



Newington College

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what's possible

Wyvern House Sports Handbook 2013

Introduction

Dear Parents

This booklet is to assist you with understanding the day-to-day organisation of sport at Wyvern Preparatory School. It will help you become familiar with the School's requirements and make your sporting experiences at Wyvern more enjoyable.

The rewards of participating in sport can be great. Sport provides an opportunity for our boys to develop physically, socially and emotionally. Sport also helps to develop a strong spirit of cooperation and community within our School.

We all have our part to play in ensuring the sporting experiences we offer our boys, achieve these goals. Your cooperation is vital. Supportive parental and coaching influences can be critical in determining whether a child develops a life-long love for sport.

With this in mind, I wish you all the very best for the up-coming season. I, for one, am certainly looking forward to it with great anticipation.

Kind regards

Neil Brunton
Wyvern Sportsmaster



Sports Handbook Contents

Introduction	2
Wvern House Sport	4
Aims of Sport at the Preparatory School	4
Wyvern House Sports Program	5
Website	5
Code of Conduct.....	6
Inter and Intra School Sports Program	7
Wet Weather No.	11
Absences	12
Match Reports.....	14
Aquatics Program	15
Carnivals & Inter-House Sporting Events.....	16
Representative Pathways	18
Sporting Honours and Awards.....	20
Coaches	22
First Aid.....	24
Insurance & Risk Warning	25
Wyvern Sports Uniforms 2012	26
School Uniform Price List.....	31
School Uniform Order Form	32
Summary of Rules	33
Basketball	34
Cricket.....	36
Cross Country	43
Rugby	44
Football	49
Softball.....	53
Teeball.....	58
Tennis.....	62
Sporting Venues	63
Maps	67

Wyvern House Sport

At Wyvern Preparatory School we believe that participation in sport provides an opportunity for the individual to develop physically, socially and emotionally.

In addition to developing body awareness and assisting in the acquisition of motor skills, we believe that sport provides a medium through which individuals may develop a positive self-esteem and greater self-confidence. Enjoyable and rewarding experiences in physical activity at a young age help develop lasting self-esteem and form the basis for life-long participation in sport.

Through sport a spirit of cooperation between and among groups of individuals may be developed.

We believe that it is the responsibility of staff, parents and coaches to provide an environment that promotes this ethos.

We expect that parents, coaches and students all adhere to the IPSHA Sport 'Code of Conduct'.

Aims of Sport at the Preparatory School

Through our sport program we aim to:

- Improve the quality of skills and knowledge of boys in the sporting area.
- Encourage positive participation in a variety of sports.
- Develop a supportive attitude towards teamwork.
- Promote the benefits and enjoyment of physical fitness.
- Encourage the principles of good sportsmanship.
- Develop an environment which encourages personal striving for excellence
- Provide all children with the opportunity to participate in sporting activities, which are suitable to their needs.

STUDENT INVOLVEMENT:

All boys in Years 3-6 will participate in sport at a level which reflects their current capacity

Our sport program will include:

- Two school sport sessions (currently Monday and Wednesday afternoons) - incorporating skills development and team based training activities.
- Opportunities for students to attend additional skills development programs through the employment of external coaching agencies before or after school.
- Suitable competitive activities on Saturday morning or Friday afternoon.
- Occasional mid-week games

Wyvern House Sports Program

WYVERN HOUSE SPORTS PROGRAM CONSISTS OF:

- Inter and Intra-School Summer and Winter Sports Program
- Aquatics Program
- Swimming, Athletics and Cross Country Sports Carnivals
- Inter-House Sporting Events

Each of the components of the Sports Program is discussed in this Manual.

A copy of this Sports Handbook can be found on the School's web site at:

<http://www.newington.nsw.edu.au/publications/>

Whilst Wyvern House offers a broad a range of sporting experiences, we are willing to consider additional sporting options. However, the many implications on the School must be carefully considered before teams can be entered into alternative sporting competitions.

Boys may be involved in sporting clubs outside of the School provided these commitments do not clash with their school sport. Boys must ensure that their school sport commitment is given priority.

The Wyvern Sportsmaster is pleased to discuss any suggestions and answer any queries about the School's Sporting Program.

Code of Conduct

PLAYERS' CODE OF BEHAVIOUR

- Play by the rules.
- Never argue with an official.
- Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not permitted in any sport.
- Work equally hard for yourself and/or for your team. Your team will benefit, so will you.
- Be a good sport. Applaud all good plays, whether they be by your team, opponent or the other team.
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- Cooperate with your coach, team mates and opponents. Without them there would be no competition.
- Place in proper perspective the isolated incidents of unsporting behaviour rather than make such incidents the 'highlight' of the event.
- If a player is sent off during the game, a one-week's suspension is recommended.

SPECTATORS' CODE OF BEHAVIOUR

- Children play organised sports for fun. They are not playing for the entertainment of spectators only, nor are they miniature professionals.
- Applaud good performances and efforts from each team. Congratulate all participants upon their performance regardless of the game's outcome.
- Respect the officials' decision.
- Never ridicule or scold a child for making a mistake during a competition.
- Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
- Show respect for your team's opponents. Without them there would be no game.
- Encourage players to follow the rules and the officials' decisions.
- Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches or officials.
- Comments should not interfere with the running of the game.

PRAISE

- Praise is encouraged at all levels.

COMPLAINTS

- Complaints concerning the conduct of games should not be made during or after the game. They should be referred to the Head of the School and any action should be left to his/her discretion.
- UNDER NO CIRCUMSTANCES should parents contact schools directly.
- All grounds must be kept clean – litter must be placed in the bins provided.

Inter and Intra-School Sports Program

THE PROGRAM

All boys in Years 3 to 6 are expected to participate in a summer and winter sport.

SEASON	TERM	SPORTS OFFERED
Summer	Term 1 & 4	Basketball Cricket Softball Teeball Tennis
Winter	Term 2 & 3	Rugby Football (Soccer) AFL (mid week – Term 3)

The Summer Sport season consists of six matches in Term 1 and six matches in Term 4. The Winter Sport season consists of a minimum of eleven (11) matches that commence at the beginning of Term 2 and continue in Term 3.

