



The Rulebook

Your handy guide to the school games rules



Cricket

Preparing for a game

- Divide the group into teams of 8
- Divide each team into pairs
- Pair 1: Two batters who start with 20 runs
- Pair 2: One bowler and one wicketkeeper
- Pair 3: Two leg side fielders (leg side is on the batters' left if they are right-handed and on their right if they are left-handed)
- Pair 4: Two off side fielders (off side is on the batters' right if they are right-handed and left side if they are left-handed)
- If you have a spare pair, they can be umpire and scorer





Rules



1. Players will bat in pairs, and each pair will face two overs each.
(12 balls)
2. Pairs will rotate to new roles after 12 good balls
3. Bowling changes end at the end of each over
4. Each player will bowl one over (6 balls) when it is their pair's turn.
Bowling can be underarm or over arm
5. Each pair will start with 20 runs
6. There are no boundaries
7. Three runs are deducted if a player is bowled, caught, run out or if they hit their own wicket. The pair continues to bat their dedicated two overs
8. If the ball passes either cone to left or right of the wicket, a 'wide' is called. The batters receive one run, and an extra ball is bowled
9. 3 points for the winning team, 2 points for a draw and 1 point for a loss
10. All players (except the wicketkeeper) must stand 10 metres away from the bat

Badminton

How to score points

- Points are scored by grounding the shuttlecock before your opponent can return it.
- The shuttle should be grounded in designated court areas on the opponents' side of the net to score a point.
- Points get awarded to you if your opponent commits a fault or fails to return the shuttlecock. Points may be won even if a player does not have service.
- A full game is played to 21 points but variations such as 14 and 7 can be used to have quicker games.
- If scores get tied at 20-20 the winner is the first player who gets ahead by two, clear points.

Serving rules

- Players must serve the shuttle diagonally across the net to their opponent.
- Service moves from one side to the other as points are won.
- The shuttle must reach your opponents' service box in their half of the court.



Serving rules

- The serve is good even if the shuttlecock hits the top of the net providing it reaches the service boundaries.
- Overarm service is not allowed so underarm action should always be used, swinging the racquet from below your waist
- If your first serve goes out, then your opponent wins the point and the service turns over

Faults

A player loses the rally if they commit any of the following faults;

1. Fail to return the shuttle into their opponents' side of the court
2. If the player touches the net with their racquet or body when the shuttle is in play
3. If the player contacts the shuttle on the opponents' side of the net
4. If the shuttle is hit twice in succession
5. If the server misses the shuttle while serving
6. If the shuttle touches the body or the players clothing

Handball

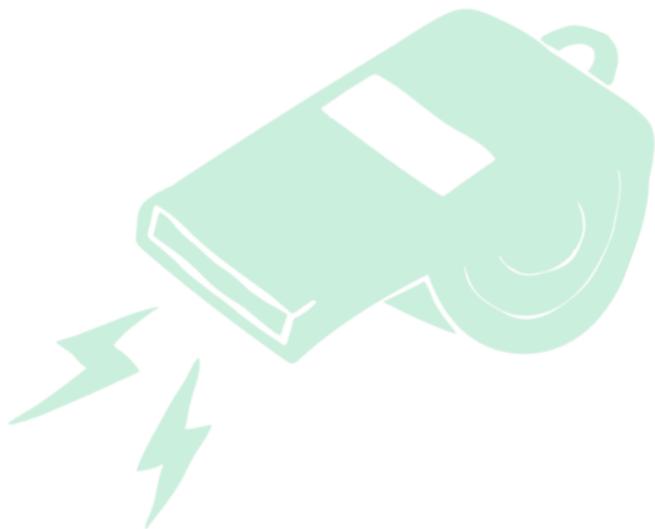
Rules

1. Handball is played between two teams, each consisting of six court players and one goalkeeper
2. The objective of the game is to throw the ball into the opposition goal which is roughly 1.5m x 2m (min) for juniors
3. A game is played over 2 halves with a time set by the coach/teacher/competition guidelines but can be split in any way to suite the group
4. When defending, a team will stand just in front of their 6m line to form a wall. The attacking team will pass the ball to each other to create a hole/gap in the defensive wall and allow a throw at the goal
5. When defending, players can use their hands or arms to block or gain possession of the ball but cannot pull or hit the ball out of an opponents' hand
6. A defender can also use their body to obstruct an opponent even if they are not in possession of the ball, but cannot hold, push, run or jump into an opposition player
7. Mini Handball is NON-CONTACT players who commit dangerous play or repeat infringements may be suspended for 2 minutes



