopsis form to the County Office by a date to be confirmed, form to cover no more than two (2) sides of A4.

Interviews to be held TBC at the YFC Office

Event:	Junior Member of the Year
When	TBC
Where:	Norfolk Showground
Time	Issued upon entry
No of teams per club:	Unlimited
Consisting of:	1
Age Range:	Registered 17 & Under
Eastern Area Eliminator Date:	TBC
National Final Date:	Saturday 23rd & Sunday 24th April 2022
National Rules Available on Website:	<input checked="" type="checkbox"/>
Notes	<p>The winner will be expected to attend the following events throughout the year to act as an Ambassador for Norfolk YFC and Countrysiders:</p> <ul style="list-style-type: none"> RNAA Spring Fling Pre-Rally Norfolk Show Wayland Show Aylsham Show HarFest/Harvest Festival County AGM Winter Competitions

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 731307

Larking Gowen Quiz

Rules: Full Norfolk YF rules are available to download from the members area at www.norfolkyfc.co.uk

Teams must comprise of 6 members. All teams to compete on the same evening in a Pub Quiz style with refreshments.

Event:	Larking Gowen Senior Quiz
When	Friday 3rd December 2021
Where:	Norfolk Showground
Time	7:00 for 7.30pm start
No of teams per club:	Up to 3
Consisting of:	6 (to include at least 2 men/women)
Age Range:	Registered 30 & Under
Eastern Area Eliminator Date:	N/A
National Final Date:	N/A
National Rules Available on Website:	<input type="checkbox"/>
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 731307

Situations Vacant

Rules: National YFC rules to be adhered to, rules are available to download from the members area at, www.norfolkyfc.co.uk

Note. Applicants must submit their job advert, which must have been advertised within the last 12 months prior to the competition date. All Applicants must submit the original job advertisement with a reference as to where and when the advert was published together with a CV and covering letter, by Wednesday 19th January 2022.

The CV must not be more than two (2) sides of A4 paper, the Covering Letter must not be more than one (1) side of A4 paper.

Applicants are expected to attend an interview at Winter Competitions Day on Sunday 30th January 2021.

Event:	Winter Competitions Day
When	Sunday 30th January 2022
Where:	Northgate High School, Cemetery Road, Dereham
Time	10.15 am
No of teams per club:	Unlimited
Consisting of:	Individual
Age Range:	Registered 16-21 as of 1st September 2021
Eastern Area Eliminator Date:	TBC
National Final Date:	Saturday 9th July 2022
National Rules Available on Website:	<input checked="" type="checkbox"/>
Notes	

Competitor(s) for this competition are:-

**ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 731307**

Brainstrust

Rules: Chair and 3 members

Chair to be given topics for discussion 20 minutes prior to their competition starting, which are not to be discussed with the rest of the team.

See overleaf for more detail.

Event:	Winter Competitions Day
When	Sunday 30th January 2022
Where:	Northgate High School, Cemetery Road, Dereham
Time	10.15 am
No of teams per club:	1
Consisting of:	4
Age Range:	Registered 21 & Under
Eastern Area Eliminator Date:	TBC
National Final Date:	Saturday 9th July 2022
National Rules Available on Website:	<input checked="" type="checkbox"/>
Notes	The winning team will be asked to progress to the next round of the competition. At this stage a team of 4 members all 21 & under will be needed.

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 731307

After Dinner Speaking

- Rules:
- Chairman will address the diners and introduce the speakers. (2 minutes)
 - Speaker (who will propose the toast 6 minutes).
 - Respondent to speaker (4 minutes)
 - Team to be notified of toast prior to competition
 - Teams will be able to exchange notes

Event:	Winter Competitions Day
When	Sunday 30th January 2022
Where:	Northgate High School, Cemetery Road, Dereham
Time	11.00 am
No of teams per club:	1
Consisting of:	Team of 3
Age Range:	Registered 30 & Under
Eastern Area Eliminator Date:	TBC
National Final Date:	Saturday 9th July 2022
National Rules Available on Website:	<input checked="" type="checkbox"/>
Notes	The winning team will be asked to progress to the next round of the competition. At this stage a team of 5 members all 28 & under will be needed.

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 731307

Cube Exhibit

Rules: An exhibit to depict the theme of 'musicals' – one element (out of elements three-five) to be upcycled (before and after photograph is required). This theme can be interpreted in any way that the club sees fit.

The Club team is required to exhibit five crafts. One craft from each of the headings below:

Craft 1 - Floral Art (Any item using cut flowers and accessories in a suitable container)

Craft 2 – Cookery/Baking (This craft will be tasted so must be covered with cling film).

Craft 3 – Textile Handicraft (must include British Wool) (Knitwear, Tailored, Crochet for example)

Craft 4 – Natural Handicraft (Any item using wood, metal, clay, glass, stone or shell for example)

Craft 5 – Art (An item that could include photography, a graphic or a picture in any medium)

The five crafts need to be clearly marked 1-5 together with the heading the craft comes under. For example 1- Floral Art, 2 – Cookery, 3- Sewn handicraft, 4- Natural handicraft, 5- Art handicraft.

