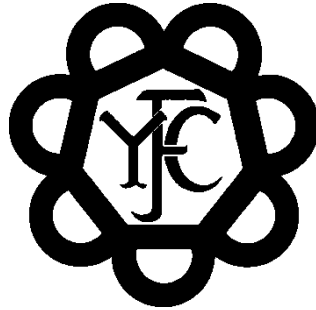


HEREFORDSHIRE FEDERATION OF YOUNG FARMERS' CLUBS



SPORTS DAY 2019-2020

on

Sunday 29th March 2019 from 9:30am

at

**Kingstone High School, Kingstone,
Hereford, HR2 9HJ**

COMPETITION RULES

End of Year Trophies



Hereford Times Efficiency Shield

The Sports Trophy

The Junior Sports Trophy

IMPORTANT GUIDELINES

Please read carefully and follow instructions clearly in order to avoid any mistakes or confusion.

a) Closing date for entries to be received at the County Office is:

9pm on MONDAY 9TH MARCH 2020. LATE ENTRIES WILL NOT BE ACCEPTED.

We realise that some of the names on your form may change after this date. Providing the changes are notified to the competition steward this will cause no problem.

- b) All competing members must have a **VALID CURRENT MEMBERSHIP CARD INCLUDING A PHOTO**. If new membership cards are required, the authorised membership forms must be received by the County Office no later than the deadline date above, along with the Entry Forms. Please note that all membership forms received at the office must be signed by the member, as well as a Parent/Guardian if under 18 and must be signed and dated by the authorised Club Officer.
- c) Two sets of schedules are enclosed for each Club. A booklet set is for the Club Secretary's reference and the A4 stapled set is for dismantling and passing on rules to the competing members, you may need to copy extra.
- d) One entry form is enclosed per Club. This is for completion and to be returned to the County Office by the deadline, you can make a copy for your records in the back of the booklet copy where the entry form is included or please ask for a spare form to fill in. You can also complete an online copy from email or the website.

All rules and entry forms are emailed to Club Chairmen and Secretaries in advance and posted out if not collected from the Office by a Club Representative.

- e) Any trophies relating to this competition held by any Club member must be returned to the County Office by the above deadline date, along with the entry form.
- f) Please make sure all competitors are aware of the competition rules and times.
- g) **HELPING MEMEBRS WITH ADDITIONAL PHYSICAL or LEARNING REQUIREMENTS.** HFYFC seeks the inclusion of the full membership in its endeavours. Should a member require assistance to compete at a County Final due to any additional physical or learning requirements, every effort shall be made to ensure inclusion of any member with dignity, respect and confidentiality. HFYFC requests prior knowledge of assistance required in order to maximize the benefit to the individual.

HFYFC General Rules

- 1 The competitions listed herein are open to members of Herefordshire Federation of Young Farmers' Clubs (HFYFC) holding a valid, current YFC membership card. (Valid is classed as being of the correct year, having a signature and passport photograph of the member attached to the card.)
- 2 Any member who fails to produce a valid membership card will be able to purchase a temporary membership card from the office on the day, provided they are already a member. The card will cost £5 and will only be valid for the purpose of entering competitions on the day. Failure to produce a valid membership card will mean that the member will be unable to compete in the competition.
- 3 Age ranges for competitions are as follows:
Senior – Open to members 26 years of age or under on 1st September 2018
Intermediate – Open to members 21 years of age or under on 1st September 2018
Junior – Open to members 16 years of age or under on 1st September 2018, and 10 years of age or over on the day of the competition.
- 4 Health and Safety requirements must be adhered to at all times.
- 5 Competitors must act in accordance with HFYFC policies, where applicable.
- 6 No alcohol is to be consumed by competitors before or during competitions. Any member judged to be under the influence of alcohol or any other substance will not be permitted to continue with the competition and may be disqualified.
- 7 The use of mobile phones during competitions is prohibited.
- 8 A white coat must be worn unless otherwise specified.
- 9 No competitor can enter the same competition in different age ranges.
- 10 All work must be that of the competitor who has booked in.
- 11 All work must have been made in the last 12 months.
- 12 Competitors must arrive on time and report to the competition steward **before** the start time of the competition to book in with necessary equipment to complete the competition.
- 13 In the event of a conflict between the competition rules and the general rules, the competition rules will govern.
- 14 All staged items must remain the responsibility of the competitor. Neither HFYFC nor the site host accepts any liability for loss, damage or theft of any item.
- 15 No staged items or exhibits can be removed before prize giving at the penalty of disqualification.
- 16 For entries not according to schedule, 25% of marks awarded will be deducted. This includes any exhibits oversize.
- 17 The Chief Steward and Competitions Chairman reserve the right to cancel or amend any competition or rule at any time.
- 18 In all competitions the decision of the Chief Steward and the Competitions Chairman will be **final**.
- 19 Unacceptable behaviour by competitors or supporters which brings YFC into disrepute; or which may be deemed to adversely affect other competitors/ performers will be penalised. This includes maintaining a respectful attitude towards all judges, stewards, officers and any other event helpers.