3 is the magic number

1. Players can hold the ball for 3 seconds, then either pass, take 3 steps or dribble the ball unlimited
2. A player can then take another 3 steps before either passing the ball or throwing at the goal
3. Defensive players must be 3 metres away from their opponent when awarded a free throw or taking a side line throw



Netball

Positions

- **GS** stands for is the Goal Shooter. The GS is one of the two players on the team who can score goals. The GS is only allowed in the third they are shooting in and the centre third
- **GA** stands for Goal Attack. GA shoots alongside the GS and is allowed in the same areas of the court
- **C** stands for Centre, and this person can go in all areas of the court, apart from the shooting semi-circles
- **GD** stands for Goal Defence. The GD has to stop the opposition from shooting by trying to intercept shots or passes. The GD is only allowed in the centre third and the third that the opposition is shooting in
- **GK** stands for Goal Keeper, who has the same job as GD and is allowed in the same areas

Rules

1. Matches should be 4 x 6 minutes, with two minutes at each interval
2. Teams should change ends at each interval
3. Start of play team captains toss a coin to determine who takes the first centre pass
4. Players cannot hold the ball for longer than 4 seconds



Rules



5. Upon catching the ball, you may not move the foot that you land on (your landing foot), although you can pivot on this foot
6. When an opposing player is holding the ball, you must stand at least 1 metre away from her/his landing foot
7. You are not allowed to defend a ball in an opposing player's hand by outstretching your arms, but you can jump once to intercept a throw or shot at goal
8. Only the Centre can take a pass after a goal is scored and teams take it in turns to take a centre pass.
9. The Centre must be in the centre circle when they take a centre pass, and it must be caught in the centre third
10. The ball can only be bounced once
11. If the ball goes off the court, a throw-in is taken by the team who didn't throw or knock the ball out of court
12. A player is offside if they enter an area of the court that their position is not allowed
13. Netball is a non-contact sport so you cannot push people or knock the ball out of their hands
14. If a player breaks the rules, the umpire will give a pass or shot to the other team

Football

Rules

1. Year 3 is played 5 v 5 with a size 3 ball
2. Year 4 is played 7 v 7 with a size 3 ball
3. Year 5 & 6 is played 7 v 7 with a size 4 ball
4. A kick-off starts play at the start of the match or after a goal. A kick-off involves one player kicking the ball, from stationary, forward from the centre spot. All players must be in their half before kick-off. After halftime, the teams switch direction and the other team will kick-off. After a goal is scored, the team which conceded the goal will kick-off to restart play
5. A goal is scored when the ball crosses the goal line inside the goal mouth
6. A foul is an offence which could be using excessive force while playing the game either deliberately or unintentionally or to handle the ball (unless you are a goalkeeper). The referee may caution players for offences
7. Free kicks are given when there has been a foul and are always direct in the school game. The kick should be taken from a stationary position where the offence occurred



8. Penalty kicks are given against a team when they commit an offence inside their goal area. The ball is kicked from stationary from the penalty spot. The opposing team must be outside of the penalty area
9. Goal kicks are taken anywhere inside the penalty area and are awarded when the attackers put the ball off the back line
10. Throw-in is used to restart play after the whole of the ball has crossed the touchline
11. A corner kick is given when the whole of the ball crosses the back line and was last touched by a member of the defending team (and no goal was scored). A corner kick is taken from inside the corner arc on the side the ball went out
12. All opposing players must be at least 5 yards from the ball on the taking of free, goal and corner kicks
13. There is no offside

Tag Rugby

Rules

1. Pitch size 10metres X 15metres or 15metres X 25metres
2. The game is played 8 v 8
3. Tag belts must be worn by all players and on the outside of clothing. Shirts should be tucked in
4. Substituted players can be re-used at any time but only when the ball is not in play or when it is half time
5. A free pass is used to start the match at the beginning of each half from the centre of the pitch or when the referee thinks a foul has taken place
6. A try is scored when the ball is passed to a player stood at the oppositions try line or if a player runs over the oppositions try line and grounds the ball without being touched
7. A player can run with the ball until tagged by an opposition player
8. Only the ball carrier can be tagged
9. When a player is tagged they must reattach their tag before continuing with the game
10. Once tagged the ball carrier must pass the ball within three steps or three seconds
11. For beginners the ball can be passed in any direction and then only sideways or backwards as they develop
12. No Physical contact (including fending off with hands, or ball)