Cube ExhibitEvent: **Winter Competitions Day**When **Sunday 30th January 2022**Where: **Northgate High School, Cemetery Road, Dereham**Time **To be in place by 10:00am**No of teams per club: **1**Consisting of: **5**Age Range: **Registered 30 & Under**Eastern Area Eliminator Date: **TBC**National Final Date: **Saturday 9th July 2022**National Rules Available on Website:

Notes

Competitor(s) for this competition are:-

Farmer's Birthday Cake

Rules: Member to decorate a Birthday Cake which fits on a 12" X 12" cake board. The cake will not be tasted and will be judged on presentation and decoration alone. No height restriction.

Photographs (minimum of 2) showing members decorating process must be provided.

Event:	Winter Competitions Day
When	Sunday 30th January 2022
Where:	Northgate High School, Cemetery Road, Dereham
Time	To be in place by 10:00am
No of teams per club:	1
Consisting of:	1
Age Range:	Registered 30 & Under
Eastern Area Eliminator Date:	N/A
National Final Date:	N/A
National Rules Available on Website:	<input type="checkbox"/>
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 731307

Ladies Doubles Badminton

Rules: Rules to be sent via email. Members to supply own badminton rackets and shuttlecocks.

Event: **Winter Competitions Day**

When: **Sunday 30th January 2022**

Where: **Northgate High School, Cemetery Road, Dereham**

Time: **From 12 noon**

No of teams per club: **1**

Consisting of: **Team of 2**

Age Range: **Registered 30 & Under**

Eastern Area Eliminator Date: **N/A**

National Final Date: **N/A**

National Rules Available on Website:

Notes

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 731307

Mens Dodgeball

Rules: Rules to be sent via email.

Event:	Winter Competitions Day
When	Sunday 30th January 2022
Where:	Northgate High School, Cemetery Road, Dereham
Time	2.00 pm
No of teams per club:	1
Consisting of:	6
Age Range:	Registered 30 & Under
Eastern Area Eliminator Date:	TBC
National Final Date:	Sunday 10th July 2022
National Rules Available on Website:	<input checked="" type="checkbox"/>
Notes	The winning team will be asked to progress to the next round of the competition. At this stage a team of 6 members all 28 & under will be needed.

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 731307

Bird Box

Rules: Box to be constructed of recycled wood. Bird box will be judged on presentation, construction & design. Photos of the construction of the box are to be provided on no more than one sheet of A4 paper. Box to be no deeper or wider than a foot square. Box to include an opening lid and an entrance opening of 32 mm in diameter.

Event:	Winter Competitions Day
When	Sunday 30th January 2022
Where:	Northgate High School, Cemetery Road, Dereham
Time	To be in place by 10:00am
No of teams per club:	1
Consisting of:	Club
Age Range:	Registered 30 & Under
Eastern Area Eliminator Date:	N/A
National Final Date:	N/A
National Rules Available on Website:	<input type="checkbox"/>
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 731307

Rules for Norfolk YFC Fun Hockey League 2021/22

1. All players must be REGISTERED MEMBERS. This will be checked before the game starts.
Membership forms must be received 5 working days prior to the game.
NO CARD – NO PLAY.
2. All players must be over the age of 18. If under 18, players will be assessed by the umpire during their first game. No under 16s can play. It will be the umpire's decision if allowed to play. This is for the safety of all players.
3. A team consists of 7 players including a goal keeper. Each Full team must have 2 females; if only 1 female is available, the team will play with 6: if no females are available 5 males may play.
4. All teams will play each other in a round-robin tournament on a full size pitch. All games will last 20 minutes one way with no break. Any team that is not present within 5 minutes of the due start time of their match will automatically forfeit the game 3-0. If both teams are not present the game is abandoned without either team scoring points.
5. A win is 3 points, a draw 2 points and one point for the losing team. At the end of the season, if any teams are level on points the position is determined by goal difference. If goal difference is the same, then it is decided on results between the two sides.
6. A qualified Umpire for the tournament will be appointed by the Hockey Secretary. No abuse towards the Umpire will be tolerated. Any player who demonstrates unreasonable abuse to the Umpire, Hockey Secretary or to fellow players will be banned from the league for the rest of the season. The Umpire and Hockey Secretary expect teams and supporters to act responsibly at all times, and they will have the right to dismiss anybody from the pitch for either 1 match or the whole tournament if they deem the matter to be serious. **The Umpires' decision is final.**
7. All competitors must be suitably dressed in sports wear ideally shorts or skirts (females) including club shirts: all members playing in a clubs' team **MUST** be wearing the same colour. Trainers or astro boots must be worn. Shin pads must be worn at all times during the game. Other protection is under the player's discretion.
8. Goal keepers must wear full, safe keepers' kit which comprises of headgear, body and arm protectors, hand guards, leg guards, kickers, and a box (males only!)
9. The new Hockey Federation ruling for long corners will be played. The hit is to be taken from the 23 metre line: **NOT** the side line as previously played.
10. The new Hockey Federation ruling for lifted sticks and balls **WILL NOT** be played. The Norfolk YFC hockey rule to be played is that there will be **NO** ball or stick over head height. Any balls deemed dangerous by the umpire will be penalised.
11. **SHORT CORNERS** will consist of three defence players plus the goalie behind the back/goal line. The first shot at the goal by the attacking team must be taken by a **female** player. If no female players are on the pitch for the attacking team then a long corner will be awarded.
12. For safety purposes, those not playing in a game are expected to stand outside the fencing - safe distance from the pitch. All spectators watch at their own risk.

