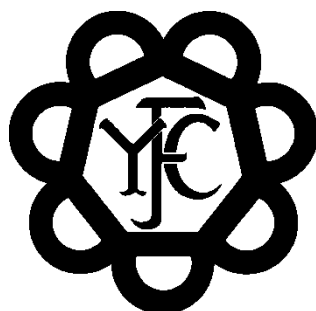


HEREFORDSHIRE FEDERATION OF YOUNG FARMERS' CLUBS



SPORTS DAY 2024-2025

on

Sunday 23RD March 2025 from 9:30am

At

St Mary's, Lugwardine, Hereford, Herefordshire, HR1 4DR

COMPETITION RULES

End of Year Trophies

Name of Trophy	Contributing Competitions/Awarded to
Hereford Times Efficiency Shield	The overall results will count towards the Efficiency Shield – this is the overall competitions trophy for the year
The Sports Trophy	
The Junior Sports Trophy	

IMPORTANT GUIDELINES

Please read the below carefully and follow instructions clearly to avoid any mistakes or confusion.

- 1.** Closing date for entries to be received at the County Office is: **4PM ON TUESDAY 4TH MARCH 2025. LATE ENTRIES WILL NOT BE ACCEPTED.**
- 2.** 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.
- 3.** All competing members must have a **VALID CURRENT MEMBERSHIP.**
- 4.** 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.
- 5.** Please make sure all competitors are aware of the competition rules and times.
- 6.** **HELPING MEMBERS 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

These General Rules are to be adhered to for all HFYFC Competitions

1. The competitions listed herein are open to members of Herefordshire Federation of Young Farmers' Clubs (HFYFC) holding a valid, current YFC membership. (Valid is classed as being fully processed and authorised and of the current year, a copy of the card can be a printed copy or electronic version shown on a device.)
2. Failure to produce a fully processed and authorised valid membership 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 28 years of age or under on 1st September 2024
 - Intermediate – Open to members 21 years of age or under on 1st September 2024
 - Junior – Open to members 16 years of age or under on 1st September 2024, 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 the 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. Alcohol will also not be used or displayed in any competition (unless specified in the competition rules). Empty bottles can be used for display purposes only.
7. The use of mobile phones by competitors during competitions is prohibited.
8. A white coat must be worn where specified.
9. No competitor can enter the same competition in different age ranges.
10. All work must have been made by members in the last 12 months.
11. All work must be that of the competitor who has booked in, if the entry is being booked in by somebody else then the person booking it in must have a copy of the competitor's card.
12. The entry to a competition cannot have been entered into a previous HFYFC competition.
13. Club or County names must not be displayed on any part of entries or displays (unless otherwise stated in the specific competition rules) – please be careful when using photographs including club tops.
14. Where more than one entry per club is allowed in a competition, where applicable, only the points of the highest scoring entry will count towards the cups and trophies and overall results.
15. 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.
16. In the event of a conflict between the competition rules and the general rules, the competition rules will govern.
17. All staged items or exhibits must remain the responsibility of the competitor. Neither HFYFC nor the site host accepts any liability for loss, damage or theft of any item.
18. No staged items or exhibits can be removed before prize giving, at penalty of disqualification.
19. The Chief Steward and the Competitions Chairmen reserve the right to cancel or amend any competition rule at any time.
20. In all competitions the decision of the Chief Steward and the Competitions Chairmen will be final.
21. Unacceptable behaviour or questionable material 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.

Deductions

22. Late entries

- a. Any entry received by the County Office after the date and time specified on the rules for the competition, will be dealt with on a case-by-case basis, and the decision will come from the County Chairman and Competitions Chairman, on whether they can compete and if any deductions will apply to the club's score.
- b. The member partaking in the competition is still eligible to get a prize card and compete at the next round.
- c. The deduction will occur after the prize cards have been written out. The deduction will apply to any trophy handed out on the day, overall day scores and the end of year trophies.

