

# NORFOLK YFC & COUNTRYSIDERS 2023/2024



**BLOCK TWO – CS**



## GENERAL RULES

1. Please note entries will **only** be accepted on the digital competition entry form, and must be submitted to the County Office by **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. Late withdrawals from any competition, changes on the day or lack of attendance will issue a £40.00 fine which will be invoiced to the club, this will be reduced to £20.00 if paid within 7 days. **No show or Late Withdrawal from any competition will also result in 3 marks being deducted from the NFU Trophy score of the Club. Abuse, whether verbal or physical, towards any judge or steward will not be tolerated, teams will be disqualified if this happens.**
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. **If you require clarification of any rules please refer to the CAT Chairman, Vice-Chairman or the YFC Office. National rules and guidelines will be in place for all National competitions.**
6. COMPETITORS **MUST** BE REGISTERED MEMBERS. Members must produce a digital membership card with a photograph. **Where a membership card cannot be shown digitally it must be printed.** If no card is presented (either digital or printed) then the member will not be allowed to compete.
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. If, at the time of the competition day, a club holds an overdue invoice owed to Norfolk FYFC the club will not be able to compete until the invoice is paid in full. This is in line to the Constitution.
9. Selection of competitors for Eastern Area/National Competitions will be organised on competition days if possible.
10. If there are not enough entries received for any individual competition, the competition will not take place.
11. **A "SCRATCH TEAM" is permitted. The team cannot be placed but will gain 1 point for entering.**

<b>COUNTRYSIDER</b>	<b>Member must be 10 – 16 as at 1<sup>st</sup> September 2023 Countryriders cannot join until their 10<sup>th</sup> birthday</b>
<b>JUNIOR</b>	<b>Member must be 10 – 16 as at 1<sup>st</sup> September 2023</b>
<b>INTERMEDIATE</b>	<b>Member must be 17 – 21 as at 1<sup>st</sup> September 2023</b>
<b>SENIOR</b>	<b>Member must be 22 – 30 as at 1<sup>st</sup> September 2023</b>

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

## Mixed Dynamo's Cricket

**Rules:** National rules to be adhered to, rules available within the block book. Note at area/national round members must be aged between 13-15 as of 1st September 2023. A squad of ten players with 8 players on the team for each innings with a minimum of 3 females

Event:	<b>SPORTS DAY</b>
When	<b>Sunday 4th february 2024</b>
Where:	<b>Easton College sports centre, NR9 5DX</b>
Time	<b>TBC</b>
No of teams per club:	<b>1</b>
Consisting of:	<b>10</b>
Age Range:	<b>registered 16 and under</b>
Eastern Area Eliminator Date:	<b>TBC</b>
National Final Date:	<b>Sunday 7th July 2024</b>
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 748 931**

## Mixed Netball

**Rules:** Norfolk YFC rules to be adhered to, rules are available within block book. Note members must be under the age of 16 to play. 7 minutes each way. 7 players must be on the court at any one time with a minimum of 2 female or 2 male players

Event:	<b>SPORTS DAY</b>
When	<b>Sunday 4th february 2024</b>
Where:	<b>Easton College sports centre, NR9 5DX</b>
Time	<b>TBC</b>
No of teams per club:	<b>1</b>
Consisting of:	<b>9</b>
Age Range:	<b>registered 16 and under</b>
Eastern Area Eliminator Date:	<b>N/A</b>
National Final Date:	<b>N/A</b>
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 748 931**

## Mixed Relay Race

Rules: Norfolk rules to be adhered to, rules available within the block book. Note members must be under the age of 16.

Event:	<b>SPORTS DAY</b>
When	<b>Sunday 4th february 2024</b>
Where:	<b>Easton College sports centre, NR9 5DX</b>
Time	<b>TBC</b>
No of teams per club:	<b>2</b>
Consisting of:	<b>5</b>
Age Range:	<b>registered 16 and under</b>
Eastern Area Eliminator Date:	<b>N/A</b>
National Final Date:	<b>N/A</b>
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 748 931

## Ploughing Match

Rules: Norfolk YFC rules to be sent out at a later date. Note members must be aged 13 or over. Male and Female class on the day.