Failure to comply with any of the rules of the league will result in an automatic point's deduction.

Remember these games are competitive but also **FUN** and **SOCIAL**, many teams have members who have not played since school and perhaps not that often then - Federation of Hockey rules have to be relaxed as free hits would be awarded every 10 seconds and no game would take place.



Fun, Learning and
Achievement

Status FINAL
July 2021
Eliminator

November 2021

NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS
Competitions Programme 2021 - 2022
NFYFC Member of the Year
(18 years & Over)
Sponsored by



R U L E S

COMPETITION AIMS

To encourage YFC members to share their experiences as a Young Farmer, reflect and evaluate their contributions and achievements in YFC and the wider community through an application and interview process.

LEARNING OUTCOMES

Communication skills, presentation skills and personal development skills

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions.**

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

1. **DATE & VENUE** – Private Interviews to be held on Saturday, 23rd along with interview on Stage – Sunday, 24th April, results will be announced in conjunction with the AGM Meeting. ~~to be held in conjunction with: Performing Arts Competition~~
2. **REPRESENTATION**
 - 2.1. Counties may enter one competitor per 600 members or part thereof in Area Eliminators.
 - 2.2. Areas will be represented by **one** competitor in the Final competition.
 - 2.3. Member of the Year competitors are eligible to compete in a second NFYFC final on the same day if applicable.
3. **ELIGIBILITY**
 - 3.1. The competitor must be 18 years or over and 28 years or under on 1st September 2021 and a full member of a Club affiliated to the NFYFC.
 - 3.2. If the competitor through to the National Final must withdraw from the competition, then the next highest placed competitor will represent the Area.
 - 3.3. **All substitutes must have been eligible to compete in the County Final.**
4. **PROCEDURE**
 - 4.1. **PART 1:** 28 DAYS prior to the National Final competitors will be required to submit to the Competitions Department at NFYFC a completed synopsis form (attached) to be no more than 2 sides of A4, detailing their YFC activities. It is recommended that this form be used at County and Area level. (Special emphasis should be placed on their involvement at Club level).
 - 4.2. **PART 2:** Competitors will be interviewed by a panel of Judges, in an informal atmosphere prior to the Performing Arts competition. As part of this interview process, competitors will be required to present to the judges, using powerpoint, on a topic sent to them 28 days prior to the competition. All competitors will receive the same topic to share their thoughts and ideas on. Presentations should be a maximum of two minutes in length.

- 4.3. **PART 3:** Competitors will be required to attend the Pantomime finals during which they will be asked two questions on stage, one previously asked in the interview stage and another based on the competitor's contribution to the YFC movement.
- 4.4. **PART 4:** Results and Presentation of Awards will be made during the **Performing Arts Competition Finals – AGM meeting on Sunday, 24th April, 2022.**

5. OBJECTIVES

- 5.1. The objective of the competition is to select a member who has shown that they are involved in all aspects of the YFC Movement. Judges will be looking for:
- Involvement at Club level for period of membership
 - Overall YFC involvement (i.e. Club, County, Area or National)
 - Specific involvement in activities in the previous 12 months (conservation, competitions, recruitment, programming, charity, sport, club officer)
 - General commitment to YFC - awareness of other members' interests in YFC and objective view of the future of the organisation
 - Knowledge of the YFC movement at Club, County, Area and National levels and to share that knowledge over the 12 month period following the final

6. SCALE OF MARKS – Total 100 marks from Formal Interview and Stage Interview (Table below for guidance only)

Synopsis Form	20
Ability to Answer Questions	20
YFC Knowledge	10
YFC experience	10
Appearance & enthusiasm	10
Other knowledge and experience	10
On Stage Interview	20
Total	100

7. AWARDS

- 7.1. *Total Butler Fuels Plaque* to the winner.
- 7.2. NFYFC Prize Cards awarded to competitors placed 1st and 3rd all other competitors will be awarded = 4th

8. NOTES

- 8.1. Competitors are reminded to dress appropriately for the competition (smart clothing - suitable for an interview scenario).

National Federation of Young Farmers' Clubs (England and Wales)

YFC Centre, 10th Street, Stoneleigh Park, Kenilworth, Warwickshire CV8 2LG

tel 024 7685 7200 fax 024 7685 7229 email post@nfyfc.org.uk web www.nfyfc.org.uk



Registry of Friendly Societies No. 52SA Patron: HM The Queen



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2021 - 2022

NFYFC Member of the Year

17 years & under

Sponsored by



RULES

Competition Aim

To encourage junior YFC members to record and evaluate their YFC, educational and community contributions and achievements over the past year via a Curriculum Vitae, Presentation, and Interview.

Learning outcomes

Reflection, Self Evaluation, Communication, Presentation, and Interview skills

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions.**

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

All finalists in the junior member of the year competition are automatically offered a place on the NFYFC Youth Forum group. The group is one of the five steering groups of NFYFC and all its members are aged under 21. The Youth Forum works to improve the YFC membership for younger members by ensuring the voices and opinions of those members are heard and acted upon at a national level.