SESSION	TIME	PRIMARY PURPOSE
Two school sport training sessions	Currently Monday and Wednesday afternoons	Skills development Team based training activities
Competitive activities	Saturday morning	Inter-School competition
Intra-School Sport may include: Basketball Cross Country Kanga Cricket Football (Soccer) Teeball	Friday afternoon 3.30pm – 4.30pm	On occasions Intra-School Sport is offered to selected boys as an alternative to Inter-School Sport. Its purpose is skill development and competitive match play experience
Skill Development sessions are optional and subject to demand. A small fee may be charged for these sessions	Usually commences at 7.00am before school or 3.30pm after school	Skills Development sessions are conducted by specialist coaches in a variety of sporting areas

Inter-School Sports – Team Selection

SPORTS TEAMS

The selection process for Inter-School Sports commences with a survey that is sent out to all parents to give them the opportunity to indicate the sport that they would like their son to play. Based on these responses, Wyvern enters teams in the IPSHA competition. Boys in Year 6 who turn 11 have the option of trying out for selection for teams in the senior 12 year age group if they wish.

An Inter-School fixture list is formulated at the beginning of each season and teams are selected based on:

- The students at Wyvern House available for selection in each sport and age group.
- The availability of a sufficient number of opposition teams in the sport and age group.

On occasions, there are too many boys trying out for a sport for only one team to be formed, but not enough boys to allow two teams to be formed (eg 20 boys choosing to play cricket). In these circumstances, not all children can be selected in their preferred sport and boys are offered the opportunity to try out for another sport.

TEAM TRIALS AND SELECTION

It is necessary for trials to be conducted to choose Inter-School grade teams. The Inter-Schools' sport trial procedures consist of:

- A series of skill assessments
- Mini games
- Modified match situations to test the boys' match play skills.

TIMES OF TEAM TRIALS

Summer Sport Trials	Commences on the first Monday and Wednesday of Term 1
Winter Sport Trials	Commences at the end of Term 1

During trials all boys are given an equal and fair opportunity to prove themselves. If after the first trial, it is apparent that a student is not going to achieve selection in their chosen sport, this, as well as the areas that they need to improve, will be explained to them. The boys will be encouraged to keep working to develop their skills, fitness and teamwork, as movement between teams will occur where improvement warrants it. Boys who have not been successful in achieving selection in the sport of their first preference, are given an opportunity to try out for an alternative sport offered within the School.

Inter-School Sports – Team & Captain Selection

Trials can be a source of stress for some players, especially if they feel they have to 'live up to expectations'. Players' levels of performance change as they change in age, maturity, sporting experience, knowledge and fitness. As with other areas of development, sporting skills develop in different players at different rates. Parents and selectors need to be mindful of this and need to reassure players that doing their best and being a participant are the most important aspects of sport. Coaches and sport coordinators are happy to discuss boys' needs to enhance their progress and enjoyment. At the conclusion of the trials, coaches announce their squad and captains. Selections reflect a judgement of the current best players for specific positions. The team selections remain the prerogative of the School.

TEAM DETAILS

After teams have been selected, coaches prepare a list of the team's names and contact details for distribution within the team. These contact details are necessary to allow boys to contact their coach or team representative if they fall ill on the morning of the match. Any parents requesting privacy will not have their contact details listed on the sheet.

HOW TEAMS ARE PLACED IN DIFFERENT DIVISIONS

Teams are placed into divisions based on the number of teams the School enters in a given age group. For example, if Wyvern House enters two teams in a sport in an age group, the teams will be entered into a division that includes other schools that have also entered two teams in that age group. This tends to match similar sized schools against one another and usually results in teams being reasonably well matched.

SELECTION OF CAPTAINS

For all Senior A teams, a captain will be chosen by the coach. Coaches have the flexibility of choosing a permanent captain for the season or sharing the responsibility among the team members on a week-to-week basis. The captains are chosen based on the coach's personal judgement using the following criteria:

- Is highly responsible
- Displays outstanding leadership skills
- Displays good sportsmanship
- Has a sound knowledge of the game
- Has an excellent attitude at both training and match days
- Is always considerate of his team mates.

The coach will often consult other staff members before making a final decision. The captain is not necessarily the team's most skilful player although demonstrating a high level of proficiency in the sport will be an asset. The coach reserves the right to withdraw the captaincy from a player at any stage of the season if their behaviour or attitude is not acceptable.

Inter-School Sports – Match Information

TEAM MANAGERS

On occasion staff may fill the role of team manager while an external coach fills the coaching role. Team managers' responsibilities are to:

- Formulate a contact list for players in the team
- Act as a contact person
- Coordinate end of season 'thankyou's', celebrations or functions
- Assist the coach in any administration capacity that will make coaching the team easier

MATCH INFORMATION

Season Fixture Sheet

A fixture sheet is sent out at the start of the season and is available on the Wyvern Preparatory School's web page of Newington College's website. Fixtures are confirmed every week. Parents need to check the weekly sports draw each week to obtain up-to-date information about the season's fixtures.

Weekly Sports Draw

Each week during the season a sports draw is published. This sports draw can be checked via the Newington website – www.newington.nsw.edu.au The team sheet includes:

- A list of team names
- Venues
- Times of matches

The information in The Wyvern Sports Draw should be checked each Thursday to allow sufficient time to sort out any queries or problems prior to the Saturday morning match.

UNIFORM

Players who represent Wyvern House in sport are ambassadors for the College and are expected to adhere to all sport uniform requirements. These requirements are listed in this manual. The way students present themselves says a great deal about the respect they have for themselves, their team and the School. Boys will not be permitted to play unless they meet the uniform requirements.

WEEKLY TRAVEL ARRANGEMENTS

Parents need to arrange transport for their boys to and from sports' venues.

Inter-School Sports – Wet Weather

Sport Information Number: 9432 6460
Do not assume sport is cancelled.

The sport information number is used to leave recorded messages providing updated information about sport. This might include sport cancellations, changes to fixtures or wet weather arrangements.

If weather is doubtful on Saturday, all players and coaches are required to call the sport information number after 7.00am on the morning of the game. The School tries to have a message available by 6.45am for long distance travellers – the recorded message is updated throughout the morning.

On occasions, decisions on the suitability of grounds cannot be made prior to 7.00am. In these circumstances, you must presume your match is on. Winter sport is hardly ever cancelled. Sometimes conditions can become unsuitable for playing after arriving at the venue and when this occurs, consultation with the opposition coach is required to determine whether the game will proceed.

PUNCTUALITY

All students are required to arrive at the venue 30 minutes prior to the commencement of the game. If boys arrive late, it puts them at risk of injury and they will not be permitted to play until they have satisfactorily warmed up.