Class 1: NFYFC Mixed Kwik Cricket

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

1. ELIGIBILITY

- 1.1 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) girls.**
- 1.1. 1.2 All players must be full members of a club affiliated to NFYFC. All players must be aged between **10** years and over and **16** and under on 1st September 2019. **This age range MUST be adhered to. Competitors must have attained their 10th birthday on the day of the County competition and may be 17 on the day of the national final.**
- 1.3 Up to 2 clubs may join together to form a team.

2. PROCEDURE (in brief)

2.1 The 2 captains toss a coin to decide which team bats or fields first.

2.2 BATTING

- 2.2.1 The batting side shall be divided into pairs, each pair batting for 2 overs, with a new pair starting at the end of the second, fourth and sixth overs.
- 2.2.2 Each team starts batting with a score of 200 runs, each time a batter is out 5 runs are deducted and the other batter of the pair faces the next ball.
- 2.2.3 A batter may be out bowled, caught, run out, stumped, hit wicket.
- 2.2.4 There is no LBW (Leg Before Wicket) law unless the batter deliberately blocks the ball with a leg or foot.
- 2.2.5 Runs will be scored in the normal way as will byes.
- 2.2.6 Two runs will be awarded to the batting team for each wide ball and no-ball bowled plus any additional runs that are taken but no extra ball will be allocated, except in the final over of each innings when, in addition to the 2 runs, an extra ball will be bowled.
- 2.2.7 At the end of the first two overs, the first pair of batters retires and is replaced by the second pair until all 4 pairs have batted 2 overs each.
- 2.2.8 The second team then bats for its 8 overs.

2.3 BOWLING AND FIELDING

- 2.3.1 Bowling will take place from one end only, 8 overs to be bowled, with each player bowling one over, each game to consist of one innings per team.
- 2.3.2 Bowling should be over arm where possible.
- 2.3.3 All fielders, including the wicketkeeper, must rotate fielding positions at the end of each over.
- 2.3.4 Each player on the fielding side must bowl 1 over.
- 2.3.5 Bowling will take place from one end only.
- 2.3.6 The double bounce rule will be applied i.e. if the ball bounces more than ONCE, or rolls along the ground before it reaches the crease and a no ball will be called (See glossary).
- 2.3.7 At Area Rounds and at the National Final underarm bowling is unacceptable and the double bounce rule will be applied i.e. if the ball bounces more than ONCE, or rolls along the ground before it reaches the crease and a no ball will be called (See glossary).
- 2.3.8 With the exception of the Wicket Keeper no fielder may field within 10 metres of the wicket, measured from the middle of the stump. A fielder may move into this restricted area to field the ball provided they were outside of this area when the stroke was made.
- 2.3.9 Substitutions during an innings can only be made in the case of an injury. The injured player will take no further part in the innings once a substitution has been made.

3. PITCH AND EQUIPMENT

- 3.1 Two sets of wickets, the length being 17 yards apart measured from stump to stump
- 3.2 Boundaries are a minimum of 35 yards apart but can be reduced to accommodate available facilities, measured from the middle stump.
- 3.3 Equipment will be supplied by County.