1. DATE AND VENUE

- 1.1. After Area Eliminations, the National Final will be held at Competitions weekend on Saturday, 9th July 2022 at the County Showground Stafford.

2. REPRESENTATION

- 2.1. Counties may enter one competitor per 600 members or part thereof in Area Eliminations.
- 2.2. Areas will be represented by **one** competitor in the Final competition. (Northern Area 1, Eastern Area 1 and East Midlands 1, West Midlands Area 1, South West Area 1, South East Area 1 and Wales 1)
- 2.3. Member of the Year (17 & under) competitors are eligible to compete in a second NFYFC final on the same day if applicable.

3. ELIGIBILITY

- 3.1. The competitor must be 17 years or under on 1st September 2021 and a full member of a Club affiliated to the NFYFC.
- 3.2. If the competitor through to the National Final must withdraw from the competition, then the next highest placed competitor will represent the Area.
- 3.3. **All substitutes must have been eligible to compete in the County Final.**

4. PROCEDURE

4.1. PART 1 – SYNOPSIS FORM

- 4.1.1. 28 DAYS prior to the National Final competitors will be required to submit to the Competitions Department at NFYFC a completed synopsis form (attached) to be no more than 2 sides of A4, detailing their YFC activities. It is recommended that this form be used at County and Area level. (Special emphasis should be placed on their involvement at Club level).

4.2. PART 2 – PRESENTATION & FORMAL INTERVIEW

- 4.2.1. The Competitor is requested to prepare a presentation using Microsoft power point software to include their experiences gained at YFC Club, County, Area, and National. They should also include activities outside of YFC.
- 4.2.2. The presentation should be based on experiences gained in the 12 months before the competition final. Competitors are therefore expected to build on the presentations they give at the Area round of the competition held earlier in the year.
- 4.2.3. This presentation is to compliment your Synopsis Form
- 4.2.4. Timing – no less than 3 and no more than 10 minutes.
- 4.2.5. The presentation will be made to the judges only.
- 4.2.6. On completion of the presentation judges will ask questions on the Synopsis Form, on the competitor's knowledge of YFC and/or current issues or news relating to young people.

5.4 At the NFYFC National Final a laptop and projector will be provided. Area Finals should organise and provide their own equipment.

5. **SCALE OF MARKS (At the national final)**

Synopsis Form	30
Presentation to judges (activities inside & outside YFC)	30
Formal Interview	30
Appearance	10
TOTAL MARKS	100

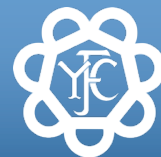
Penalties: Time deductions are one mark for each half-minute (or part thereof) over or under the allocated time of the presentation. The judges may also deduct marks if the timings are below half of what is expected.

6. **AWARDS**

- 6.1. **Di Chennells Trophy** and NFYFC Prize Card to the winner.
- 6.2. NFYFC Awards cards to competitors placed 1st, 2nd and 3rd with all other competitors receiving 4th place cards
- 6.3. NFYFC Certificate of Achievement awards to all those taking part in the National Final

7. **NOTES**

- 7.1. Competitors are reminded to dress appropriately for the competition (smart clothing - suitable for an interview scenario)



**YFC MEMBER OF THE YEAR 2021 (18 years & over)
Synopsis Form**

Name:		
Date of birth:	Age (on day of the competition):	YFC Membership Card No:
Occupation:		
Name of YFC Club:		YFC County Federation:
Year first joined YFC:		

YFC History – posts held:
YFC Involvement (please record YFC activities you have participated in)
Club
County
Area/Wales
National
Proudest moment in YFC (so far!)
Ambitions in YFC
Ambitions outside YFC
Hobbies and interests outside of YFC
Additional Information



**Fun, Learning and
Achievement**

Status FINAL
July 2021
Eliminator
November 2021

NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2021-2022

NFYFC Situations Vacant

16 to 21 years

Sponsored by ADM Cares



RULES

Competition Aim

To encourage YFC members to work as an individual to prepare a Curriculum Vitae (CV) and Covering Letter for their chosen job advert. Prepare and take part in a competency-based interview.

Learning outcomes

Communication, planning, presentation and personal development skills.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions.**

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

1. VENUE

1.1. After Area Finals, the National Final will be held at the Competitions Day on Saturday 9th July 2022 at the County Showground Stafford.

2. REPRESENTATION

- 2.1. Counties may enter one competitor per 600 members or part thereof in the Area Eliminator.
- 2.2. Areas will be represented in the Final by one competitor per 3,000 members or part thereof. (Northern Area 2, Eastern Area 1 and East Midlands 1, West Midlands Area 1, South West Area 2, South East Area 1 and Wales 2)

3. ELIGIBILITY

3.1. **Competitors must be between the ages of 16 years of age and 21 years of age on 1st September 2021 and full members of a Club affiliated to the NFYFC. This means competitors have attained their 16th birthday on the 1st September 2021 and may be 22 on the day of the national final.**

4. SUBSTITUTION

- 4.1. If the original winner at area final is unable to go to the national final, then the next highest placed competitor will represent the Area.
- 4.2. **All substitutes must have been eligible to compete in the County Final.**

5. PROCEDURE

- 5.1. The Competitor will be required to choose their own job advertisement to apply for, which is relevant to them. The advert must have been advertised within the last 12 months prior to the competition date. All Applicants must submit the original job advertisement with a reference as to where and when the advert was published together with a CV and covering letter.
- 5.2. The CV must not be more than 2 sides of A4 paper.
- 5.3. The Covering Letter must not be more than 1 side of A4 paper

5.4. For the National Final, applications must be submitted to NFYFC no later than Friday 10th June, 2022

5.5. The Competitor will then be requested to attend an interview which will consist of specific questioning about the job being applied for and relevant requirements relating to the advertisement. Questions will also focus on life experiences and will be structured around the form “Tell me about a time when you” (E.g: “Tell me about a time when you had to meet a deadline). Applicants should consider the Situation (What was happening), Task (What was required), Action (What did YOU do) and the Result (What was the outcome) when answering.