Staff are responsible and have a duty of care for their students and supervise the boys until they are picked up. All parents are requested to be punctual in picking their children up from sport.

SUN SCREEN AND DRINKS

All boys are required to wear hats if they are outside. Sun screen is provided. Parents are requested to assist in encouraging their children to wear sun screen. It is also recommended that the boys bring drinks to all sporting events. It is important that they remain well hydrated whilst playing.

SCHOOL SPORT ATTENDANCE ON SATURDAY MORNINGS

It is Newington College's policy that Saturday morning sport is compulsory for all students in Years 3 – 6. Requests for special exemptions from school Saturday morning sport must be submitted in writing to the Head of the Preparatory school as early as possible so that consideration can be given to each request with sufficient time to respond and make alternative arrangements if required.

Inter-School Sports – Absences

Guidelines Where Requests for Exemption from Saturday Sport will be given consideration

Each request for a special exemption from Saturday sport will be considered on its merits. The following guidelines will be used for consideration when determining whether or not 'Leave from Sport' will be granted.

- Medical reasons.
- Religious reasons.
- Illness or injury.
- Personal or family hardship.

Where a student has displayed exceptional ability and been selected in a representative team or competition equivalent to representative level and where it clashes with Saturday morning school sport.

Where a student has demonstrated an exceptional talent (representing at district level or better) in a sporting field not offered by Wyvern and where it clashes with Saturday morning school sport.

Denotes: In all circumstances where a request is made for an exemption from school sport to play with an external organisation, every effort must have been made to try and make the student available to contribute to the Wyvern Preparatory School Saturday morning sport program e.g. In some cases this might mean a co-operative arrangement between attendance at school sport and attendance at the external sport.

ABSENCES

Absence from sport is treated in the same manner as absence from any other mandatory school activity. Reasons for inability to attend any session for whatever reason should be advised to the team coach and the Sports Convenor in writing as soon as possible after the absence occurs.

Illness on Saturday: The team contact should be advised on the morning of the game if a student is to be absent so that team coach may make team adjustments. Notice is to be provided in writing as soon as possible after the absence.

Absence of several weeks due to illness or injury: Where illness or injury will necessitate several weeks' absence, a medical certificate should be obtained and submitted to the Sports Convenor. In this way recovery may be supported by coaching staff and suitable team changes initiated.

Requests for special leave from sport: All requests for special leave must be submitted in writing to the Head of the Preparatory School as early as possible so that team arrangements may be adjusted.

Inter-School Sports – Absences

CODE OF CONDUCT

All staff, students and parents have a code of conduct to uphold during sporting events where they are representing Newington College. The code is printed on page 6 of this manual and published annually in *The Wyvern*.

COMPLAINTS

Complaints concerning the conduct of games should not be made during or after the game. Any complaints should be referred to the Head of Wyvern and any action should be left to his/her discretion.

Match Day Responsibilities

Basketball	A referee is booked to referee home matches. Parents are asked to assist with scoring.
Cricket	Coaches are required to umpire the games, although willing parents are welcome to assist. The coach or a willing parent may do the scoring.
Rugby	Referees are coordinated and supplied by the Newington Director in Charge of Rugby.
Football (Soccer)	Referees are coordinated and supplied by the Newington Director in Charge of Football.
Teeball / Softball	Coaches are required to umpire the games, although willing parents are welcome to assist. The coach or a willing parent may do the scoring.
Tennis	Host players are appointed to referee matches; if required opposition players may be appointed after this. Any disputes are to be resolved rationally by the host school coach and may involve the opposition coach if necessary.

NB Accredited referees are used to referee basketball, rugby and football matches. On occasions these referees are developing their skills. Refereeing is a very challenging task for the most experienced of referees. Your understanding and support for the referees is appreciated.

Inter-School Sports – Match Reports

MATCH REPORTS

Each week during the season, teams are chosen on a rotational basis to submit a match report. Selected students (usually team captains) are required to submit the match report to the Wyvern Sportsmaster for publication in the Wyvern Sport News. The reports will be published weekly along with each team's results.

Match Reports are to be sent:

To: Your son's team coach (preferably by email) or the Wyvern Sportsmaster at:
n.brunton@newington.nsw.edu.au

By: 3.30pm Monday afternoon.



Aquatics Program

AQUATICS PROGRAM

In accordance with the PDHPE syllabus, the Wyvern Aquatics Program held in Term 4 focuses on water safety and survival, as well as developing life-saving skills. Personal confidence in the water is also an important focus.

The Aquatics Program has been developed in conjunction with the Royal Lifesaving program, to cater for all K-6 students, taking into account the full range of abilities – beginner to advanced. The Aquatics Program is a compulsory component of the PDHPE Syllabus and all boys are required to attend.

Kindergarten	Water Discovery	To familiarise the beginner with the water through activities promoting confidence, safety and survival.
Year 1	Developing Water Awareness	To develop awareness of the water through activities that develop water confidence, water safety and swimming and survival abilities.
Year 2	Water Awareness	To increase awareness of water through activities that develop water confidence, water safety and swimming and survival abilities.
Year 3	Developing Water Sense	To develop the learner's water sense by means of water safety and survival and swimming activities.
Year 4	Water Sense	To further develop the learner's water sense by means of water safety, survival and swimming activities.
Year 5	Water Wise	To reinforce the learner's understanding of water safety and to extend personal swimming and survival abilities.
Year 6	Surf Education	To provide the learner with knowledge and skills to survive in the surf.

Carnivals & Inter-House Sporting Events

CARNIVALS

Major Inter-House Carnivals

The following Inter-House Carnivals involve both Wyvern House and Lindfield Preparatory Schools.

Term 1	Swimming Cross Country
Term 3	Athletics – (Infants and primary carnival)

Minor Inter-House Carnivals

The following Inter-House Competitions are held for summer and winter sport.

Term 3	Rugby Football (Soccer)
Term 3 & 4	Basketball Cricket Softball/Teeball Tennis

WYVERN SWIMMING SQUAD

Wyvern House offers students the opportunity to participate in swimming squad training. This is currently conducted before school two mornings per week in the Senior School pool.

INVITATION SWIMMING CARNIVALS

A combined Newington Preparatory School team is selected from the Inter-House Swimming Carnival to attend several invitation swimming carnivals involving schools within the Independent Primary School Heads Association of Australia (IPSHA). These carnivals occur during Terms 1 and 4 and provide an opportunity for boys to gain experience in competition leading up to the IPSHA Representative Carnivals.