Event:	<b>PLOUGHING MATCH</b>
When	<b>Sunday 3rd march 2024</b>
Where:	<b>Venue TBC hosted by North Elmham Young farmers within mid Norfolk region</b>
Time	
No of teams per club:	<b>unlimited</b>
Consisting of:	<b>individual</b>
Age Range:	<b>registered 13 and over</b>
Eastern Area Eliminator Date:	<b>N/A</b>
National Final Date:	<b>N/A</b>
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 748 931

## Bidwell's Quest

**Rules:** Norfolk Rules to be adhered to, rules available within the block book. Note members must be under the age of 16. Quiz/Activity challenge to consist of four rounds including YFC, Music, Table Top Challenges and General Knowledge.  
The Quiz Master's decision is final.

Event:	<b>BIDWELL'S QUEST</b>
When	<b>Thursday 22nd February 2024</b>
Where:	<b>St Walstan's Hall, Norfolk Showground NR5 0TT</b>
Time	<b>7pm</b>
No of teams per club:	<b>1</b>
Consisting of:	<b>4</b>
Age Range:	<b>registered 16 and under</b>
Eastern Area Eliminator Date:	<b>N/A</b>
National Final Date:	<b>N/A</b>
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 748 931



**Fun, Learning and  
Achievement**

**NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS**  
Competitions Programme 2023-24

Status Draft FINAL  
July 2023  
Area Eliminator

**NFYFC Mixed Dynamos Cricket**  
**13 – 16**  
**RULES**

**Competition Aim**

To provide members with the opportunity to take part in a National Dynamos Cricket competition.

**Learning outcomes**

Cricket skills, teamwork, resilience, confidence, strategic thinking, fair play and sporting spirit, adhering to rules, keeping score, exercise, fun 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 <https://nfyfc.org.uk/competition-organisers-resources>

**1. DATE & VENUE**

1.1. After Area Finals, the National Final will be held at the Sports Championships – **Sunday, 7<sup>th</sup> July 2024** in Staffordshire.

**2. REPRESENTATION**

2.1. Counties may enter one team per 600 members or part thereof in Area Eliminators.

2.2. English Areas and Wales will be represented by one team per 3,000 members or part thereof in the Competition Final.

**3. ELIGIBILITY**

3.1. **A squad of ten (10) players, from whom eight (8) players will be chosen to form a team for each innings, which must include a minimum of three (3) females... All players must be aged between 13 and 15 on 1<sup>st</sup> September 2023 (this age range must be adhered to). Those nominated must be full members of a Club affiliated to NFYFC. For clarification this means competitors must be 13 on 1st September 2023 and 15 on 1<sup>st</sup> September 2023 and may be 16 on the day of the National Final.**

3.2. Competitors are required *in person* to produce on the day of each round of the competition (County/Area/Regional and National) their current and signed Membership Card, with suitable photograph, or a fine of **£20** will be imposed for non-production.

**4. SUBSTITUTION**

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

**5. PROCEDURE**

5.1. Teams toss a coin to decide which team has the choice of either batting or fielding first.

5.2. Each game shall consist of one innings per team, each innings to be 40 balls long.

5.3. The team with the higher score wins.

5.4. In the event of a tie the team taking the most wickets will be the winner

5.5. If it is still equal, it will be declared a tie

5.6. Points will be awarded as follows:

Win = 2 Tie = 1 Loss = 0



5.7. The team scoring the most points will be the overall competition winner. In the event of a tie, the team scoring the most runs will be the winner. If the teams remain tied, the team taking the most wickets will be the winner.

#### 5.8. Pitch Dimensions

5.8.1. Two sets of wickets, 21 yards apart measured from stump to stump.

5.8.2. Boundaries are a minimum of 55 yards apart but can be reduced to accommodate available facilities, measured from the middle stump.