23. Entry of classes where no entry was originally planned

- a. If a club wishes to enter a competition or class for which the club has not submitted an entry to the County Office prior to the date and time specified on the rules, they must request this from the Competitions Chairman or the Chief Steward if on the day of the competition. The Competitions Chairman or Chief Steward have the right to refuse entry to the class as judging time, resources or the schedule may not make this possible. If agreed, the member or club may compete in the class. If their score puts them in contention for a prize card the member may receive the prize card and also are eligible to compete at the next round if appropriate. However, their score will not be counted towards any trophies awarded on the day of the competition or the end of year trophies.

24. For entries not according to schedule

- a. 25% of marks awarded will be deducted for all entries that are not according to the schedule - This includes any exhibits oversize, missing items (recipe/photos etc). If there are multiple things wrong with the entry, there will only be one deduction of 25% applied.
- b. 25% is deducted from the total score given by the judge, but if they still place after a deduction is awarded the Competitor will still be eligible to gain a prize card with the deducted score and will still be eligible to qualify for the next rounds where applicable.

25. In competitions with time limits

- a. In competitions with time limits, the following marks will be deducted if the competitor overruns - (unless otherwise stated in rules – i.e., stock judging):

COMPETITION LENGTH	PENALTY
Up to 30 minutes	5% of total marks per minute or part thereof
31-60 minutes	5% of total marks per two minutes or part thereof
61-120 minutes	5% of total marks per five minutes or part thereof
121 minutes & over	5% of total marks per ten minutes or part thereof

- b. The Competitor will still be eligible to gain a prize card with the deducted score and will still be eligible to qualify for the next rounds where applicable.
 - c. 5% is deducted from the total score given by the judge.
- 26.** Any disagreements from clubs/competitors about markings or deductions must be made on the day of competition to the Chief Steward or Competitions team, and will be reviewed on a case-by-case basis.
- 27.** In the event that a deduction is applied for any reason and the subsequent mark results in a decimal place, if the decimal place is 0.5 or above, it shall be rounded up to the next whole number. If the decimal place is 0.49 or below, it shall be rounded down to the next whole number.

Class 1- Badminton Doubles (10-11 years)

Learning outcomes

Badminton skills, teamwork, adhering to rules, exercise, fun, winning/losing and personal development skills.

1. ELIGIBILITY

- 1.1. The competition is open to 2 teams of 2 members, and will involve a pair of members, either all male, all female or mixed, all of whom must be at least 10 years old on the day of the County Final and have not reached their 12th birthday by 1st September 2024. They must also be full members of a Club affiliated to the NFYFC (this age range must be adhered to). For clarification, a member may be 12 years of age on the day of the National Final.

2. PROCEDURE

- 2.1. The team will play a match against other pairs on a tournament basis, either in a round robin or league arrangement. Followed by a semi-final and final.

3. SCORING

- 3.1. A match consists of the best of 3 games of 21 points.
- 3.2. The side winning a rally adds a point to its score.
- 3.3. At 20 all, the side which gains a 2 point lead first, wins that game.
- 3.4. At 29 all, the side scoring the 30th point, wins that game. The side winning a game serves first in the next game.
- 3.5. League points will be awarded as follows:
 - a. Win – 3
 - b. Lose – 1

4. INTERVAL & CHANGE OF ENDS

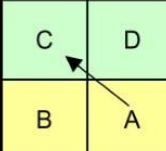
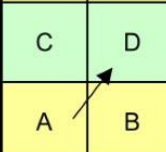
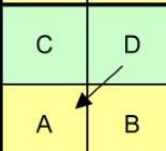
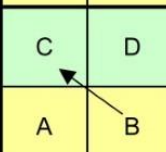
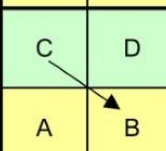
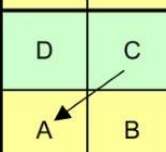
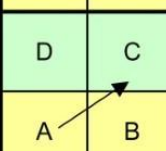
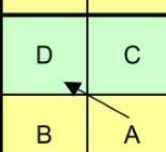
- 4.1. When the leading score reaches 11 points, players have an interval of up to 1 minute
- 4.2. Up to two minutes interval between each game is allowed
- 4.3. Players change ends at the end of each game
- 4.4. In the third game, players change ends when the leading score reaches 11 points
- 4.5. If the receiver wins the rally, the receiver scores a point and becomes a new server. They serve from the appropriate service court

