



Winter games



GREATER MANCHESTER SCHOOL GAMES 2018

YEAR 5/6 NORTH WEST REGION POP LACROSSE COMPETITION

Tuesday 20th March 2018
The Armitage Centre (Opening Ceremony at Sport City first)

SCHOOL GAMES BACKGROUND INFORMATION:

The Greater Manchester School Games aims to further revive the culture of competitive sport in schools. This exciting new concept will harness the power of the Olympics and Paralympics and is designed to motivate and enthuse more young people than ever before to participate in high quality, meaningful competition within and across schools, supporting them in achieving their own personal best in sport and in life.

The competition will run across four distinct, but integrated levels (see below) providing a simple and progressive pathway that will allow schools to compete in local level intra and inter school competition, culminating in a multi sport festival (level 3) that will showcase the very best of competitive school sport. Winners will then be invited to attend the National Schools Pop Lacrosse Championships.



Teams from Primary, Secondary and Special Schools will win the right to compete in the Level 3 Games having qualified through their local level 2 inter-school competitions. The 'Winter Games' will feature thirteen sports; all of which will be delivered simultaneously utilizing a number of the City's world class sporting facilities.

COMPETITION PATHWAY:

In partnership with England Lacrosse, the Greater Manchester Local Organising Committee proudly presents the Year 5/6 North West Pop Lacrosse Competition. This event forms part of the POP Lacrosse National Schools Championships.

POP Lacrosse is an exciting, non-contact game that can be played outdoors or indoors. Used as a developmental sport for young or novice players to make the transition to playing standard lacrosse, it is hoped this competition will also be used as a catalyst for ongoing participation and development.

The School Games competition is open to all schools; however they must have qualified through their local SGO area/borough heats in order to progress to the County Final and beyond.

The competition works at three stages:

1. SGO Area/Borough Stage

Primary schools within an SGO Area/Borough will be encouraged to enter their local rounds of the competition. The top two teams from each borough will then be invited to the County Final.

2. North West Pop Lacrosse Final (Part of the Greater Manchester School Games County Final)

This stage of the competition will be organised by the English Lacrosse and will comprise of winning schools from across Greater Manchester.

3. National Pop Lacrosse Final

The top 4 teams from the North West Final will progress to the National Finals.

NB An athlete can only represent their school in one sport at the GM School Games County Final.

STANDARD RULES:

Age Groups

All participants must be from Year 5 &/or Year 6.

Team Composition

- Squads should consist of no more than 8 players, with 5 on the pitch at any one time.
- Teams must be mixed with 4 Boys and 4 Girls. Dispensation will only be given to single-sex schools.
- You must have two boys and two girls on the pitch at all times
- Teams are NOT allowed to bring reserves. Any team with more than the requisite number of boys/girls as stated above will be disqualified.

Playing Area

- Approximately 4 badminton court size – indoor/outdoor, hard or grass.
- A centre mark.
- 2 goal creases (circles) of 2m radius.
- A goal line in each goal crease.
- 5m semi-circular arc around goal area.

Goal size

- Goals should be 3ft x 3ft, ideally a square cage with net.

Sticks

- Plastic Pop-lacrosse sticks of any make with or without bar.
- 5 sticks only per team may be taken onto the court area at any time.

Balls

- Pop-lacrosse plastic ball

Boundaries

- Indoors - play rebound wherever possible.
- Outdoors - no boundaries, the official decides and informs teams of limits of play.
- Play to be as continuous as possible. When a ball goes out of bounds or becomes trapped the nearest player gets possession with all other players at least 1 metre away from the player in possession who should restart at least 1 metre inside the boundary.

Competition Format

At SGO area/Borough level, local organisers will decide on the format i.e. 'home & away' leagues, Central Venue festivals or one off tournament. Leagues are the preferred model to encourage regular participation.

Duration/Length of matches

A suggested format has been produced by English Lacrosse to ensure a level of consistency and it is recommended that matches should be 6-8 minutes in duration; however there can be a degree of flexibility in running SGO/Borough level competition.

Playing the Game

Start of play

The game is started with a pass from the centre. The player with the ball must pass to another whilst keeping at least one foot on the line, all others to be 3m away. Centre passes alternate no matter who scores the goal.

The Throw

This is taken when a simultaneous foul occurs or players are equidistant from a boundary. The two opponents will be placed 1m apart facing each other. Officials simultaneously blows whistle and toss short underarm throw, shoulder height between the players, play continues.

Scoring

Shooting ball with stick so that it passes wholly over the goal line scores a goal. 'Own goals' can be scored if the ball comes off the defender's stick or body. Goals may only be scored from the attacking half of the pitch. Dangerous shooting through will be penalised. No player may enter the goal crease but may reach in with the stick to recover the ball.

Substitutions

'On the fly' providing that: there shall be only 5 sticks for field players and these to be exchanged as the players change over (see sticks): players must go on and off the field through 'gate' marked with two cones at centre line; players not on pitch shall be seated on team bench and must not stand to go on to pitch until handed a stick.

Fouls

- No stick or body contact
- No intentional ball off body
- No dangerous propelling (passing or shooting through or 'blind')
- No dangerous follow through with stick (following pass/shot)
- No entry into goal crease
- No trapping/guarding ball (but momentary 'rake' is allowed)
- Maximum 4 second possession of the ball by a player (which cannot be increased by throwing/rolling to oneself)
- No defending goal by standing in the 5m space in front of goal (except it a sticks length away from an attacking opponent)

Penalty for Fouls

- Free position to nearest opponent
- Offender is placed 3m behind player
- All others 3m away
- Fouls inside the 5m are taken on the arc on the plane of the goal extended

Umpires Notes

Throughout play the official's discretion may be used to award penalties for dangerous play or unacceptable behaviour. A player may be sent off as a last resort. The rules are there to protect players and keep the game as continuous as possible. Unintentional fouls which do not give the offender or his/her team an advantage should result in a 'held' whistle whenever possible (official can call 'advantage'). Excessive use of whistle discouraged except to keep play safe and according to the rules.

- Officials should ensure short, sharp single blow of whistle to both start and stop game. A longer whistle indicates a goal.
- Clear, short explanations of foul (e.g. 'stick contact, yellow ball'), indicating with arm team in possession by pointing towards the goal they are attacking.
- It is helpful to call out loud the 4 seconds, remembering to leave a second's time length before calling '1' on possession.

Tied Game Situation

If a game is tied 2 minutes over time will be played, should the game still be tied another 2 minutes will be played. If this results in the game still being tied sudden death will come into play. Teams will continue to play 2 minute periods until 1 team scores.

Fair Play

The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

HEALTH & SAFETY:

Before any matches take place, the following **MUST** be read and adhered to:

- No jewellery should be worn.
- Long hair must be tied back.
- All loose clothing must be tucked in and shoelaces tied.
- No chewing gum/sweets allowed.
- It is recommended players bring plenty of liquid refreshment with them.
- All players are advised to warm up appropriately before each match.
- When not competing, players are reminded to remain off the pitch and do not get in the way or distract the officials at any time.
- Medical supplies that players may need i.e. asthma inhalers should be brought with them on the day.
- All team teachers must ensure their pupils are under adult supervision at all times, even when playing. During this time players can watch and encourage their fellow team members.
- Please ensure that your pupils have been thoroughly briefed with regards to health and safety.

DEADLINE FOR ENTRY: FRIDAY 2nd MARCH 2018*

***please note if you enter past this deadline your school will not feature in pre- press material or the lanyard.**