Carnivals & Inter-House Sporting Events

WYVERN ATHLETICS SQUAD

In the weeks leading up to the athletics season, Wyvern boys in Years 3-6 have the opportunity to join an athletics squad that trains before school and during school sport. Specialist coaches are hired to coordinate and run the athletics program.

INVITATION ATHLETICS CARNIVALS

A combined Newington Preparatory School team is selected from the Inter-House Athletics Carnival to attend several invitation athletics carnivals involving schools within the IPSHA. These carnivals occur during the athletics season and provide an opportunity to gain experience in competition leading up to the IPSHA Representative Selection Carnivals.

NEWINGTON COMBINED PREPARATORY SCHOOLS' CROSS-COUNTRY CARNIVAL

This Carnival is held towards the end of Term 1. It consists of:

- A championship race in each age group
 - Junior Race (2000m) for boys aged 8, 9 & 10 years
 - Senior Race (3000m) for boys aged 11 & 12 years
- A Fun Run (1000m) for those students who prefer to run a shorter distance at a more relaxed pace.

WYVERN CROSS COUNTRY SQUAD

In preparation for the Cross Country Carnival, Wyvern boys in Years 3-6 are invited to attend a training squad. Personal programs are available for the boys to help increase their fitness before the Carnival.

SUMMER AND WINTER SPORT INTER-HOUSE COMPETITIONS

Inter-House Competitions involving all Years 3-6 boys are conducted during the summer and winter seasons. Perpetual shields and trophies for each House basketball, cricket, softball, tennis, rugby and football competition are presented to the House Captains and Vice Captains at special assemblies throughout the year.

INTER-HOUSE ATHLETICS & SWIMMING CARNIVAL POINT SCORE SYSTEM

As Wyvern House and Lindfield have significantly different numbers of student enrolments, the number of participants in each House team differs significantly. As a result, a modified scoring system is used to ensure each House has an equal opportunity of winning the carnival. At the end of the carnival, an 'Adjusted Score' is obtained by taking the 'Raw Score' (unadjusted score) and dividing it by the number of students in each House. The Adjusted Score determines the winning House. The points awarded for events are shown overleaf.

Carnival Scoring System

CHAMPIONSHIP EVENTS, FINALS & RELAYS	SCORE	STANDARD EVENTS	SCORE
1st place	10		
2nd place	6		
3rd place	4		
Participation (all other places)	2	Participation in heats	1

AGE CHAMPIONSHIP POINTS

Age Champions for each event are determined by adding the total number of points an individual contributes to their House team based on the point score system used at the carnivals. Relay events do not contribute individual points towards the Age Championship.

Representative Pathways

Our most outstanding athletes have the opportunity to 'trial' for team sport representation of the Independent Primary School Heads of Australia (IPSHA) or alternately they can achieve this honour via success at swimming, athletics, cross country, gymnastics or skiing championships. IPSHA representatives compete for places in the NSW Combined Independent Schools (NSW CIS) Team. The representational pathway from IPSHA Teams to National Teams is shown below.

Representative Pathway



Sporting Honours and Awards

AWARDS

A variety of awards are presented to Wyvern House boys to recognise their outstanding achievements. The awards presented are:

- Coaches' Award for each team at Wyvern
- Outstanding Effort and Ability for each team at Wyvern
- Outstanding Effort Award (rugby, football and cricket)
- Outstanding Sportsmanship Award (rugby and football)
- 'Spirit of Cricket' Award (cricket)
- Service to Sport Award
- Most Successful Team Award
- Junior Sportsman of the Year Award
- Senior Sportsman of the Year Award
- Sporting 'Blues' Or 'Colour Pennants' Awards

AWARD CRITERIA

Coach's Award

This award is left to the discretion of the coach. Suggestions for selecting the recipients of this award include any or all of the following:

- Most improved
- Best team player
- Players' player (as voted by peers in team)
- Outstanding leadership
- Outstanding effort.

Outstanding Effort and Ability

This award is presented to the boy who has accumulated the most 3, 2 and 1 point votes after every match during the season (as judged by the coach). It is anticipated that the recipient of this award will be a player that the coach considers to have:

- Displayed the most consistent effort and ability in the team
- Made the greatest playing contribution to the team all season
- Demonstrate good sportsmanship
- Senior A team or Year 6A Team Award. Medallions will be presented at the end of each season to each player who played a minimum number of four matches, or one third of the season, in the senior A/Year 6A teams. Exemptions to this criteria will only be given in extenuating circumstances (eg injury).

Sporting Honours and Awards

OUTSTANDING EFFORT

This award is presented to a boy in each cricket, rugby and football team. That boy may or may not be the most talented individual in the team but he will have displayed outstanding effort at training, and before, during and after the matches. It is recommended that this award is not given to a boy who is already receiving one of the other awards.

OUTSTANDING SPORTSMANSHIP

This award is presented to the player in a rugby or football team that best represents the values of good sportsmanship while playing. It is recommended that this award is not given to a boy who is already receiving one of the other awards.

'SPIRIT OF CRICKET' AWARD

This award is presented to the cricket player in each team that best represents the values of good sportsmanship while playing.

SERVICE TO SPORT

This award is given to a student in Year 6 who has consistently given outstanding service to sport over the course of his time at Wyvern House. Whilst this student may not necessarily be the most talented sportsman, he is recognised for his participation and contribution both on and off the field to all sports at Wyvern.

MOST SUCCESSFUL TEAM

This award is a perpetual trophy that is presented to the captain/s of the Wyvern team/s that have had the most successful season in terms of wins, losses and draws.

JUNIOR SPORTSMAN OF THE YEAR

The Junior Sportsman of the Year Perpetual Trophy is awarded to a student aged 8, 9 or 10, who has obtained the most points for their sporting achievement and representation.

SENIOR SPORTSMAN OF THE YEAR

The Senior Sportsman of the Year Perpetual Trophy is awarded to a student aged 11 or 12 who has obtained the most points for their sporting achievement and representation.

Sporting Honours and Awards

The following table indicates how points are allocated for both the Junior and Senior Sportsman of the Year Awards.