5. DOUBLES

- 5.1. Only one player of the pair serves during a hand in doubles. When service is lost the service passes consecutively to the players as shown in the diagram
- 5.2. At the beginning of the game and when the score is even whoever is serving serves from the right court. When it is odd, the server serves from the left court
- 5.3. If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court
- 5.4. If the receiving side wins a rally, the receiving side scores a point. The receiving side also becomes the new serving side and the serve passes to the player standing in the service court appropriate to the new score (it is the player that did not receive at the beginning of the game or who did not serve the previous time the side had service)
- 5.5. The players do not change their respective service courts until they win a point when their side is serving
- 5.6. If players serve from or receive in the wrong service court the error is corrected when the mistake is discovered but the score is not corrected

6. DRESS

- 6.1. Suitable sportswear including badminton shoes or trainers to obtain good grip on the floor

Course of action / Explanation	Score	Service from Service Court	Server & Receiver	Winner of the rally		
	0-0	Right Service Court.	A serves to C. A is the initial server & C the initial receiver	A & B.		
A & B win a point and will change service courts. A serves again from left service court. C & D do not change service courts.	1-0	Left Service Court as the server's score is odd.	A serves to D	C & D.		
C & D win a point and therefore the right to serve. Nobody will change their respective service courts.	1-1	Left Service Court as the server's score is odd.	D serves to A.	A & B.		
A & B win a point and therefore the right to serve. Nobody will change their respective service courts.	2-1	Right Service Court as the server's score is even	B serves to C	C & D		
C & D win a point and therefore the right to serve. Nobody will change their respective service courts.	2-2	Right Service Court as the server's score is even	C serves to B	C & D		
C & D win a point and will change service courts. C serves again from left service court. A & B do not change service courts.	3-2	Left Service Court as the server's score is odd.	C serves to A	A & B		
A & B win a point and therefore the right to serve. Nobody will change their respective service courts.	3-3	Left Service Court as the server's score is odd.	A serves to C	A & B		
A & B win a point and will change service courts. A serves again from right service court. C & D do not change service courts.	4-3	Right Service Court as the server's score is even	A serves to D	C & D		

In a Doubles match between A & B against C & D. A & B won the toss and decided to serve. A to serve to C. A shall be the initial server while C shall be the initial receiver.

RALLY POINTS SCORING (SIMPLIFIED) - for full details, check the Badminton England website www.badmintonengland.co.uk or the International Badminton Federation site www.internationalbadminton.org

Class 2 – NFYFC Mixed Rounders (12-15 years)

Learning outcomes

Batting and fielding skills, hand-eye-coordination and tactical decision making; teamwork, respect, discipline, enjoyment, sportsmanship as well as providing health and wellbeing benefits

1. ELIGIBILITY

1.1. A squad of ten players (maximum), from whom 9 players shall be chosen to form the team for each game. All players must be full members of a Club affiliated to NFYFC and must be between 12-15 years of age. For clarification, the member must be between the age of 12 on the 1st September 2024 and 15 on the 1st September 2024. The member may be 16 on the day of the NFYFC Finals (this age range must be adhered to). Under the simplified rules of rounders attached it states a team of 15 with a minimum of 6. For the NFYFC Finals the rules will be Maximum of 10 with 9 players on the pitch at any one time.

1.2. Teams should consist of no more than 5 male players.

2. PROCEDURE

2.1. A summary of the rules in line with Rounders England can be found on the reverse of the score card attached.

2.2. 9 players are on the field for each team at any one time.

2.3. One team bats while the other team fields and bowls.

2.4. The bowler bowls the ball to the batter who hits the ball anywhere on the Rounders pitch. The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for OR the ball is returned to the bowler within the bowler's square.

