

NORFOLK YFC & COUNTRYSIDERS 2023/2024



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 2023 Countrysiders cannot join until their 10th birthday
JUNIOR	Member must be 10 – 16 as at 1st September 2023
INTERMEDIATE	Member must be 17 – 21 as at 1st September 2023
SENIOR	Member must be 22 – 30 as at 1st September 2023

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

Mens 5-a-side Football

Rules: Norfolk YFC 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. 5 players must be on the court at any one time.

Event:	SPORTS DAY
When	Sunday 4th february 2024
Where:	Easton College sports centre, NR9 5DX
Time	TBC
No of teams per club:	1
Consisting of:	7
Age Range:	Registered 16-30
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 748 931

Ladies Netball

Rules: Norfolk YFC rules to be adhered to, rules are available within block book. Note members must be over the age of 16 to play. 5 minutes each way. 5 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 4th february 2024
Where:	Easton College sports centre, NR9 5DX
Time	TBC
No of teams per club:	1
Consisting of:	6
Age Range:	Registered 16-30
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 748 931**

Mixed Rounders

Rules: We are all rounders simplified rules to be adhered to, rules available within the block book. Note members must be over the age of 16 to play with no more than 5 male players. 9 players to be on the field for each team at any one time.

Event:	SPORTS DAY
When	Sunday 4th february 2024
Where:	Easton College sports centre, NR9 5DX
Time	TBC
No of teams per club:	1
Consisting of:	11
Age Range:	registered 16-30
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 748 931**

Mixed Dodgeball

Rules: Norfolk rules to be adhered to, rules are available within the block book. Note members must be over the age of 16 to play. No more than 6 members in play at one time. (must be at least 2 males/2 females on the court at any one time)

Event:	SPORTS DAY
When	Sunday 4th february 2024
Where:	Easton College sports centre, NR9 5DX
Time	TBC
No of teams per club:	1
Consisting of:	8
Age Range:	registered 16-30
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 748 931**

Mixed Relay Race

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 4th february 2024
Where:	Easton College sports centre, NR9 5DX
Time	TBC
No of teams per club:	1
Consisting of:	5
Age Range:	registered 16-30
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 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:	PLOUGHING MATCH
When	Sunday 3rd march 2024
Where:	Venue TBC hosted by North Elmham Young farmers within mid Norfolk region
Time	
No of teams per club:	unlimited
Consisting of:	individual
Age Range:	registered 13 and over
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 748 931**

NFYFC Men's 5 Aside Football Rules

A squad of 5 members.

- For 5 a side leagues each team may field 4 outfield players and a goalkeeper on the pitch at any one time.
- 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.
- The match will consist of two equal halves of 5 minutes with 1 minute for half time and a change of ends.
- Points will be awarded as follows:
 - Win 3 points
 - Score Draw 2 points
 - No Score Draw 1 point
 - Lose Nil
- 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.
- All Players must wear trainers (no football boots) and 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.
- 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.
- Only the defending goalkeeper is allowed to play the ball inside the goal area and only he may handle the ball in this area.
- 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.
- An outfield player entering his opponent's penalty area will be penalized. The game will be re-started from the goalkeeper.
- 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.
- 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.

- The ball must not be played above kick board height. An indirect free kick will be awarded against the last player to touch the ball before it goes above kick board height, regardless of intent.
- The ball must never be played with the head even if it is below board height. A free kick will be awarded for infringement.
- If the ball goes out of play off the goalkeeper, the game will be restarted by indirect free kick by the same goalkeeper.
- 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).
- No slide tackles are allowed. Infringement of this rule will lead to a free kick being awarded against the offending players' team.
- Professional fouls will be penalized with a penalty and the guilty player may face disciplinary action.
- All free kicks will be direct with the exception of over board height (see 2.12) which is deemed in-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 meters 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.
- The goalkeeper must be on the goal line when a penalty is being taken. Players may only take one step whilst taking a penalty.
- The Referees decision on all on-field matters is final and no discussions will be entered into either on or off the pitch.
- 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.
- 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.
- Referees and other teams must be treated with respect from all teams. Teams found guilty of abusing Referees or other players will be removed.
The referee's decision is final



Ladies Netball Rules

A squad of 5 members.

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

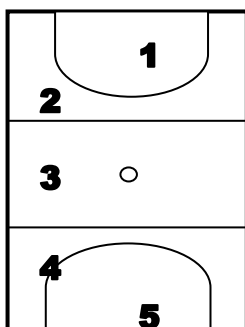
Goal Attack (GA) - To feed and work with GS and to score goals

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

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
Centre	C	Area 2,3,4
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 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

SIMPLIFIED RULES

TEAMS

- Games are played between two teams. Each team has a maximum of 15 and a minimum of 6 players.
- No more than 9 players may be on the field at any one time
- If a mixed team—there should be no more than 5 male players
- List of players and substitutes should be submitted to the Umpire prior to play
- Games are usually played over 2 innings
- Players once substituted may return during the game, but batters only in the position of their original number