Method for Awarding Points to Determine the Junior and Senior Sportsman of the Year

EVENT	POINTS AWARDED
MAJOR CARNIVALS: Athletics, Cross Country and Swimming	
Newington Prep Age Champion	6
Newington Prep Runner-Up Age Champion	3
Newington Prep Team selection	2
IPSHA Team selection	4
CIS Team selection	8
State Team selection	10
National Team selection	15
INTER-SCHOOL SPORT:	
Outstanding Effort and Ability (A Teams)	5
Other Awards (A Team)	2
Outstanding Effort and Ability (other teams)	2
INTER-HOUSE SPORT CHAMPIONS:	
Newington Tennis Singles Champion	5
Newington Tennis Runner-up Champion	2
Newington Biathlon Champion	5
Newington Biathlon Runner-Up Champion	2
PD/H/PE AWARD	
For Grade	5

Sporting 'Colour Pennants' or 'Blues'

To attain a 'Colour Pennant', a boy must have exhibited traits that place him above the other boys in his team/sport, in both ability and sportsmanship. He needs to not only have achieved a high level of success in that particular sport (in most cases IPSHA representative level or greater), but also acted in such a manner that brings credit to the School, and to himself, in all his sporting endeavours.

1. The award is available only to Year 6 boys.
2. Nominees must have exhibited high ability in that sport (IPSHA Representative Honours or higher where a representative pathway is available).
3. Nominees must exhibit all the positive traits that are associated with good sportsmanship.
4. Proposed Colour Pennant nominations will be brought before a Sports Committee for approval. This committee will comprise of the Head of the Preparatory School, the Wyvern Sportsmaster and experienced teaching/coaching staff.
5. There is no specified number of Colour Pennants to be presented per team. The number of pennants to be presented per team will be at the discretion of the Sport Committee.

Coaches

Wyvern staff are primarily responsible for providing the boys with sports coaching. Support provided to coaches includes:

- An inservice provided by the Newington Directors in Charge of Coaching at the beginning of each season.
- Support coaches to help coach the coaches.
- Feedback throughout the season.
- Additional coaching accreditation where necessary.

NB: On occasions, external coaches will be hired to coach Wyvern teams and a staff member will be allocated to act as team manager instead of as team coach.

Wyvern Staff 2013 Sporting Responsibilities

AFL	N. Brunton	T. Cross		
Athletics	M. Caulfield	N. Brunton	J. Wilson	
Basketball	J. Brayley P. Maher	A. Spiroglou H. Scott	M. Brixen A. Pollard	K. Green
Cricket	A. MacRae A. Wood C. Fryda	J. Martin J. Wilson J. Burke	S. Casham S. Findley	
Cross Country	N. Brunton	M. Caulfield	J. Wilson	
Rugby	S. Brown J. Wilson S. Lewandowski	A. Spiroglou J. Brayley L. Wright	J. Burke S. Findley J. Martin	
Football	A. Pollard L. Wright T. Cross D. Prizmic	M. Macpherson C. Dooley I. Holden A. Wood	J. Wiseman M. Buining D. Malkki C. McMillan	S. Casham H. Scott C. Fryda
Softball/Teeball	C. Dooley	E. Clemens		
Swimming	N. Brunton	M. Caulfield	J. Wilson	
Tennis	J. Wiseman	D. Prizmic	S. Gray	C. McMillan

Staff responsibilities are revised annually and are subject to change.

Newington Coaching Directors

Senior School Directors' responsibilities are revised annually and are subject to change.

SPORT	COACHING DIRECTOR/MIC	SPORTS COORDINATOR
Basketball	Rex Nottage	Adam Hellyer
Cricket	Matt Nicholson	Matt Nicholson
Tennis	John Spencer	Mark Dickens
Rugby	Tim Rapp	Mark Dickens
Football	Brian Dene	Adam Hellyer
Swimming	Jeff Snare	Adam Hellyer
Athletics	John Giuffre	Adam Hellyer
Cross Country	Mike Little	Adam Hellyer
Water Polo	Ian Trent	Adam Hellyer

First Aid

RICER

REMEMBER, for general accidents and injuries:

- Rest – Ice – Compression – Elevation – Reassurance
- At all sporting events a well-equipped medical kit must be readily available.
- Where possible ice should be available for the treatment of injuries.

Each coach is supplied with a First Aid Kit.

INFECTIOUS DISEASES (BLOOD POLICY AND PROCEDURES)

Teachers must ensure that:

1. A player who is bleeding leaves the playing area until the bleeding has stopped and the wound securely covered.
2. All contaminated clothing and equipment is replaced and in cases where appropriate, the playing surface cleaned, prior to the game or activity recommencing.
3. If the injury is serious and the player leaves the playing arena normal substitution or interchange rules apply.

CLEANING BLOOD SPILL

Equipment

Bleach, disposable gloves, paper towels, disposable plastic bag(s), hot water and detergent.

Procedure

- Using the gloves remove as much blood as possible with paper towels – place them immediately in the plastic bag(s).
- Mop the surface with hot water and detergent.
- Wipe area with freshly prepared household bleach (approximately one quarter cup bleach to one cup of water).
- Place all materials including gloves into the plastic bag(s).
- Seal plastic bag(s) and dispose safely.
- Wash hands.

Insurance

RISK WARNING

Risk Warning Under Section 5M of the Civil Liability Act 2002 on behalf of Newington College, AHIG and IPSHA

Newington College organises many individual and team sporting activities during the course of a year. Some of these are organised in conjunction with the Association of Heads of Independent Girls' Schools NSW (AHIGS) and some with the Independent Primary School Heads of Australia (IPSHA). Students participating in these sporting activities take part in practice and in competitions.

Newington College, AHIGS and IPSHA expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

While Newington College, AHIGS and IPSHA take measures to make the sporting activities as safe as possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events.

Injury can occur while the student is engaging in or watching a sporting activity, or travelling to and from the event. The injury may result from a student's actions, the actions of others or equipment failure.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

INSURANCE

The School has a 'Student Accident Policy' which provides a limited amount of coverage for non-Medicare related expenses where an accident happens during school or organised sporting activities. This does not cover the Medicare gap. Parents are advised to have personal health insurance for their children.

Following an accident the procedure is to:

- Claim on Medicare
- Claim on private health insurance
- Claim on the student accident policy (claim forms are available from the office).

Wyvern Sports Uniforms 2013

PE UNIFORM

White Newington crested polo shirt with black collar, black PE shorts, white socks and predominantly white shoes. **Tracksuit must be completely worn (Top and Pants) when cold, when arriving and leaving school.**

Students should not purchase new sport uniforms or equipment until after the teams have been announced. Equipment required for each training session and match is supplied in the match kit. However, boys are encouraged to purchase their own sporting protective equipment (eg helmets and protectors) as it is preferable if these are not shared. All equipment should be in good condition.