6. **SCALE OF MARKS –**

CV	50
Covering Letter	40
Relevance and Quality of Advert	10
Interview	100
• Knowledge of the Industry/Organisation	
• Ability to answer questions concisely	
• Overall Impression / Appearance / Presentation	
Total marks	200

7. **AWARDS**

7.1. **Trophy** and NFYFC Prize Card to the winner.

7.2. NFYFC Prize Cards to competitors placed 2nd and 3rd.

7.3. NFYFC Certificates of Achievement will be awarded to all competitors.

8. **NOTES**

8.1. Competitors are reminded to dress appropriately for the competition (smart clothing - suitable for an interview scenario)



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2021 - 2022

NFYFC Brainstrust (21 & Under)

RULES

COMPETITION AIM

Team, public speaking competition. To encourage members aged 21 and under to actively discuss chosen topics on rural affairs and general knowledge, answer questions on that topic and summarise accordingly.

LEARNING OUTCOMES

Public speaking skills; effective listening, confidence and communication skills including relevance, range of discussion.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions.**

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

Rules to be read in conjunction with the 'How to' Guide – available from NFYFC.

1. DATE AND VENUE

1.1. After Area Finals, the National Final will be held on Competitions Day, Saturday 9th July 2022 at Staffordshire Showground.

2. REPRESENTATION

2.1. Counties may enter one team per 600 members or part thereof in Area Finals.
2.2. Areas will be represented in the final by one team per 3,000 members or part thereof. (Northern Area 2, Eastern Area 1 and East Midlands 1, West Midlands Area 1, South West Area 2, South East Area 1 and Wales 2)

3. ELIGIBILITY

3.1. A team shall consist of 4 members, each of whom must be 21 years of age or under on 1 September 2021 and full members of a Club affiliated to the NFYFC.

4. SUBSTITUTION

4.1. **All substitutes must have been eligible to compete in the County Final.**

5. PROCEDURE

5.1. The team shall consist of a Chairman and a panel of three members. Draw for order of appearance will be made prior to the day. All competitors must be present 20 minutes before going onto the platform; the Chairman will be given a choice of sealed envelopes. One will be chosen which will contain six question topics, three of a general knowledge and three on rural affairs, from which he/she will select three for discussion by the team. One question must be selected from each section plus one other. The Chairman will have no prior communication with the team about the questions he/she has selected to be discussed. ***No written communication on the topics to be discussed may be given to the Panel or any use of a mobile phone at any time.*** The penalty will be automatic disqualification.

5.2. The Chairman will be responsible for introducing the panel to the audience, putting each question to the panel, summarising their answers, concluding the meeting, timing, control of the panel and coverage of each question.

5.3. The competition should be treated as a formal meeting.

5.4. Competitors may make their own notes FOR REFERENCE on the platform, but excessive and obvious use of notes will be penalised. No other reference books or papers may be used while on the platform.

5.5. Teams will be penalised for using distasteful jokes or bad language. Teams are reminded that this is a Public Speaking Competition and marks are awarded for speeches - characters to the extreme will be penalised. Judges reserve the right to disqualify teams/members they perceive to be offensive or discriminatory.

6. **TIMING**

- 6.1. Twenty (20) minutes will be allowed each team from the commencement of the Chairman’s introduction and the teams will be expected to keep to the timing stated.
- 6.2. Time penalties: Time deductions are one mark for each half-minute (or part thereof) over the allotted time.

7. **SCALE OF MARKS**

Chairman	Opening introduction & handling questions	10
	Handling of panel including timing	15
	Summing-up of discussions	10
	Closure of Meeting	5
	Ability and style	10
		50
Panel	Quality, relevance & range of discussion	20
	Each question: Co-operation and team work	15
	35 x 3	105
Panel	General deportment and style	15
Overall	Audibility	10
	Overall impression of team	20
		45
	TOTAL	<u>200</u>

- 7.1. The judges will have before them a duplicate copy of the question topics from which the selection was made for the team that is competing.

