

NORFOLK YFC & COUNTRYSIDERS 2024/2025



BLOCK TWO – YFC

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.**

COUNTRYSIDER	Member must be 10 – 16 as at 1st September 2024 Countryriders cannot join until their 10th birthday
JUNIOR	Member must be 10 – 16 as at 1st September 2024
INTERMEDIATE	Member must be 17 – 21 as at 1st September 2024
SENIOR	Member must be 22 – 30 as at 1st September 2024

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

Mens 5-a-side Football - YF

Rules: National rules to be adhered to, rules are available within the block book. Note members must be over the age of 16 to play. 5 minutes each way with 1 minute for half time and a change of ends. 5 players must be on the court at any one time.

Event:	SPORTS DAY
When	Sunday 2nd February 2025
Where:	TBC
Time	TBC
No of teams per club:	1
Consisting of:	7
Age Range:	Registered 16-30
Eastern Area Eliminator Date:	TBC
National Final Date:	Sunday 6th July 2025
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 213 688

Ladies Netball - YF

Rules: National YFC rules to be adhered to, rules are available within block book. Note members must be over the age of 16 to play. 7 minutes each way. 7 players must be on the court at any one time. Rules will be sent closer to the time to finalise size of court play.

Event:	SPORTS DAY
When	Sunday 2nd February 2025
Where:	TBC
Time	TBC
No of teams per club:	1
Consisting of:	9
Age Range:	Registered 16-30
Eastern Area Eliminator Date:	TBC
National Final Date:	Sunday 6th July 2025
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 213 688

Mixed Relay Race - YF

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

Event:	SPORTS DAY
When	Sunday 2nd February 2025
Where:	TBC
Time	TBC
No of teams per club:	2
Consisting of:	5
Age Range:	registered 30 and 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 213 688

Ploughing Match

Rules: Norfolk YFC rules to be sent out at a later date. Note members must be aged 16 or over. Mixed class on the day.

Event:	PLOUGHING MATCH
When	TBC
Where:	TBC
Time	TBC
No of teams per club:	1
Consisting of:	individual
Age Range:	registered 16 and over
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 213 688

Mixed Badminton - YF

Rules: Norfolk YFC rules to be adhered to, rules are available within the block book.
Member to supply own badminton rackets and shuttlecocks. 5 minutes each end,
2 ends to be played.

Event:	SPORTS DAY
When	Sunday 2nd February 2025
Where:	TBC
Time	TBC
No of teams per club:	1
Consisting of:	2
Age Range:	registered30 and 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 213 688

Ultimate Frisbee

Rules: See rules within block book. Note members must be over the age of 16.

Event:	SPORTS DAY
When	Sunday 2nd February 2025
Where:	TBC
Time	TBC
No of teams per club:	1
Consisting of:	Squad of 6-10 with 5 players on the pitch at a time (including at least 1 female at all times)
Age Range:	30 and Under (Registered)
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 213 688



**Fun, Learning and
Achievement**

NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2024-2025

*Final
July 2024*

NFYFC Men's 5 Aside Football

**Rules to be read in conjunction with FA Handbook 'Small Sided Football' 2023/2024 –
available as a download from: <http://www.thefa.com/football-rules-governance/lawsandrules/fa-handbook>**

16 to 28 years

R U L E S

Competition Aim

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

Learning outcomes

Football skills, teamwork, adhering to rules, fitness fun, winning/losing and personal development skills.

REMINDER: Read in conjunction with **NFYFC General Rules**. Further information can be found at
<http://www.nfyfc.org.uk/CompetitionsResources/competitionsresources>

1. VENUE

1.1. After Area Finals, the National Final will be held at Sports Day on **Sunday, 6th July 2025** in Staffordshire.

2. REPRESENTATION

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

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 squad of 7 members, all of whom must be aged between 16 years and over and 28 and under on 1st September 2024 (this age range must be adhered to), and full members of a Club affiliated to NFYFC.
This means competitors have attained their 16th birthday on 1st September 2024 and may be 29 on the day of the national final.