NB: As from 2012, students will be required to wear their school uniform to and from school on the Monday and Wednesday sport training days.

TENNIS					
EVENT	SHIRT	SHORTS	SOCKS	SHOES	HAT
Inter-School Sport Competition	PE Top	White	White socks	White sports shoes	Newington white baseball cap
Inter-House Summer Sport	House Coloured Polo Shirt	PE shorts or white tennis shorts	White socks	White sports shoes	Newington white baseball cap

TENNIS EQUIPMENT

Recommended Equipment: Personal tennis racquet.

ATHLETICS			
EVENT	SHIRT	SHORTS	SOCKS
IPSHA Carnivals Inter-School Carnivals	Newington black and white striped singlet	PE shorts or black running shorts (optional)	White
Newington Combined Preparatory Schools' Carnival Inter-House Athletics Carnival	House coloured polo shirt	PE shorts	White

Wyvern Sports Uniforms 2013

BASKETBALL (Newington basketball uniforms as worn in the Senior School)				
EVENT	SHIRT/JERSEY	SHORTS	SOCKS	SHOES
Inter-School Sport Competition	Newington mesh basketball singlet	Newington black mesh basketball shorts	White	Basketball boots (preferred as they help prevent ankle injuries) or predominantly white, good quality running shoes with non-marking soles
Monday and Wednesday	PE shirt (basketball singlet for training)	PE shorts	White	Basketball boots (as above)
Inter-House Summer Sport	House coloured polo shirt (school will supply singlets for House matches)	Newington black mesh basketball shorts or PE shorts	White	Basketball boots (as above)

EQUIPMENT

Recommended: Mouth guard.

CRICKET					
EVENT	SHIRT	SHORTS	SOCKS	SHOES	HAT
Inter-School Sport Competition	White collared shirt	White pants (longs or shorts)	White	White shoes (no spikes)	White cricket hat or Newington white floppy hat
Inter-House Summer Sport	House coloured polo shirts	PE uniform	White	White shoes (no spikes)	White cricket hat or Newington white floppy hat

Wyvern Sports Uniforms 2013

CRICKET EQUIPMENT

Compulsory Equipment:

All players using Leather Balls (Senior teams), Composition Hard Balls and the Eclipse Ball (Junior teams)

Batsmen: Pair of pads, Pair of batting gloves, Protector, Helmet

Wicket keepers: Pair of pads, Pair of wicket keeping gloves, Protector, Helmet

All players using an incrediball:

Batsmen: Minimum of a pad on front foot, Pair of batting gloves, Protector

Wicket keepers: Pair of pads, Pair of wicket keeping gloves, Protector, Helmet

Recommended Equipment: Wicket keepers – inner gloves Helmet

RUGBY					
EVENT	SHIRT	SHORTS	SOCKS	SHOES	HAT
Inter-School Sport Competition	Newington Black & White rugby jersey	Black rugby shorts	Newington rugby socks	Rugby boot studs (See additional notes on p30)	Headgear – Highly recommended
Training - Monday and Wednesday afternoons	Newington PE shirt At training: Newington Rugby Jersey	Black rugby shorts	Newington rugby socks	Rugby boots (compulsory at all training and trials – see additional notes on p30)	Headgear – Highly recommended
Inter-House Winter Sport	House polo shirt	Black rugby shorts	Newington rugby socks	As above	Headgear – Highly recommended

RUGBY EQUIPMENT

Compulsory Equipment: Mouthguard and Protector

Wyvern Sports Uniforms 2013

SOFTBALL					
EVENT	SHIRT	SHORTS	SOCKS	SHOES	HAT
Inter-School Sport Competition & Training	PE Uniform	PE Uniform	Newington long rugby socks	White sports shoes	Either Newington black baseball cap (recommended) or white floppy hat
Inter-House Winter Sport	House coloured polo shirt	PE Uniform	Newington long rugby socks	White sports shoes	

SOFTBALL EQUIPMENT

Compulsory Equipment: Mouthguards, Shin pads.

Catchers: Chest plate, Helmet, Face mask combination with a throat protector, Leg guards, Glove

Batsmen and base runners: Helmet with flaps for both ears.

Infielders: Shin guards, Mouthguard, Glove.

TEEBALL					
EVENT	SHIRT	SHORTS	SOCKS	SHOES	HAT
Inter-School Sport Competition	PE Uniform	PE Uniform	Newington long rugby socks	White sports shoes	Newington black baseball cap

TEEBALL EQUIPMENT

Compulsory Equipment: A Protector must be worn.

Batters and base-runners: Helmets with flaps for both ears (minimum 4 per team).

Fielders: Gloves

Infielders: Mouthguards, Shin pads, Glove.

Catchers: Chest plate, Helmet, Face mask combination with a throat protector, Leg guards, Glove.

Wyvern Sports Uniforms 2013

FOOTBALL (SOCCER)				
EVENT	SHIRT/JERSEY	SHORTS	SOCKS	SHOES
Inter-School Sport Competition	Newington football shirt	Black football shorts	Newington black and white striped socks	Boots and studs must conform to the rules of the game. (See additional notes below.)
Training: Monday and Wednesday afternoon	Newington football shirt	Black football shorts		
Inter-House Winter Sport	House coloured polo shirt	Black football shorts		

FOOTBALL EQUIPMENT

Recommended: Mouth guard.

SWIMMING			
EVENT	SHIRT	SHORTS	EQUIPMENT
Newington Combined Preparatory Schools' Inter-House Swimming Carnival	House coloured polo shirt may be worn	Plain black swimming costumes with 'Newington' written on the back	Goggles
Wyvern PE Lessons	PE Uniform		Goggles
IPSHA Carnivals Invitation Carnivals	PE Uniform		Swimming cap is provided. Goggles

ADDITIONAL NOTES ON SPORTS UNIFORMS AND EQUIPMENT

- Boys are encouraged to purchase rugby and football boots prior to the commencement of the season. This allows them sufficient time to wear their boots in before the start of the season.
- Rubber moulded studs are preferred.
- Studs may be moulded or screw-in plastic, metal or rubber.
- Full aluminium studs are acceptable provided they are well maintained.
- No part of any stud can be made of nylon or plastic.
- Currently, there is no ruling against children wearing 'Blades', as they are just another form of rubber moulded sole boots.