#### 5.9. Equipment (Supplied at the National Final)

2x Plastic Stump sets

1x Rubber ball

2x Plastic Bats

Batting tees (or a cone to hit off)

Boundary cones or markers

5.9.1. For County and Area Rounds it is recommended that equipment is purchased from your local County Cricket Board.

#### 5.10. Batting & scoring

5.10.1. The batting side shall be divided into pairs, with 10 balls per batting pair (umpires should use discretion to swap batters so each is given an opportunity to contribute).

5.10.2. Runs are scored by hitting past (4 runs) or over (6 runs) the boundary or completing 'runs' between the wickets.

5.10.3. No balls and wides are scored as 2 runs to batting team and no extra delivery to be bowled.

5.10.4. Following a no ball or a wide, the batter receives a "free hit" from the batting tee, and any runs scored are added to the total of that delivery (for example 2 runs for a wide, plus 1 run from the "free hit" = 3 runs). Batters have 3 seconds to take their free hit and must hit in front of square.

5.10.5. Batters can be run out whilst trying to complete a run during a free hit but only by the ball struck from the batting tee (and not the original ball that resulted in the free hit being awarded). Once the free hit ball has been returned to the wicketkeeper, the ball is considered "dead", and the batters should no longer run.

5.10.6. You are out if you are bowled, caught, run out (if out, swap ends and continue, 5 runs added to the fielding team score).

#### 5.11. Bowling and Fielding

5.11.1. Rotate after each over. **SAFETY:** except for the wicketkeeper, no fielder may field within 10 yards of the bat.

5.11.2. 5 balls per player then rotate with next fielder to bowl.

5.11.3. Underarm and Overarm bowling are allowed.

#### 5.12. The Umpires decision is final.

5.12.1. It is advised that you have one umpire standing the stumps and another standing at square leg for runouts and stumpings. The umpire must also score the game. Scoring can be done by Countdown cricket scorer app. Stumping is not a mode of dismissal in this format.

5.12.2. Each team must state their colours on the entry form.

#### 5.13. Glossary

##### 5.13.1. Byes

5.13.1.1. If a batter misses the ball, or if it hits their body, they may still run and score byes.

##### 5.13.2. Wide Ball and No Balls

5.13.2.1. A ball that is deemed un-hittable, e.g. rolling, too high or too far to be hit fairly.

## 6. AWARDS

6.1. **The Worcestershire Federation Sports Trophy** and NFYFC prize cards to the winning team.

6.2. NFYFC prize cards will be given to teams placed 2nd, 3rd and 4th.

6.3. NFYFC Certificates of Achievement will be awarded to teams taking part in the National Final

7. **NOTES**

7.1. **IMPORTANT:** Competitors are reminded to read carefully the General Rules relating to National Competitions if they are taking part in this Competition. These are available from THE NFYFC website.

7.2. This competition **WILL** carry points towards the NFU Trophy.

7.3. 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.

7.4. Members will be disqualified if they are not at the Presentation of Awards without prior permission being granted.

7.5. The matches must be officiated by competent persons.

## Mixed Netball Rules

A squad of 7 members.

**Goal Shooter (GS)** - To score goals and to work in and around the circle with the GA

**Goal Attack (GA)** - To feed and work with GS and to score goals

**Wing Attack (WA)** - To feed the circle players giving them shooting opportunities

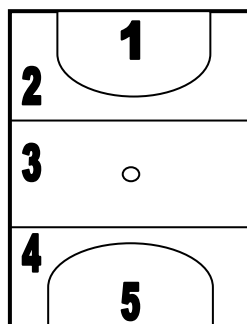
**Centre (C)** - To take the Centre Pass and to link the defence and the attack