8. **AWARDS**

8.1. **NFYFC Final**

- 8.1.1. At the National Final the team placed 1st will be awarded **Ministry of Agriculture Cup** and Prize Cards
- 8.1.2. Teams placed 2nd and 3rd will be awarded Prize Cards
- 8.1.3. NFYFC Certificates of Achievement will be awarded to all members at the National Final

9. **NOTES**

- 9.1. Filming of the competition is not permitted without prior consent from NFYFC and all competing teams
- 9.2. Mobile Device (Phone, Tablet, Laptop etc) use during the competition is strictly for timekeeping purposes only. Mobile device use in Prep Room is prohibited.
- 9.3. Competitors are reminded to dress appropriately for the competition (smart clothing - suitable for an interview scenario)



**Fun, Learning and
Achievement**

Status Final
July 2021
Eliminator
November, 2021

NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS
Competitions Programme 2021-2022
NFYFC After Dinner Speaking (28 & Under)
Sponsored by ADM Cares



R U L E S

Competition Aim

To encourage members aged 28 or under to work as a team to plan and deliver an engaging and entertaining after dinner speech.

Learning outcomes

Preparation, confidence, effective listening, communication, presentation, timing, audibility skills and originality and knowledge of the subject.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions**.

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

Rules to be read in conjunction with the 'How to' Guide – available from NFYFC.

1. DATE AND VENUE

1.1. The National Final will be held at Competitions Day on Saturday 9th July 2022 at Stafford County Showground.

2. REPRESENTATION

- 2.1. Counties may enter one team per 600 members or part thereof in the Area Final.
2.2. ***Proportional representation will be applied. There will be 10 teams at the National Final***

1. ELIGIBILITY

1.1. A team shall consist of five members, each of whom must be 28 years of age or under on 1st September 2021 and full members of a Club affiliated to NFYFC.

2. SUBSTITUTION

2.1. **All substitutes must have been eligible to compete in the County Final.**

3. PROCEDURE

- 3.1. The team shall consist of a Chairman, Speaker (who will propose the main toast), Respondent to Speaker, Proposer to Visitors (propose a toast to the visitors) and a Respondent to respond on behalf of the visitors.
3.2. The Chairman will address the diners and introduce the Speakers in order of appearance.
3.3. The teams will be split so that the Chairman, Respondent to Speaker and Proposer to Visitors will come from Team A, and Speaker and Respondent on behalf of Visitors from Team B.
3.4. Teams will be notified **four weeks prior to the competition** of their Toast for the evening. Toasts in the National Final will be provided by NFYFC. In Area Rounds, the Area Committee will provide the Toasts.
3.5. Teams will be given the opportunity of meeting to exchange notes 30 minutes before appearing on the platform.

3.6. Teams will be penalised for using distasteful jokes or bad language. Teams are reminded that this is a Public Speaking Competition and marks are awarded for speeches - characters to the extreme will be penalised. Judges reserve the right to disqualify teams/members they perceive to be offensive or discriminatory.

4. **SCALE OF MARKS AND TIMING**

Chairman (Introduction)	20	2 minutes
Chairman (Overall Role)	10	Not timed
Speaker	50	6 minutes
Respondent to Speaker	50	6 minutes
Proposer to Visitors	35	4 minutes
Respondent on behalf of Visitors	35	4 minutes
<u>TOTAL</u>	<u>200</u>	

4.1. Judges will take into consideration originality, presentation of speech, humour, timing, audibility, knowledge of subject, use of notes and dress.

4.2. Time deductions are 1 mark for each half-minute (or part thereof) over the allotted time by any member of the team, apart from the Chairman whose speeches throughout (apart from their Introduction) are not timed.

5. **NOTES**

5.1. Competitors before and after competing may be admitted to the Competition Room.

5.2. These rules should be read in conjunction with the After Dinner Speaking 'How-To' guide available from NFYFC

5.3. Filming of the competition is not permitted without prior consent from NFYFC and all competing teams

5.4. Mobile Device (Phone, Tablet, Laptop etc) use during the competition is strictly for timekeeping purposes only. Mobile device use in Prep Room is prohibited.

5.5. Competitors are reminded to dress appropriately for the competition (smart clothing – no jeans!)

6. **AWARDS**

6.1. **NFYFC Final**

6.1.1. *The Novartis Perpetual Challenge Lectern* and Prize Cards will be award for the team placed 1st

6.1.2. NFYFC Prize Cards will be awarded to teams placed 2nd and 3rd

6.1.3. NFYFC Certificates of Achievement will be awarded to all members of teams placed 1st to 5th

6.1.4. An NFYFC Prize Card will be awarded to the highest individual scoring competitors in each of the following roles: *Best Chairman, Best Speaker, Best Respondent to Speaker, Best Proposer to Visitors and Best Respondent on behalf of the visitors.*



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2021 - 2022

NFYFC Cube Exhibit

Theme: *Musicals – one element to be up-cycled*

28 & Under

RULES

Competition Aim

To encourage YFC members to work together as a team to produce a Cube Exhibit which showcases their craft skills related to the competition theme.

Learning outcomes

Teamwork, planning, floral arts, cookery, workmanship, and presentation skills

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions.**

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

1. DATE VENUE

1.1. After Area Eliminators, the National Final will be held at Competitions Day on Saturday, 9th July 2022 at the County Showground Stafford.

2. REPRESENTATION

- 2.1. Counties may enter one exhibit per 600 members or part thereof in the Area Final.
- 2.2. Areas will be represented in the Final by one exhibit per 3,000 members or part thereof. (Northern Area 2, Eastern Area 1 and East Midlands 1, West Midlands Area 1, South West Area 2, South East Area 1 and Wales 2)
- 2.3. Competitors staging the Cube Exhibit are eligible to compete in a second NFYFC final on the same day if applicable.