BATTING

- Wait in the backward area well away from 4th post
- If out, wait in the backward area well away from 1st post
- Enter the batting square when called to do so by the Umpire
- You will have one good ball bowled to you
- Batter can use 2 hands
- You can take a no ball and score in the usual way, but once you reach 1st post you cannot return.
You cannot be caught out or stumped out at 1st post on a no ball

NO BALLS

- Not smooth underarm action
- Ball is above head or below knee
- Ball bounces on way to you
- Wide or straight at body
- The Bowler's foot is outside the square during the bowling action

RUNNING AROUND THE TRACK

- If you stop at a post you must keep contact with the post, with hand or bat. If you don't the fielding side can stump the following post to put you out
- You can run on to a post even if it has been previously stumped (you don't score if the post immediately ahead has been stumped)
- When the bowler has the ball in the bowling square you cannot move on, but if you are between posts you can carry on to the next
- You cannot have two batters at a post. The Umpire will ask the first to run on when the second one makes contact
- At a post you do not have to move on for every ball bowled
- Once in contact with the post, you may turn the corner over the 2 metre line. If you turn the corner during a run and there is no contact with the post you will be deemed to have turned the corner and must run on
- You can move on as soon as the ball leaves the Bowler's hand, including no balls
- You must touch 4th post on getting home

SCORING

- 1 Rounder if ball is hit and 4th post is reached and touched before next ball is bowled
- 1 Rounder if ball is hit and 4th post is reached on a no ball (you can't be caught out on a no ball)
- ½ Rounder if 4th post reached without hitting the ball
- ½ Rounder if ball is hit and 2nd or 3rd post reached and touched before next ball is bowled - but if you continue this run and are put out before reaching 4th post, the score will be forfeited
- Penalty ½ Rounder for an obstruction by a fielder
- Penalty ½ rounder for 2 consecutive no balls to same batter
- You can score in the normal way on a backward hit but must remain at 1st post while the ball is in the backward area
- The team with the highest number of Rounders wins
- Penalty ½ rounder to fielding team if wailing batters or batters out obstruct a fielder

OUT WHEN

- Caught
- Foot over front/back line of batting square before hitting or missing a ball
- Running inside post (unless obstructed)
- The post you are running to is stumped
- You overtake another batter on the track
- You obstruct (you have right of way on track only)
- Deliberately throw or drop bat
- Side out
- If ordered to make and maintain contact with the post and refuse to do so
- You lose contact with the post;
- When the bowler has the ball and is in the square (except on an over run)
- During the bowlers action but before they release the ball

Norfolk Young Farmers & Countrysiders Dodgeball Rules

NO CARD, NO PLAY

THE TEAM;

Teams are to be made up of 6-8 players with 6 in play at one time. The remaining 2 members may partake as substitutes but may only come into play in the case of injury or at the court monitors discretion.

THE COURT;

Dodgeball will be played on the court in the sports hall using the netball lines as play area. The court area is to be divided into 3 areas of play.

THE EQUIPMENT;

Soft foam balls will be used on the day but may be substituted.

THE GAME;

The object of the game is to eliminate all opposing players within 10 minutes (times subject to change), this can be done by:

1. Hitting an opponent with a live ball between the shoulder and waist,
2. Catching a live ball thrown by an opponent before it hits the ground.

Definition: A LIVE BALL is one that has been thrown by the opposing team and on its journey has not touched anything, this includes; the floor/ground, another ball, another player, official or any items outside of the field of play (wall, ceiling, etc).

BOUNDARIES;

During play, all players must remain within the marked boundary lines.

THE OPENING RUSH;

Game begins by placing 6 dodgeballs along the centre line, three (3) to one side of the centre mark and three (3) to the other. In play members must take their positions behind the marked lines at either end. Following the blow of a whistle by the official, team members may run forward and collect a ball from the centre. This is officially the opening of the match. Once a player has retrieved a ball it must be taken behind the marked 'attack' line before it can be legally thrown.

THE GAME - ATTACKING;

Teams must try to knock out opposing members by hitting them with a live ball; remember a ball is only live if it has not bounced or touched anything else, if the ball bounces or hits the opposing member above the shoulder/below the knee they are not out; this is up to the court monitors discretion. Deliberate balls to the head will immediately count the thrower as out.

THE GAME - DEFENDING;

Team members can defend from a hit by 'deflecting' a live ball using a ball held in their hands, or by catching a live ball. If a live ball is caught without bouncing the thrower is out and one of your in play team members can come back on. If a live ball hits you below the shoulder or above the knee, you are out!

TIMING & WINNING A GAME;

A 10 minute time limit has been applied to each match. If neither team has been eliminated by the end of 10 minutes play, the team with the most remaining members wins.

5 SECOND VIOLATION;

Norfolk Young Farmers & Countrysiders Dodgeball Rules

NO CARD, NO PLAY

In order to reduce stalling, if a ball is not thrown from a team with four (4) or more balls after five (5) seconds a violation is called and they must 'give up' to the opposition three (3) balls.

RULE ENFORCEMENT;

The court monitor will make the final call on a hit with a live ball or a five (5) second violation. Players are encouraged to behave in a sportsmanlike manner and adhere to the rules. All matches will be supervised by the court monitor; they will have no connection with the teams in play. THE COURT MONITORS DECISION IS FINAL - NO EXCEPTIONS!

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**