4. SCORING

- 4.1 The team with the higher score wins, in the event of a tie the team taking more wickets will be the winner.
- 4.2 If it is still equal, each player bowls 1 ball at the wicket (no batter), with the team scoring the higher number of strikes being the winner.
- 4.3 Points will be awarded as follows:
Win = 2: Lose = 1

Win	3
Score Draw	2
No Score Draw	1
Loss	NIL

The Umpires decision is final.

- 4.4 It is advised that you have one umpire standing the stumps and another standing at square leg for run-outs and stumpings. The umpire must also score the game. Each team must state their colours on the entry form.

5. AWARDS

- 5.1 The 1st, 2nd and 3rd placed teams will be awarded HFYFC Prize Cards.
- 5.2 The 1st placed team will be requested to represent Herefordshire at the WMA Eliminator.

6. Glossary

- 6.1 An **over** consists of 6 balls.
- 6.2 **Byes and Leg Byes**
- 6.2.1 If a batter misses the ball, or if it hits their body, they may still run and score byes.
- 6.3 **Wide Ball**
- 6.3.1 A ball that is too far from the batter to strike. A ball will not be called a wide, no matter how wayward it may be, if the batter manages to hit it.
- 6.3.2 If a bowler delivers a ball so wide it is missed by the Wicket Keeper and it crosses the boundary for 4. The batting side will be awarded the 4 runs without the additional 2 runs for the wide ball. I.e A wide ball reaching the boundary will score 4 and not 6.
- 6.4 **No Ball**
- 6.4.1 If a ball bounces more than once before reaching the batsman or if it reaches the batsman above shoulder height without bouncing, it will be called a no ball.
- 6.4.2 A batsman may hit a no ball and if the shot results in 3 or more runs being scored, that score will count and the 2 runs for the no ball will be ignored. If 1 run is scored the batsman will instead be credited with the 2 runs for the no ball.

Information for Subsequent Rounds

Competition Aim

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

Learning outcomes

Cricket skills, teamwork, adhering to rules, keeping score, exercise, fun and personal development skills.

7. DATE AND VENUE

- 7.1 The WMA eliminator will be held on Sunday 5th April 2020 in Herefordshire.
- 7.2 The NFYFC Final will be held at the National Sports day on Sunday 5th July 2020 in Staffordshire.

8. REPRESENTATION

- 8.1 Counties may enter one team per 600 members or part thereof in Area Events
- 8.2 English Areas and Wales will be represented by one team per 3,000 members or part thereof in the Competition Final.

9. SUBSTITUTION

- 9.1 If more than half 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.

10. AWARDS

- 10.1 NFYFC Trophy and NFYFC Prize Cards to the winning team.
- 10.2 Prize cards to the teams placed, 2nd, 3rd and 4th.
- 10.3 NFYFC Certificate of Achievement will be awarded to all members of teams in the Final.

Class 2: NFYFC MENS Football

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

1. ELIGIBILITY

- 1.1 A squad of 7 members, Five (5) of which must be on the pitch during each match.
- 1.1. All players must be full members of a club affiliated to NFYFC and must be aged between 16 years and over and 26 and under on 1st September 2019. **This age range MUST be adhered to. Competitors must have attained their 16th birthday on 1st September 2019 competition and may be 27 on the day of the national final.**
- 1.2 Up to 2 clubs may join together to form a team.

1. PROCEDURE

- 1.1. Equipment will be supplied by County.
- 1.2. 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.
- 1.3. For 5 a side leagues each team may field 4 outfield players and a goalkeeper on the pitch at any one time.
- 1.4. 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.
- 1.5. 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.
- 1.6. 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.
- 1.7. Only the defending goalkeeper is allowed to play the ball inside the goal area and only he may handle the ball in this area.
- 1.8. 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.
- 1.9. An outfield player entering his opponent's penalty area will be penalized. The game will be re-started from the goalkeeper.
- 1.10. 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.
- 1.11. 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.
- 1.12. 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.
- 1.13. The ball must never be played with the head even if it is below board height. A free kick will be awarded for infringement.
- 1.14. If the ball goes out of play off the goalkeeper, the game will be restarted by indirect free kick by the same goalkeeper.
- 1.15. 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).
- 1.16. No slide tackles are allowed. Infringement of this rule will lead to a free kick being awarded against the offending players' team.
- 1.17. Professional fouls will be penalized with a penalty and the guilty player may face disciplinary action.
- 1.18. 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.