3. ELIGIBILITY

- 3.1. Competitors (the Club Team) to be 28 years of age or under on 1 September 2021 and a full member of a Club affiliated to the NFYFC.
 - 3.1.1. A maximum of five (5) members of the Club will stage the exhibit on the day of the competition on behalf of the whole club.

4. SUBSTITUTION

- 4.1. If the original winner at area final is unable to go to the national final, then the next highest placed competitor will represent the Area.
- 4.2. **All substitutes must have been eligible to compete in the County Final.**

5. PROCEDURE

- 5.1. An Exhibit to depict the theme of *Musicals – one element (out of elements 3-5) to be up-cycled* (before and after photograph is required). This theme can be interpreted in any way that the club sees fit.
- 5.2. The Club Team is required to exhibit 5 crafts. 1 craft from each of the headings below:
 - Craft 1 - Floral Art (Any item using cut flowers and accessories in a suitable container)
 - Craft 2 – Cookery/Baking (This craft will be tasted so must be covered with cling film).
 - Craft 3 – Textile Handicraft (must include British Wool) (Knitwear, Tailored, Crochet for example)
 - Craft 4 – Natural Handicraft (Any item using wood, metal, clay, glass, stone or shell for example)
 - Craft 5 – Art (An item that could include photography, a graphic or a picture in any medium)
- 5.3. The five (5) crafts need to be clearly marked 1-5 together with the heading the craft comes under. For example 1- Floral Art, 2 – Cookery, 3- Sewn Handicraft, 4- Natural Handicraft, 5- Art Handicraft.

- 5.4. Each whole Exhibit to have a MAXIMUM WIDTH of 1 metre at any given point and a MAXIMUM DEPTH of 1 metre and MAXIMUM HEIGHT of 1 metre. **Any exhibit exceeding the maximum measurements will be disqualified.** The measurement will be from the outside edges of the external walls of the exhibit. (I.e. Make your exhibit slightly smaller than the maximum dimensions). Any accessories or drapes used on the outside of the external walls of the cube will be included in the overall measurement of the exhibit. The external walls will be taken into account for the attractiveness of the exhibit marks and so should be covered to compliment the overall exhibit. The exhibit must have 3 walls.
- 5.5. The exhibits will be displayed on trestle/ round tables.
6. Competitors must accept responsibility for transporting their exhibits to the NFYFC final as per the instructions which will be issued and to make arrangements for collection of the exhibits **after 4.30pm.** Competitors' exhibits may be collected on their behalf.

7. SCALE OF MARKS

Craft 1 (Floral Art)	50
Craft 2 (Cookery)	50
Craft 3 (Textile)	50
Craft 4 (Natural)	50
Craft 5 (Art)	50
Attractiveness of exhibit (including external walls)	50
Originality and ingenuity	50
Relevance to theme	50
Total	400

8. AWARDS NFYFC FINAL

- 8.1. **Trophy** and NFYFC Prize Cards for team placed 1st(one certificate per exhibit)
- 8.2. NFYFC Prize Cards to teams placed 2nd and 3rd(one certificate per exhibit)
- 8.3. An NFYFC Certificate of Achievement will be awarded to the exhibiting YFC Club placed 1st – 10th (one certificate per exhibit).

9. NOTES

- 9.1. Only those members aged 28 or under may put the cube exhibit in place on the day of the final.

National Federation of Young Farmers' Clubs (England and Wales)

YFC Centre, 10th Street, Stoneleigh Park, Kenilworth, Warwickshire CV8 2LG

tel 024 7685 7200 fax 024 7685 7229 email post@nfyfc.org.uk web www.nfyfc.org.uk



Registry of Friendly Societies No. 52SA Patron: HM The Queen



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2021 - 2022

MENS' DODGEBALL

Supported by:



17 - 28 years old

RULES

Competition Aim

To provide members with the opportunity to take part in a National Dodgeball Competition.

Learning outcomes

Dodgeball skills, teamwork, adhering to rules, exercise, fun, winning/losing, personal development skills and improving own performance

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions**.

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

1. DATE & VENUE

- 1.1. After Area Eliminators, the National Final will be held at the Sports Championships, Sunday 10th July 2022 Staffordshire

2. REPRESENTATION

- 2.1. Counties may enter one team per 600 members or part thereof in Area Eliminators.
- 2.2. Areas will be represented in the final by one team per 3,000 members or part thereof.

3. ELIGIBILITY

- 3.1. A squad of Ten (10) players, from whom Six (6) players will be chosen to form a team for each game. All players must be aged 17 years and over on 1st September 2021 (this age range must be adhered to), and full members of a Club affiliated to NFYFC. **Originally said 8 in a team amended to 10 in a team as per the Dodgeball Rules.**

4. SUBSTITUTION

- 4.1. **All substitutes must have been eligible to compete in the County Final.**

5. PROCEDURE (*Recommended Playing and Administration Rules as laid down by British Dodgeball*)

- 5.1. The matches will be played either in 2 leagues with the winner of each league playing for 1st and 2nd place, or as a round robin tournament depending on the number of teams taking part and number of courts available on the day of the National Final.