**Wing Defence (WD)** - To look for interceptions and to prevent the WA from feeding the circle

**Goal Defence (GD)** - To win the ball and reduce the effectiveness of the GA

**Goal Keeper (GK)** - To work with the GD and to prevent the GS from scoring goals

### 1.1. Each playing position has a specific area of the court in which to play:



Goal Shooter	GS	Area 1,2
Goal Attack	GA	Area 1,2,3
Wing Attack	WA	Area 2, 3
Centre	C	Area 2,3,4
Wing Defence	WD	Area 3,4
Goal Defence	GD	Area 3,4,5
Goal Keeper	GK	Area 4,5

### 1.2. Starting or Restarting the Game

- 1.2.1. Centre passes are taken alternately by the player undertaking the Centre Role, after a goal has been scored. All players must start in the goal thirds except the two Centre Roles. The Centre with the ball starts with either one or both feet in the Centre Circle (if on one foot then the other must not have contact with the ground outside the Centre Circle). The opposing Centre stands anywhere within the Centre Third and is free to move. The Centre pass must be caught or touched by a player in or landing in or jumping from a stance 1 in the Centre third.

### 1.3. Playing the Ball

- 1.3.1. A player who has caught the ball must be stationary and play it or shoot for goal within three seconds
- 1.3.2. A player may bounce or bat the ball once to gain control
- 1.3.3. Once released, the ball must next be touched by another player. If player has control of the ball and then drops it, they must not pick it back up. This is replaying.
- 1.3.4. There must be room for a third player between hands of thrower and catcher
- 1.3.5. A player on the ground must stand up before playing ball.

### 1.4. Scoring a Goal

- 1.4.1. Only GS or GA can score - they must be completely within the circle when the ball is received in order to shoot for goal.

### 1.5. Contact

- 1.5.1. No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.
- 1.5.2. A Penalty Pass (or Penalty Pass/Penalty Shot if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred. The offending player must stand out of play (physically and verbally) beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty. If the penalty is taken without the offending player stood out of play, the penalty is not set and it is a turned over ball.

### 1.6. Court Areas

- 1.6.1. **Offside:** Player moving out of their own area, with or without ball (on a line counts as within either area).
- 1.6.2. **Over a Third:** Ball may not be thrown over two transverse lines without being touched. A free pass shall be taken from the area where the ball crossed the second transverse line.
- 1.6.3. **Out of Court:** Ball is out of court when it contacts anything outside the court area (not the goalpost). The ball is returned into play by a Throw-In taken from a point outside the line where the ball left the court. The player stands with foot close to the line, and the ball must be thrown onto the court within three seconds. If toes are touching the line, this is a foul throw. All players must be on court before the ball is thrown.

1.7. Each game will last for a minimum of 7 minutes each way with a direct change of ends after the 7 minutes. Substitutions may only occur during this half time change of ends.

1.8. The winner is determined by the team scoring the most points. A draw will be awarded if both teams have scored the same number of points at the end of the game.

1.9. League points will be awarded as follows: Win 3, Draw 2, Loss 1

## Fun Relay Race Rules

- A team of 4/5 members all of whom must be aged 16 years and under and a full Norfolk YFC member.
- Appropriate footwear to be worn by all members taking part.
- Each member will have to do a different element within the relay race.
- Elements will be:
  - Pass the ball/balloon: A member is given a balloon. On the word 'go' the member passes the balloon through his/her legs to the next person. This person in turn passes the balloon behind in the same manner. When the last person gets the balloon, he/she runs to the end point. The next member within the relay cannot start until they have reached that point.
  - Sack race – member to start at the start line and hop to a certain point until the member has reached that point the next member cannot start.
  - Egg and spoon – member will have an egg and spoon and have to get to a certain point with the egg staying within the spoon at all times. If the egg is dropped the member must go back to the start line. The next member cannot start until they have reached the end point without dropping the egg.
  - Wheelbarrow race – 2 members needed. 1 member to put their hand on the ground with the other member standing and holding the other members legs in a wheelbarrow position. The wheelbarrow walks on his hands while the other member supports his/hers legs and get to the finish line.
- The team to complete all elements in the fastest time win.
- If members start before the previous member has reached the end point, they will be disqualified.
- Judge's decision in **final**