- 1.19. The goalkeeper must be on the goal line when a penalty is being taken. Players may only take one step whilst taking a penalty.

2. CONDUCT

- 2.1. 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.
- 2.2. 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.
- 2.3. Referees must be treated with respect from all teams. Teams found guilty of abusing Referees will be removed.
- 2.4. The Referees decision on all on-field matters is final and no discussions will be entered into either on or off the pitch.
- 2.5. Match Suspension Tariff:

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

- 2.6. 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
- 2.7. Any disputes must be referred immediately in writing to the management committee or organising committee for considerations whose decision shall be final
- 2.8. Disputes in relation to refereeing decisions are not permitted.

3. TIMING

- 3.1. The match will consist of two equal halves of 4 minutes with 1 minute for half time and a change of ends.
- 3.2. 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.
 - 3.2.1. 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.
 - 3.2.2. 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.

4. **DRESS**

4.1. 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.

5. **SCORING**

Win	3
Score Draw	2
No Score Draw	1
Loss	NIL

6. **AWARDS**

6.1 The 1st, 2nd and 3rd placed teams will be awarded HFYFC Prize Cards.

6.2 The 1st and 2nd placed teams will be requested to represent Herefordshire at the WMA Eliminator.

Information for Subsequent Rounds

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.

7. DATE AND VENUE

- 7.1. The WMA eliminator will be held on Sunday 5th April 2020 in Herefordshire.
- 7.2. The NFYFC Final will be held at the National Sports Day on Sunday 5th July 2020, in Staffordshire

8. REPRESENTATION

- 8.1. Counties may enter one team per 600 members or part thereof in Area Eliminators.
- 8.2. English Areas and Wales will be represented by one team per 3,000 members or part thereof in the Competition Final.

9. SUBSTITUTION

- 9.1. If 3 of the original team is unable to go forward to subsequent rounds, then the next highest placed team will represent the Area.
- 9.2. All substitutes must have been eligible to compete in the County Final.

10. AWARDS

- 10.1. **Trophy** and NFYFC Award to the winner.
- 10.2. NFYFC Prize Cards to competitors placed 2nd, 3rd and 4th.
- 10.3. NFYFC Certificate of Achievement will be awarded to all competitors in the Final.

Class 3: NFYFC Ladies Netball

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

1. ELIGIBILITY

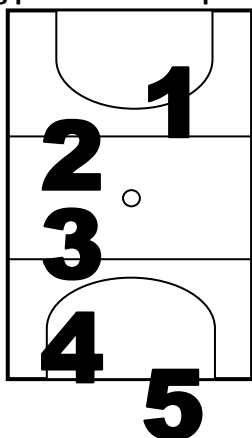
- 1.1 A squad of nine (9) members, seven (7) of those players must be on the court at any one time. There is no restriction as to which position they can play.
- 10.4. All players must be full members of a club affiliated to NFYFC and must be aged 16 years and over and 26 years and under on 1st September 2019. **This age range MUST be adhered to. Competitors must have attained their 16th birthday on 1st September 2019 competition and may be 27 on the day of the national final.**
- 1.2 Up to 2 clubs may join together to form a team.

2. Procedure

2.1 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
- Goal Keeper (GK)** - To work with the GD and to prevent the GS from scoring goals

2.2 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
Goal Keeper	GK	Area 4,5

2.3 Starting or Restarting the Game

- 2.3.1 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.
- 2.3.2 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'.
- 2.3.3 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.

2.4 Playing the Ball

- 2.4.1 A player who has caught or the ball shall play it or shoot for goal within three seconds.
- 2.4.2 A player may bounce or bat the ball once to gain control.
- 2.4.3 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.
- 2.4.4 There must be room for a third player between hands of thrower and catcher.