- 5.2. League points will be awarded as follows:

Win	2
Draw	1
Lose	NIL

FULL MATCH RULES CAN BE FOUND IN THE SEPARATE DOCUMENT – QUICK START DODGEBALL RULES

6. AWARDS

- 6.1. Trophy and NFYFC Prize Cards to the winning team.
- 6.2. NFYFC Prize Cards to teams placed 2nd, 3rd and 4th.
- 6.3. NFYFC Certificate of Achievement will be awarded to all members of teams in the National Final.

7. NOTES

- 7.1. It is advised to have either St John Ambulance or The British Red Cross with an ambulance in attendance at both County and Area Rounds.
- 7.2. It is advised that qualified referees are used in order to minimise any risk to members but competent persons with a good knowledge of Dodgeball Rules may be used.
- 7.3. Further information and explanation can be found at www.britishdodgeball.org

Dodgeball – Rules of the Game

Taken from British Dodgeball 'Adult Dodgeball – Quick Start Rules'

PLAYERS

6 PLAYERS ON A TEAM, 10 PLAYERS MAXIMUM IN A SQUAD

TIMINGS

- SET LENGTH = 3 MINS
- MATCH LENGTH = 2 HALVES OF 15 MINS (8 MINS IN SOME COMPETITIONS)

WINNING A SET

ELIMINATE ALL OPPOSING PLAYERS OR...HAVE MORE PLAYERS REMAINING ON YOUR SIDE AT THE END OF A SET

WINNING A MATCH

A TEAM WINS A MATCH IF THEY HAVE MORE POINTS

2 PTS FOR A SET WON, 1 FOR A SET DRAWN, 0 FOR A SET LOST

IN GROUP TABLES, A TEAM WILL RECEIVE 2 PTS FOR A MATCH WON, 1 FOR A MATCH DRAWN, 0 FOR A MATCH LOST

IF A MATCH IS DRAWN IN KKOCKOUT OR PLAYOFF MATCHES, A 1 MINUTE OVERTIME SET WILL BE PLAYED WHERE TEAMS RESTART WITH 6 PLAYERS. IF A MATCH IS STILL DRAWN, THEN SUDDEN DEATH WILL BE PLAYED

START OF PLAY

5 BALLS ARE PLACED ALONG THE CENTRE LINE

THE 2 BALLS ON A TEAM'S LEFT ARE YOUR DESIGNATED BALLS

THE CENTRE BALL IS THE ONLY CONTESTED BALL

A BALL IS NOT LIVE UNTIL IT IS PASSED BACK BEYOND THE RETURN LINE

ELIMINATING OPPOSING PLAYERS

LIVE BALLS

A BALL IS LIVE UNTIL IT HITS A FLOOR, WALL OR ANY OTHER SURROUNDING SURFACE

MULTIPLE PLAY IS POSSIBLE WITH A LIVE BALL

HITS

ANY PLAYER STRUCK WITH A LIVE BALL BY AN OPPOSING PLAYER WILL BE CALLED OUT

CATCHES

ANY CATCH ON A LIVE BALL WILL BE VALID. THE PLAYER WHO THREW THE CAUGHT BALL WILL BE CALLED OUT AND THE CATCHING TEAM WILL GAIN ONE PLAYER FROM THE OUTBOX

BLOCKING

PLAYERS ARE ABLE TO USE A BALL IN THEIR POSSESSION TO BLOCK AN INCOMING BALL. IF THE BALL THEY ARE HOLDING IS KNOCKED FROM THEIR POSSESSION, THEY WILL BE CALLED OUT

LINES

ADULT DODGEBALL IS PLAYED ON A DODGEBALL COURT

PLAYERS ARE CALLED OUT FOR STEPPING OVER THE SIDE/BACK LINES

PLAYERS MAY NOT LEAVE THE COURT TO COLLECT BALLS

EACH TEAM NOMINATES 2 RETRIEVERS WHO PUT OFF-COURT BALLS BACK INTO PLAY

STALLING

PLAYERS SHOULD NOT INTENTIONALLY STALL THE GAME. ONCE A TEAM HAS POSSESSION OF 3, 4 OR 5 BALLS, THEY SHOULD LOOK TO MAKE AN ATTEMPT WITH AT LEAST ONE OF THOSE BALLS.

WHEN A REFEREE CALLS 'PLAY BALL', A TEAM HAS 5 SECONDS TO THROW. IF THEY DO NOT THEN PLAYERS HOLDING BALLS WILL BE CALLED OUT

TEAMS CAN KEEP ONE BALL AFTER 'PLAY BALL' HAS BEEN CALLED, AND MUST THROW THE REST.

MULTIPLE PLAY

THE FOLLOWING ARE EXAMPLES OF MULTIPLE PLAY:

- A PLAYER WILL BE CALLED OUT IF THEY ARE HIT BY A BALL THAT HAS DEFLECTED OFF A TEAMMATE WHILST IT IS STILL LIVE
- A CATCH IS VALID IF IT HAS DEFLECTED OFF A TEAMMATE WHILST IT IS STILL LIVE –IN THIS CIRCUMSTANCE THE HIT PLAYER PLUS THE THROWER WILL BE CALLED OUT –IF THE HIT PLAYER IS THE FIRST ONE OUT, THEN THEY WILL IMMEDIATELY RETURN TO THE COURT