4. SUBSTITUTION

4.1. If 3 of the original team members are unable to go forward to subsequent rounds, then the next highest placed team from the previous round will represent the Area.

5. PROCEDURE

5.1. It is recommended that this is played outdoors on a pitch size between 25m and 50m long and between 16m and 35m wide. Recommended goal size is 3.66m wide by 1.83m high. Penalty Area to be a semi circle of 6 m radius drawn from the centre of each goal line. The extremities of these semi-circles should reach the goal line, barrier or wall regardless of whether or not the goal posts encroach onto the playing area. A penalty mark is drawn 6 m from the midpoint between the goal posts and equidistant from them. At the NFYFC Final, this will be played on a grass pitch.

5.2. For 5 a side leagues each team may field 4 outfield players and a goalkeeper on the pitch at any one time.

5.3. Substitutions are unlimited during the game, can only be made when the ball is dead and only with the Referees consent. Outgoing substitutes must leave the field of play before the replacement enters the playing area. The oncoming players are active immediately and can receive the ball. Substitutes must

stand outside the pitch perimeter and spectators must not enter the field of play under any circumstances.

- 5.4. Teams may not change their goalkeeper more than once during the course of the game. A change of goalkeeper must be authorized by the Referee.
- 5.5. The first half will begin with one team taking a centre; the second half will begin with the other team taking a centre. After a goal has been scored the game will be re-started by the team who conceded the goal taking a centre.
- 5.6. Only the defending goalkeeper is allowed to play the ball inside the goal area and only he may handle the ball in this area.
- 5.7. An outfield player gaining or seeking to gain an advantage by entering his own goal area will have a penalty kick awarded against his team.
- 5.8. An outfield player entering his opponent's penalty area will be penalized. The game will be re-started from the goalkeeper.
- 5.9. A goalkeeper gaining or seeking to gain an advantage by leaving his area or by playing the ball when it is outside the area will have a penalty awarded against his team.
- 5.10. The goalkeeper must return the ball into play by rolling it out of his area with an under-arm bowling action. The ball is returned any other way a free-kick will be given to the opposition two metres outside the area. A teammate receiving the ball from the 'keeper may not return the ball directly to him - the ball must first be touched by another teammate or an opponent. A free kick will be awarded against the offending team from the place where the defending player returned the ball unless it is deemed by the Referee that a player returning the ball to the Goal-Keeper is gaining an advantage then a penalty will be awarded.
- 5.11. The ball may be played above head height HOWEVER, it must never be played with the head. A free kick will be awarded for infringement.
- 5.12. If the ball goes out of play off the goalkeeper, the game will be restarted by indirect free kick by a member of the opposing team.
- 5.13. A goal may be scored from any point within the field of play. The only exception is that goalkeepers may not score against their opponents (except in penalty shoot-outs). Goal keepers are not permitted to take penalties (except in penalty shoot-outs).
- 5.14. No slide tackles are allowed. Infringement of this rule will lead to a free kick being awarded against the offending players' team.
- 5.15. Professional fouls will be penalized with a penalty and the guilty player may face disciplinary action.
- 5.16. All free kicks will be direct. Opposition players must be at least two metres from where any free-kick is taken. If opposing players do not retreat the required two metres the kick may be moved forward one metre. If a free kick is awarded on or near the goal area it can be moved up to two metres backwards to allow defenders to be two metres from the ball.
- 5.17. The goalkeeper must be on the goal line when a penalty is being taken. Players may only take one step whilst taking a penalty.