2.4.5 A player on the ground must stand up, observing the footwork rules, before playing ball.

2.5 Footwork

2.5.1 Having caught the ball, a player may land or stand on:

2.5.2 **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.

2.5.3 **Two feet** (simultaneously) - once one foot is moved, the other is considered to be the landing foot, as above.

2.5.4 Hopping or dragging the landing foot is not allowed.

2.6 Scoring a Goal

2.6.1 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.

2.7 Toss up

2.7.1 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).

2.7.2 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).

2.8 Obstruction

2.8.1 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.

2.8.2 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.

2.8.3 Intimidation: of any kind, is classed as obstruction. E.g. marking opponent's eyes instead of ball.

2.8.4 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.

2.9 Contact

2.9.1 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.

2.9.2 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.

2.9.3 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.

2.10 Court Areas

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

2.10.2 **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.

2.10.3 **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.

2.11 **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.

2.12 **Replacements.**

2.12.1 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.

2.12.2 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.

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

2.12.4 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).

2.12.5 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.

2.12.6 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.

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

2.13 Equipment will be supplied by County.

3. **AWARDS**

3.1 The 1st, 2nd and 3rd placed teams will be awarded HFYFC Prize Cards.

3.2 The 1st placed team will be requested to represent Herefordshire at the WMA Eliminator.

4. **SCORING**

Win	3
Score Draw	2
No Score Draw	1
Loss	NIL

Information for Subsequent Rounds

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.

5. DATE AND VENUE

- 5.1 The WMA eliminator will be held on Sunday 5th April 2020 in Herefordshire.
- 5.2 The NFYFC Final will be held at the National Sports Day on Sunday 5th July 2020, in Staffordshire

6. REPRESENTATION

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

7. SUBSTITUTION

- 7.1 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.

8. AWARDS

- 8.1 Trophy and NFYFC Prize Card to the winner.
- 8.2 NFYFC Prize Cards to competitors placed 2nd, 3rd and 4th
- 8.3 NFYFC Certificates of Achievement will be awarded to all competitors.

SPORTS DAY 2019-20

on
Sunday 29th March 2020 from 9:30am

At
Kingstone High School Kingstone, Hereford, HR2 9HJ

ENTRY FORM

VALID MEMBERSHIP CARDS WILL BE REQUIRED ON THE DAYS.
COMPLETED SIGNED MEMBERSHIP FORMS & PHOTOS WILL NEED TO BE INCLUDED WITH YOUR ENTRY FORM FOR THOSE TAKING PART, ALONG WITH ANY TROPHIES RELATING TO THESE COMPETITIONS IF APPLICABLE.

ENTRIES, MEMBERSHIP FORMS & TROPHIES MUST BE RECEIVED BY
9PM ON MONDAY 9th MARCH 2020. LATE ENTRIES WILL NOT BE ACCEPTED.

NAME OF CLUB:	
CLUB CONTACT ON DAY:	
CONTACT NUMBER:	

Class 1		Mixed Kwik Cricket– 16 & under	Open to 1 team of 10 per club (3 girls min)
1	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
2	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
3	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
4	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
5	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
6	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
7	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
8	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
9	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
10	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry

Class 2		Mens Football – ages 16-26	Open to 1 team of 7 per club
1	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
2	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
3	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
4	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
5	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
6	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
7	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry

Class 3		Ladies Netball – ages 16-26	Open to 1 team of 9 per club
1	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
2	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
3	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
4	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
5	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
6	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
7	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
8	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry
9	NAME:		
	HAS CURRENT MEMBERSHIP:	YES / NO	If no, you MUST include Membership Form with your Entry

**ENTRIES, MEMBERSHIP FORMS & TROPHIES MUST BE RECEIVED BY
9PM ON MONDAY 9TH MARCH 2020. LATE ENTRIES WILL NOT BE
ACCEPTED.**

Date		Signed	

Entry forms and rules are also available on the website at www.hfyfc.org.uk and can be scanned and emailed to countyadmin@hfyfc.org.uk by the deadline date. Please scan as one document not separate pages. Please remember to include name, what it is and for what Club.