13. The tagger can only tag one player at a time and must give the tag back before resuming with the game
14. All passes must be caught. If they are dropped, go out of play, or are touched by a defender then the ball is given to the defending team, who then become the attackers
15. A ball goes in to touch when a ball carrier is run off the side-line, the opposition get a free pass. If this happens within 5 metres (depending on pitch size) of the touch line the ball should be brought back 5 metres
16. If the ball carrier is tagged within 1 metre of the try line a score can be made
17. If a free pass is awarded the opposition should be 3 – 5 meters back (depending on pitch size), toward their own try line
18. A free pass may not take place within 3 metres of the try line
19. Knock on rule (when a player drops the ball forward) does not apply for beginners but can be used for more experienced teams
20. Players may not dive on the ball or ground themselves at any time
21. A player is offside when they prevent a player making a pass by being in front of the player

Tennis

Preparing for a game

- Matches can be the first to 10 points or run on a timed basis, where all games start and finish on a timed whistle
- Matches can be played on adapted courts
- Space can be adjusted to cater for age and ability of players

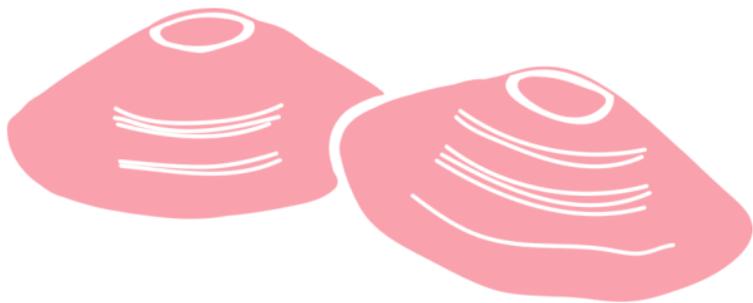
Rules

1. Mini tennis does not use the traditional scoring of 15, 30 and 40 but uses simple number scoring 1,2,3, etc
2. Players play out the point if the timer ends during play
3. A coin toss decides service
4. Games start and finish on the blow of a whistle
5. When serving, players should stand behind the back line
6. When serving (where ability allows) the ball must not be bounced before being hit
7. Players should serve diagonally, underarm or overarm
8. The serve is decided by a 'toss' at the start of the match. The nominated person serves for the first point; it then alternates every two points



Rules

9. Each player has a maximum of one bounce to return the ball over the net and within the boundaries of the court
10. If a player fails to do any of these things, their opponent wins a point
11. Players do not change ends unless there is a noticeable advantage, e.g. sun shining directly in players eyes
12. A player loses a point if they make contact with the net



Hockey

Rules

1. The game is played 4 a side
2. The game starts or restarts by one team being given a centre pass, which can be passed in any direction once the umpire has blown the whistle
3. The team who has conceded a goal restarts the game with a centre pass
4. The direction of play alters at each change of play, e.g. each half or quarter
5. When a centre pass is taken to start or restart the game each player must be in their half of the pitch and opposition must be at least 3 metres away
6. A goal is scored if the ball is struck off a player's stick, either attackers or defenders within the shooting circle
7. A penalty goal will be awarded where a defender intentionally stops the ball from crossing the line with their foot or body
8. No Contact or rough play

Free pass

A free-pass is given when an offence occurs. For all free passes (A to J) the ball must be taken from where the offence took place. Until the free-pass is taken, all players from the opposing team must be 3 metres away from the ball. After touching the ball, the free-pass taker cannot touch the ball again, until it has been touched or played by another player. If the free-pass taker touches the ball twice the other side get a free-pass. If an offence is committed within 5 metres of the goal line (or within the shooting circle if a circle is being used), the free pass should be taken 5 metres away from the goal line (or from outside the shooting circle).



A free pass is awarded when

- A. The ball passes entirely over a side-line. The free pass should be taken by a player of the team which did not touch the ball last
- B. The ball passes completely over the back line and was last touched by an attacker. The free-pass should be taken by the defending team, from the top of the shooting circle, in line with the centre spot. All players from the attacking team must retreat to their defending third of the pitch
- C. The ball passes completely over the back line and was last touched by a defender. The free-pass shall be taken by the attacking team from the corner of the pitch nearest to where the ball crossed the line
- D. When a player kicks, propels, picks up, throws, or carries the ball
- E. Intentionally uses any part of their body to play the ball
- F. Attempts to play any high ball (over knee height) with the stick
- G. Uses the back of the stick
- H. Plays the ball dangerously or in a way which leads to dangerous play
- I. 'Obstructs' by running between the ball and an opponent who is close enough to hit it. Players must not use any part of their body or stick to obstruct another player
- J. Interferes with another player's stick or clothing