School Uniform Price List

WYVERN SHOP PRICE LIST 2013 – SUMMER

All sales from the Uniform shop go to the P & F Association for your schools needs.
All prices subject to change without notification.

ITEM	SIZES	PRICE
Summer Shirt	4 - 18	\$26.00
Summer Shorts	4 - 18	\$30.00
Tie	Loop/regular	\$18.00
Jumper	5 - 18	\$70.00
School Socks (grey)	5-8, 9-12, 13-3, 2-8, 8-11	\$10.00
Black School Cap	XS, S, M, L	\$40.00
White Hat	S, M, L	\$15.00
Art Smock	S, M, L, XL	\$90.00
PE Shirt	6 - 18	\$30.00
PE Shorts	6 - 20	\$25.00
House Coloured Polo Shirt	8- 18	\$30.00
White Sport Socks	5-8, 9-12, 13-3, 2-8, 8-11	\$12.00
Tracksuit Top	6 - 18	\$75.00
Tracksuit Pants	6 - 18	\$50.00
Basketball Singlet	8 - 18	\$45.00
Basketball Shorts	8 - 16	\$50.00
Cricket Shirt	8 - 16	\$30.00
Tennis/Cricket Shorts	8 - 18	\$35.00
NC Black/White Cap	One Size	\$15.00
Rugby/Football/T-Ball Stocks (Striped)	9-12, 13-3, 2-8, 8-11	\$10.00
Swimming Costume - Newington	B6-B14, M14-M18	\$30.00
School Backpack	Small	\$85.00
School Backpack	Medium	\$90.00
School Backpack	Large	\$95.00
Kit Bag	Small	\$30.00
Olympic Kit Bag	Large	\$45.00

Wyvern Uniform Shop Order Form

Child's Name: _____ Date: _____

Ammount: \$ _____ Mastercard / Visa / Other (Not Amex / Diners)

Card number: _____ 3 digit Security Number on back of card (CCV): _____

Name on card: _____ Contact number: _____

QUANTITY	ITEMS REQUIRED	SIZE	PRICE
TOTAL PRICE			

Thank you for phoning/faxing through your order. We understand that everyone is busy and we are happy to help. We will package your order, then the front office will forward to your son's class. Thank you.

P: 9568 9451 F: 9518 0757

Completed: _____ Delivered to front office: _____

Incomplete: _____ Order taken by: _____

Support your school and your school house
LOOK YOUR BEST FOR THE SPORTING SEASON!

All sports uniforms available: Cricket, Tennis, Basketball,
 T-ball, Rugby, Soccer, Athletics, Swimming.

Shop @ Your Shop: **THE WYVERN UNIFORM SHOP**

Phone and fax orders welcome

P: 9568 9451 F: 9518 0757

All funds go directly to the P&F for your son's school.

Basketball Rules

BASKETBALL	
No. of players	<ul style="list-style-type: none"> • 5
Duration	<ul style="list-style-type: none"> • 2 x 20 minute halves. • Years 5/6 'A' teams only are entitled to 1 timeout per team per game. No timeout to be called in the last 3 minutes of either half. The clock will not stop during timeouts.
Equipment	<ul style="list-style-type: none"> • Size 6 or 73cm circumference ball is used for Years 5/6 competition. • Size 5 or 70.5cm circumference ball is used for Years 3/4 competition. • Mouthguards recommended.
Rules for all teams regardless of grade	<ul style="list-style-type: none"> • The free throw line should be brought forward from the regular line to the dotted line of the restraining circle in the zone for all teams except Years 5/6 'A' teams. • The game is started by a jump ball in the centre-restraining circle. The official clock is started the moment the ball is tapped. • No Zone Defence is to be used. Man on man, full court or half court is acceptable. A floating zone is also NOT allowable.
Definitions	<ul style="list-style-type: none"> • DRIBBLING: A play in which a player gives impetus to the ball one or more times, causing it to rebound from the floor so as to touch or regain possession of it. (The first impetus may be given with either or both hands but subsequent contacts are made only with one hand.) • PASSING: Moving the ball by throwing, bouncing, batting, handing or rolling to another player. • SHOOTING: Throwing the ball so as to make a basket. • DODGING: Changing direction to avoid an opponent. • PIVOTING: Stepping once or more than once in any direction with the same foot, holding the other foot, called the pivot foot, at its initial point of contact with the floor. • SCREENING: A legal method of blocking without causing contact. Screen can be set for both moving and stationary player and the player for whom the screen is set may or may not have the ball. • DEFENDING THE GOAL: Protecting the basket so as the opponent may not score. • ATTACKING THE GOAL: Working the ball into the position so as to have a chance to shoot. • DEAD BALL: The ball is dead whenever the whistle is blown and after a field goal. • DISQUALIFIED PLAYER: A player is automatically disqualified and immediately removed from the game when they have committed either five (5) fouls or a single disqualifying foul. • TIEBALL: Occurs when two (2) players of opposing teams place one or both hands firmly on the ball at the same time or when a player places one or both hands firmly on the ball already held by an opponent. From 2006, play shall be re-started with alternating possession from the side.