6. CONDUCT

- 6.1. Players may be sent to the 'sin bin' at the referee's discretion depending on the offence. The duration of the sin bin will be 2 minutes for which a blue card will be shown. A player may only be sin binned once per game as a second offence would involve a second blue card which would automatically be followed by a red card and a sending off.
- 6.2. If a player is given a red card whilst off the field of play (for unacceptable conduct on the sideline), the team must correspondingly reduce the number of players on the field.
- 6.3. Referees must be treated with respect from all teams. Teams found guilty of abusing Referees will be removed.
- 6.4. The Referees decision on all on-field matters is final and no discussions will be entered into either on or off the pitch.
- 6.5. Match Suspension Tariff:

OFFENCE	PENALTY (TO BE ADMINISTERED BY SMALL SIDED
---------	--

OFFENCE	PENALTY (TO BE ADMINISTERED BY SMALL SIDED)
Receiving a second 'blue card' in the same match	1 Match suspension
Denying a goal or an obvious goal scoring	1 Match suspension
Use of offensive, insulting or abusive gestures	2 Match suspension
Attempting to kick or strike another player Violent conduct Serious foul play	3 Match suspension

- 6.6. For spitting at an opponent or any other person the individual should not be permitted to take any further part in the tournament. All serious cases of Misconduct shall be reported by the Referee to the Management Committee and the local County FA
- 6.7. Any disputes must be referred immediately in writing to the management committee or organising committee for considerations whose decision shall be final
- 6.8. Disputes in relation to refereeing decisions are not permitted.

7. TIMING

- 7.1. The match will consist of two equal halves of five minutes with one minute for half time and a change of ends.
- 7.2. If the ball goes out of play the clock will be stopped and only started again once the ball has returned to the field.
- 7.3. The clock will be stopped if an injury is sustained. The person injured must call time so the referee can stop the clock, otherwise the game plays on. Replacements may be made in the case of injury at any time during a game. The clock starts and the game plays on once the injured person is clear of the field.
- 7.4. Extra Time – In the Final and Semi-Finals, should the scores be equal at full-time, a further two minutes shall be played each way. In league matches no extra time will be played and appropriate points will be awarded.
- 7.4.1. If, after extra time, the scores are still level that match will be decided by kicks from the penalty mark with the best of 5 penalties winning. Teams may choose which 5 players take the penalties.
- 7.4.2. If after 5 penalties the scores are still tied, sudden death penalties will continue until a penalty is missed. The same 5 penalty takers should continue.

8. DRESS

- 8.1. NO screw in studded footwear or blades is permitted to be worn by any player. Only training shoes, moulded soles and astro boots may be worn. All Players must wear shin pads. The wearing of any form of jewellery (including, without limitation, watches) is not permitted during play. Referees may refuse to allow players to play with inappropriate footwear, without shin pads and/or are wearing any form of jewellery.

9. POINTS TO BE AWARDED AS FOLLOWS:

Win	3 points
Score Draw	2 points
No Score Draw	1 point
Lose	Nil

10. AWARDS

- 10.1. **Trophy** and NFYFC Prize Card to the winner.
- 10.2. NFYFC Prize Cards to competitors placed 2nd, 3rd and 4th.

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

11. **NOTES**

- 11.1. 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 to minimise risk to members.
- 11.2. Referees must be registered to the Football Association. Areas need to apply to the Football Association (FA) local to where the area eliminator will be held. A permit to hold the competition must be obtained by each area – these are available from the local FA. Referees must be DBS checked.



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2024 - 2025

NFYFC LADIES Netball

16 to 28 years

RULES

COMPETITION AIM

To encourage YFC members to work together as a team to demonstrate their Netball skills in a competition environment.

LEARNING OUTCOMES

Netball skills: throwing, catching, agility, footwork, shooting, hand-eye-coordination and tactical decision making; teamwork, respect, discipline, enjoyment, sportsmanship as well as providing health and wellbeing benefits.

REMINDER: Read in conjunction with **NFYFC General Rules**. Further information can be found at <http://www.nfyfc.org.uk/CompetitionsResources/competitionsresources>

1. VENUE

- 1.1. After Area Finals, the National Final will be held at Sports Day on **Sunday, 6th July 2025** in Staffordshire.