Rounders

Preparing for a game

1. Pitch dimensions: the distance is 12metres between the 1st, 2nd and 3rd post and 8.5metres between the 3rd and 4th. The distance between the batting and bowling square is 7.5metres
2. The game is played in teams of 9
3. One teams bats while the other team fields
4. Batters waiting should be stood in the backward area well away from the 4th post
5. You can either play for one or two innings or play a limited number of balls, e.g. 20 balls or until the batting team is out





Rules

1. Bowlers can bowl underarm only
2. A 'No Ball' is awarded when the ball is bowled above the head or below the knee, if it is too wide, it bounces before it gets to the batter or if the bowlers foot is outside of the bowling square
3. A penalty half a rounder is scored if two consecutive no balls are bowled to the same player
4. A batter can still run on a 'No Ball' in the same way as if a ball was good
5. A batter cannot be caught out or stumped out at 1st post by a no ball
6. When the batter hits the ball they should aim to run around as many posts as possible before the fielders return the ball to the post they are running too
7. Batters must carry the bats around the posts with them
8. If the batter hits the ball backwards they must wait at the 1st post until a fielder returns the ball into the forewards area, once in the forewards area the batter can choose whether to continue running or can stay at 1st post
9. If you do not hit the bowled ball you still have to run unless it is a no ball



Rules

10. Batters can use two hands
11. If the batter reaches the 2nd or 3rd post they have scored half a rounder. If the batter gets to the 4th post in one hit this is a full rounder
12. If a batter reaches the 4th post but did not hit the ball they score half a rounder
13. When the bowler has the ball in their hand in the bowling square you cannot move to the next post
14. If you stop at a post you must keep contact with the post until you decide to run
15. You cannot have more than one batting player waiting at a post
16. A batter is out if; a member of the fielding team catch the ball before it bounces, if the fielding team get the ball to the post that the batter is running to, you overtake another batter on the track or if you run inside the posts (unless obstructed)
17. The fielding team cannot obstruct a batter from running between posts
18. Batter must run around the outside of the posts
19. The team with the highest number of rounders wins

Lacrosse

Rules

- The game starts with a pass from the centre, where every centre will alternate, no matter who scores.
- Substitutions as needed from the halfway point, a stick must be exchanged between players.
- No stick or body contact, no intentional playing the ball off the body.
- No entry into the circle round the goal.
- No trapping or guarding the ball (but momentary pull back is allowed).
- Maximum of four-second possession of the ball by a player.
- No defender can stand in front of the goal (in 5m arc) unless marking an attacker.
- Fouls inside the 5m arc, restarts are taken from outside the arc to the side of the pitch and in line with the goal.
- You can only score when the ball is inside the opponents' half.



Basketball

Rules

- Start the game with a jump ball.
- If a player commits a personal foul on the court the fouled team take a sideline ball inline and to the nearest side where the offense took place, they have 5 seconds to make the pass.
- If a player commits a personal foul to the someone as they are attempting a 3 point shot they get a free throw. If they shooter scores even though fouled, they could therefore win 4 points (3 from the three point shot and 1 for the free throw).
- If a defender knocks the ball off the sideline or backline, a sideline ball is awarded to the attackers in line with where it went off.
- When a basket is scored the conceding, team restarts the game with a backline ball from their defensive backline.
- If a player commits a travel offense a sideline ball is taken from the nearest sideline in line with where the offense took place.
- If a player scores outside the 3 point line they score 3 points, if they score within the 3 point line they score 2 points.



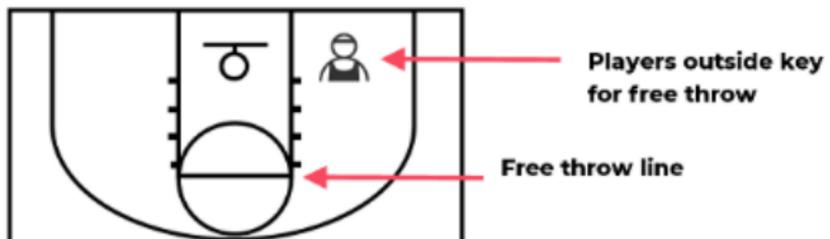


Rules within the key

Key - The key is the name given to an area below and in front of the basketball hoop. Players must follow slightly different rules than those outside of the key. It was named the key as when first introduced, it roughly resembled an old fashioned key hole. The shape has changed over time and is now either a rectangle topped with a circle or a tapered rectangle topped with a circle.

Players must obey specific rules within the key.

- The 3 second rule – Offensive players can only stay for 3 seconds in the key, whether they have the ball or not. This stops players waiting under the net.
- Free throws – When a free throw is awarded it must be taken at the top of the key on the line.



THE PE HUB