2.5. If the batter reaches the 2nd or 3rd post in one hit, the batting team scores $\frac{1}{2}$ Rounder. If the batter reaches 4th post in one hit, the batting team scores a Rounder. If the batter does not hit the ball they still run around the Rounders pitch, if they make it to 4th post in one run they score a $\frac{1}{2}$ Rounder. If the batter hits the ball backwards they must run, but stop and wait at 1st post until the ball returns or is thrown forward to the forward area, the batter can then continue to run around the pitch.

2.6. A batter can be out if the fielding team catch the ball hit by the batter before it touches the ground or by touching the post the batter is heading to with the ball before the batter reaches it.

2.7. At the NFYFC Final, matches will consist of a minimum of one innings per team, to a maximum of 20 good balls.

2.8. Substitutions may be made between games but not during an innings. Substitutes may return to play in subsequent games.

ROUNDERS ENGLAND SCORESHEET				
Team: _____				
1st Innings				
Player Name	No.	Performance	Score	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
Cumulative Score 1st Innings				
1st Innings Score				
Team: _____				
1st Innings				
Player Name	No.	Performance	Score	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
Cumulative Score 1st Innings				
1st Innings Score				

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 waiting 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

Class 3 – Ladies Netball (16-28 years)

Learning outcomes

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.

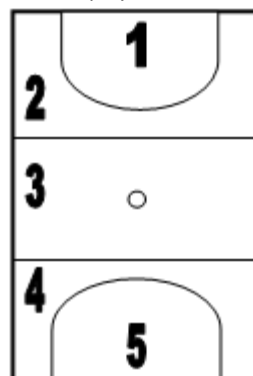
1. ELIGIBILITY

- 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.**

2. PROCEDURE

- 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 the GS and to score goals
 - Wing Attack (WA)** – To feed the circle players giving them shooting opportunities
 - Centre ©** - To take the centre pass and to link defence and 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/GS
 - Goal Keeper (GK)** – To work with the GD and to prevent the GS/GA from scoring goals
- 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



3. STARTING OR RESTARTING THE GAME

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.

When the whistle is blown to start the 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:

- Only one foot was wholly inside the centre circle, this will be considered the 'landing foot'
- Both feet were wholly inside the centre circle, the foot not moved first will be considered the 'landing foot'
- 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

4. PLAYING THE BALL

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

5. FOOTWORK

- Having caught the ball, a player may land or stand on:
 - 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
 - Two feet (simultaneously) – once the one foot is moved, the other is considered to be the landing foot, as above
- Hopping or dragging the landing foot is not allowed

6. SCORING A GOAL

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

7. TOSS UP

- This 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).

8. FREE PASS

- 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).

9. OBSTRUCTION

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

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

11. CONTACT

- 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.
- 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.
- 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.

12. COURT AREAS

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

13. 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.

14. REPLACEMENT

- 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.
- 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.
- All matches will be played under the Rules laid down by England Netball and Welsh Netball (which is governed by the International Netball Federation).
- 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).
- 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.
- 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.
- League points will be awarded as follows: Win 3, Draw 2, Loss 1.

WHAT TO EXPECT ON MATCH DAY

#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

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.

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

Teams Benches



Class 4 – Men's 5 Aside Football (16-28)

Learning outcomes

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

1. ELIGIBILITY

- 1.1. 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.**

2. PROCEDURE

2.1. 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.

- 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.
- 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.
- 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 may be played above head height HOWEVER, it must never be played with the head. 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 a member of the opposing team.
- 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. 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.
- The goalkeeper must be on the goal line when a penalty is being taken. Players may only take one step whilst taking a penalty.

3. CONDUCT

- 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 must be treated with respect from all teams. Teams found guilty of abusing Referees will be removed.
- The Referees decision on all on-field matters is final and no discussions will be entered into either on or off the pitch.
- 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

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

4. TIMING

- The match will consist of two equal halves of five minutes with one minute for half time and a change of ends.
- If the ball goes out of play the clock will be stopped and only started again once the ball has returned to the field.
- 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.
- 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.
 - 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.
 - 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.

5. DRESS

- 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.

6. POINTS TO BE AWARDED AS FOLLOWS

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