2. REPRESENTATION

- 2.1. Counties may enter one competitor per 600 members or part thereof.
- 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, East Midlands 1, West Midlands Area 1, South West Area 2, South East Area 1 and Wales 2)

3. ELIGIBILITY

- 1.1. A squad of 9 members, 7 of those players must be on the court at any one time. All players must be aged between 16 years and over and 28 years and under on 1st September 2024 (this age range must be adhered to) and full members of a Club affiliated to NFYFC. **This means competitors have attained their 16th birthday on 1st September 2024 and may be 29 on the day of the national final.**

4. SUBSTITUTION

- 4.1. If **4 of the original squad** members are unable to go forward to subsequent rounds, then the next highest placed team will represent the Area.

5. Procedure

- 5.1. **Each position has a main role to play:**

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

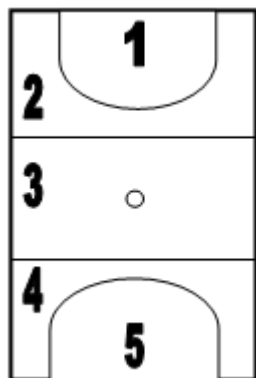
Centre (C) - To take the Centre Pass and to link the defence and the attack

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

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

5.2. 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
Goalkeeper	GK	Area 4,5

5.3. Starting or Restarting the Game

- 5.3.1. 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 in possession of the ball stands with at least one foot wholly within the centre circle.
- 5.3.2. When the whistle is blown to start play, the Centre in possession of the ball may step outside the centre circle but must obey the footwork rule. If when the whistle was blown:
 - (a) Only one foot was wholly inside the centre circle, this foot will be considered the 'landing foot'
 - (b) Both feet were wholly inside the centre circle, the foot not moved first will be considered the 'landing foot'.
- 5.3.3. The opposing Centre stands anywhere within the Centre Third, is free to move and can mark the ball but must be 90cm (3ft) away. The Centre pass must be caught or touched by a player in or landing in or jumping from a stance in the Centre third.

5.4. Playing the Ball

- 5.4.1. A player who has caught the ball shall play it or shoot for goal within three seconds
- 5.4.2. A player may bounce or bat the ball once to gain control
- 5.4.3. 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.
- 5.4.4. There must be room for a third player between hands of thrower and catcher
- 5.4.5. A player on the ground must stand up, observing the footwork rules, before playing ball.

5.5. Footwork

- 5.5.1. Having caught the ball, a player may land or stand on:
- 5.5.2. **One foot** - while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re-grounded until the ball is released.
- 5.5.3. **Two feet** (simultaneously) - once one foot is moved, the other is considered to be the landing foot, as above.
- 5.5.4. Hopping or dragging the landing foot is not allowed.

5.6. Scoring a Goal

- 5.6.1. Only GS or GA can score - they must be completely within the shooting circle (within Areas 1 or 5) when the ball is received in order to shoot for goal.

5.7. Toss up

- 5.7.1. This is administered for all simultaneous infringements. The two players stand facing each other at their own shooting ends with hands by their sides and the umpire flicks the ball upwards not more than 60cm (2ft) in the air as the whistle is blown. The distance between the players shall be 90cm (3ft).
- 5.7.2. A **FREE PASS** is awarded for infringement of any of the preceding rules. It may be taken by any player allowed in that area, as soon as they have taken up a stationary position. If it is decided that another player would be better taking it, the ball must be placed back on the floor- the ball should not be handed over as this counts as a pass. (A player may not shoot from a free pass in the shooting circle).

5.8. Obstruction

- 5.8.1. Player with ball: the nearer foot of the defender must be 90cm (3ft) from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 90cm (3ft) distance.
- 5.8.2. Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action. Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.
- 5.8.3. Intimidation: of any kind, is classed as obstruction. E.g. marking opponent's eyes instead of ball.
- 5.8.4. A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player.

5.9. Contact

- 5.9.1. When attacking, defending or playing the ball, opposing players may come into physical contact with each other. Provided the players do not interfere with each other's play or use their bodies to gain an unfair advantage over their opponent, it is deemed to be 'contest' and play continues. 'Contact' occurs when a player's actions interfere with an opponent's play whether these are accidental or deliberate.
- 5.9.2. A Penalty 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.
- 5.9.3. A player who is correctly positioned to take a penalty may choose to play the ball before the sanction has been set. If the player chooses to play the ball immediately:
 - (a) The infringer may not take part in play until the ball has been released or make any attempt to intercept the penalty pass
 - (b) The penalty pass will be retaken if the infringer interferes with it.

5.10. Court Areas

- 5.10.1. **Offside:** Player moving out of their own area, with or without ball (on a line counts as within either area).
- 5.10.2. **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.
- 5.10.3. **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.

5.11. **Dress.** All members of the team to wear matching dress and bibs indicating playing position. A set of spare bibs must also be available of different colours, which is to be supplied by the team.

5.12. **Replacements.**

5.12.1. Teams can make substitutions and/or team changes when play is stopped for injury or illness. There is no limit to how many substitutions can be made during the game. When time is called for an injury, the umpires will stop play. The player who has called time (time allowed 30 seconds) must leave the court to receive treatment on the side-line, and a replacement must be made for the injured player. For any injuries where blood is drawn, the player must leave the court; the ball and court must be cleaned before play starts and any stained clothing is to be replaced.

5.12.2. Please note that jewellery of any description or long nails are NOT allowed (nails must be short and smooth). Hair must be suitably tied back.

5.12.3. All matches will be played under the Rules laid down by England Netball and Welsh Netball (which is governed by the International Netball Federation).

5.12.4. At the NFYFC final a full-sized court will be used (30.5m by 15.25m), size 5 netball and posts to be at 3.05m (10ft).

5.12.5. At the NFYFC final 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.

5.12.6. 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.

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

6. AWARDS

6.1. Trophy and NFYFC Prize Card to the winner.

6.2. NFYFC Prize Cards to competitors placed 2nd, 3rd and 4th.

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

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 to minimise risk to members.

7.2. Referees must have a minimum FENA C Award (this applies to both England and Wales).

7.3. *Further information for English Counties can be found at <https://www.englandnetball.co.uk/> or by contacting your local Regional Coordinator. Details can be found by following the link*

<https://www.englandnetball.co.uk/regions/> Welsh Counties can find further information at <http://www.welshnetball.com/>

7.4. *Details on the England Netball rules can be found here: <https://www.englandnetball.co.uk/make-the-game/officiating/rules-updates/> Details on the rules on the Welsh Netball website can be found here: <http://www.welshnetball.com/inf-release-updated-rules-of-netball-for-2018/>*

WHAT TO EXPECT ON MATCH DAY

JOIN THE MOVEMENT

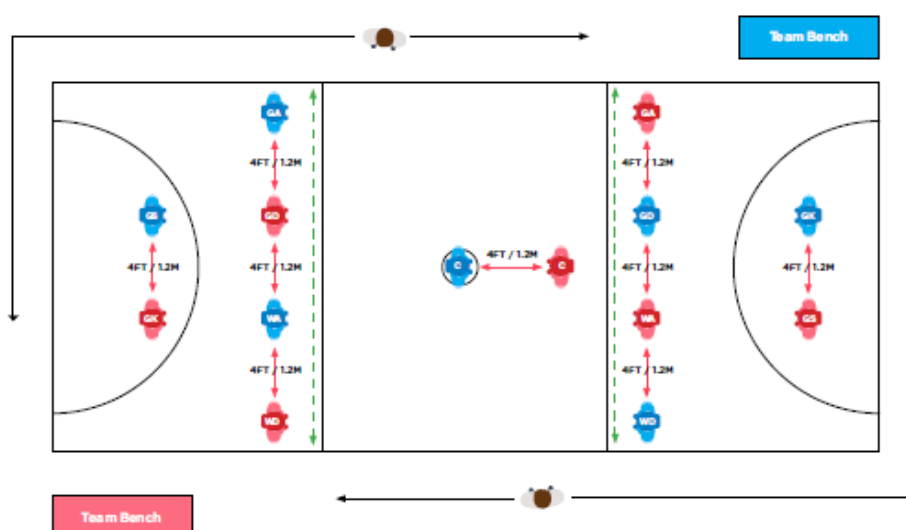
#RISEAGAIN

Rule modifications

- 4ft spacing for the start of play
- 4ft marking
- 4ft position of penalised player
- Removal of toss ups
- Removal of idle interactions

Umpires

- 2 umpires must be used during training and matchplay
- Must ensure players are adhering to the rule modifications
- Maintain 4ft away from players at all times
- Do not deliver the ball at centre pass



Hygiene and safety measures

- Players are required to sanitise their hands at the start and end of each quarter
- A freshly cleaned/sanitised ball should be used for each quarter (same ball can be used but must be cleaned at quarter times)
- Spare 'clean' ball to be kept in reserve if the match ball enters a spectator area
- Match Officials and Scorers will now be required to be at least 2m from activity where possible, with 2m distance between chairs.
- Those sitting on team benches will be 2m or 1m+ apart with risk mitigation in place where 2m is not possible.
- Team talks should be conducted in socially distant circles on the court to avoid congesting the bench area
- Social norms including handshaking, goal celebrations, high 5's etc are not permitted
- The post protector at each goal end should be sanitised prior to the start of the match
- Players are actively discouraged from touching the post
- Shouting is not permitted
- No sharing of water bottles and these should be clearly marked
- A clean set of bibs should be used with no sharing

Positions for the start of play

- All players must not position within 4ft (1.2m) of any other player
- GA/GD/WA/WD can position as normal at any point along the transverse line but must maintain a distance of 4ft (1.2m) from each other
- GS/GK are required to start inside the Goal Circle 4ft/1.2m apart
- Centres can position as normal but must maintain a distance of 4ft (1.2m) either at the Centre Circle or if the Centre decides to mark at the transverse line

Compliance

All who take part in this version of Netball have a responsibility for ensuring that they adhere to the modifications put in place.

These modifications have been introduced to significantly reduce the number of face to face interactions that may occur but players should ensure that they actively seek to remove these from the game.

Any persistent breaches of these modifications will result in players being dealt with under Game Management rules which could be accelerated to protect the safety of other players.

Rules for Norfolk YFC Badminton 2024

A team consists of two registered members 16 – 30 years

Scoring System

- A match consists of the best of 2 ends, each of five minute games.
- The winning team will have the most points out of 2 games.
- Points are won when opposition cannot return the shuttlecock or service is not diagonal, or if the shuttlecock does not clear the top of net.
- Out of bound shuttlecocks will mean a point to the opposing team.

Change of Ends

- After five minutes teams will change ends.
- The winning side from the previous game serves first.

Format

- The first serve will be decided by a coin toss.
- The shuttlecock must always clear the net (over the top) and remain within the court boundary.
- Service is always directed diagonally to the opposite side.
- Service following a point is taken by the team winning the point.
- Members to rotate court position in their half for service after each point.
- The tournament will be run as a round robin or 2 leagues, with a final play off for 1st-4th place depending on entries received.

**Scoring will be on a honour basis between the opposing teams -
plus one member from another club.**

Fun Relay Race Rules

- A team of 4/5 members all of whom must be aged between 16-30 years 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**



Ultimate Frisbee Rules

- Squads of 6-10 players.
- 5 players on the pitch which must include a minimum of 1 female player on the pitch at any one time.
- The court is divided into 3 - with 2 endzones (each $\frac{1}{4}$ of the area) where the teams start from
- To move to the scoring end, the team must throw the Disk from player to player
- Players can only pivot when holding the Disc. (They cannot travel)
- A goal is scored when you throw the disc to a member of your team standing in the endzones your team is attacking.
- The defending team takes possession when the disc touches the ground, goes out of bounds or interception.
- Teams are allowed an unlimited amount of substitutes in each game.
- In all cases, the umpire's decision is final
- Each game will last for 5 minutes with the next score to occur completing the game or until a maximum time limit of 7 minutes is reached. ie. The final whistle will signal 5 minutes of play. The game will then continue until the next score, after which the game will end. If no score is made the game will end at 7 minutes.