Basketball Rules

BASKETBALL	
Definitions (cont.)	<ul style="list-style-type: none"> • TURNOVER: Any loss of the ball possession without a shot being taken. • GOAL: A ball that passes through the basket from above, the impetus having legally given by any player. • HELD BALL: A player holding the ball more than five (5) seconds when closely guarded. • STRONG SIDE; WEAK SIDE: The side of the court where the ball is located; the side where the ball is not located. • MAN-ON-MAN: A defensive system in which each player guards an assigned individual. • FULL COURT PRESS: Defensive strategy in which a team guards closely in the back-court as well as the front court. This device can employ both zone and man-to-man principles. • GIVE AND GO: Offensive strategy in which a player passes to a team-mate and then cuts for the basket expecting a return pass. • FAST BREAK: Offensive strategy in which a team attempts to bring the ball into scoring position before the defence can set up. • CLOSELY GUARDED: The defensive player guards within three (3) feet of the player with the ball.
Scoring	<ul style="list-style-type: none"> • FIELD GOAL: (shot made from anywhere on the court) = 2 points. • FREE THROW: (an unguarded throw for goal by a player after a foul) = 1 point. • No three (3) point goals exist at this level of the game.
Fouls	<ul style="list-style-type: none"> • FOUL: An infringement or breakage of a rule for which free throws may be awarded. A foul is recorded and a side inbound given to the non-offending team for a foul, unless: the player is in the act of shooting and misses – 2 free throws are awarded. If the player is in the act of shooting and makes the basket, then 1 free throw is awarded. If the team foul count for the half reaches 7, then any subsequent foul is awarded 2 free throws (ie. the 8th foul means 2 free throws irrespective of type of foul or location on the court). • BLOCKING: An individual foul involving personal contact that impeded the progress of an opponent with or without the ball. (A player may NOT enter the path of a moving player without giving that player a chance to stop or change direction. A player CANNOT impede the progress of another by holding both arms fully extended horizontally. • CHARGING: A player with the ball moves into an opponent whose position is legal or whose path is already established. (Contact caused by momentum of a player who has passed or thrown for a goal is a form of charging.) • DISQUALIFYING: Unnecessary roughness or unsportsmanlike behaviour. (This can be using foul language!) For this, a player is removed from the game. • HACKING: The player hits the arm or hand of the person holding the ball. • HOLDING: The player holds the person with or without the ball. • TEAM: Any foul charged against the offending team (including illegal substitution, taking more than the legal number of time-outs). After 7 team fouls in a Half – opposite team bonus situation of 2 free throws. • TECHNICAL: A foul given against poor sportsmanship e.g. COACH, SPECTATOR or PLAYER for making unsportsmanlike comments, rolling the ball away after a foul has been awarded. • DOUBLE FOUL: Occurs when fouls are called on two opponents (or other equal number of opponents) simultaneously. Fouls shall be recorded but a jump ball resumes the play.

Basketball Rules

BASKETBALL	
Violations	<ul style="list-style-type: none"> • VIOLATIONS: An infringement for which the ball is put in play from out-of-bounds. The penalties are taken at the sideline opposite where the violation took place or occurred.) • TRAVELLING: Moving illegally with the ball <ul style="list-style-type: none"> (i) A player may pivot but not move the pivot foot. (ii) A player may stop or dispose of the ball using a two (2) count rhythm BUT no more. (iii) If a player stops he must use only the back foot as a pivot unless both feet are together (iv) A player may lift the pivot foot to jump, but must pass or shoot before touching the floor again (v) To attempt to dribble, the player must release the ball before lifting the pivot foot. • THIRTY – SECOND LANE VIOLATION: A team in possession failing to try for a goal within thirty (30) seconds. • THREE – SECOND LANE VIOLATION: A player without the ball remains in the free-throw lane more than three (3) seconds while their team's in possession of the ball. If they receive the ball in less than three (3) seconds, they have three additional seconds to shoot or get out of the lane. (The lane is the area under the basket out to the free-throw line.) • DOUBLE DRIBBLE: This occurs when a player continues dribbling after grasping (or touching simultaneously) the ball with both hands. • DOUBLE VIOLATION: A violation called upon the players of both teams simultaneously. The penalty for this is a JUMP BALL. (A method of putting the ball into play by tossing it up between two (2) opponents in the closest of the three restraining circles.) • JUMP BALL VIOLATIONS: <ul style="list-style-type: none"> (i) Player jumping fails to stay in own half of the centre line until ball is tapped. (ii) Player taps the ball twice. (iii) Player catches the ball before it touches the ground or another player. • OUT-OF-BOUNDS VIOLATIONS: <ul style="list-style-type: none"> (i) A person touches the floor on or beyond the boundary line. (ii) The ball is out when it touches any person or object on or beyond the boundary lines. • GOAL TENDING: A player interfering with the ball or basket, when the ball is on the downward flight toward the basket. (A violation!) • CROSS COURT: The attacking team may not take the ball back into their defensive half once in the front court.
Special Safety Requirements	<ul style="list-style-type: none"> • Students should be encouraged to keep fingernails short. • No jewellery should be worn. Medical alert chains should be taped to the body. • Boundaries should be clear of belongings, reserves, and spectators – at least 5 m from sides and goal lines. • Sun protection (sunscreen and hat), warm up, ice and medical kit to be available. • BLOOD BIN: <ul style="list-style-type: none"> (i) A player who is bleeding leaves the playing area until the bleeding has stopped and the wound securely covered. (ii) All contaminated clothing and equipment is replaced and in cases where appropriate, the playing surface cleaned, prior to the game or activity recommencing.

Cricket Rules

CRICKET LAWS 2012			
	Traditional	Year 5 & 6 Super 8	Year 3 & 4 Super 8
Players on Field	11	8	8
Overs	25	14	16
			4 pairs face 4 overs
Balls per Over	6	6	6
	Maximum 8 in Over	Maximum 8 in Last Over	Maximum 8 in Last Over
Dismissals	Out	Out	Moves to Non Strikers End 3 Runs Deducted
EQUIPMENT			
Ball	142g Leather/Commander	Kookaburra Softball Junior Size	Incrediball
Batter	Batting Helmet Pair of Pads Pair of Batting Gloves Protector	Batting Helmet Pair of Pads Pair of Batting Gloves Protector	Minimum Pad on Front Foot Pair of Batting Gloves Protector
Wicket Keeper	Pair of Pads Pair of Wicket Keeper Gloves Protector Pair of Inner Gloves (Recommended) Helmet (Recommended)	Pair of Pads Pair of Wicket Keeper Gloves Protector Pair of Inner Gloves (Recommended) Helmet (Recommended)	Pair of Wicket Keeper Gloves Pair of Pads (Recommended) Helmet (Recommended)

Cricket Rules

CRICKET LAWS 2012

Laws and
Modifications

General Laws - Super 8 Cricket

- Each game will be played between two (2) teams of eight (8) players.
- A 9th and 10th man can be rotated into the game. These players **CAN** field and bowl, but **CANNOT** bat.
- A game should take no longer than one hour and forty-five minutes to complete.
- Year 3 and 4 Super 8 game consists of sixteen (16) overs.
- Year 5 and 6 Super 8 game consists of fourteen (14) overs.

Bowling

- All overs will be six (6) ball overs with exception of the final over, which must have six (6) legal deliveries with a maximum of eight (8) deliveries to be bowled in this over.
- Both teams should bowl from one end to maximise time.

Year 3 and 4 Super 8

- Incrediball to be used for all games.
- Sixteen (16) overs for each team.
- Each member of the team may bowl a maximum of two (2) overs each.

Year 5 and 6 Super 8

- Kookaburra Softaball to be used for all games.
- Fourteen (14) overs for each team.
- Each member of the team may bowl a maximum of two (2) overs each; with exception of the wicket keeper who is not permitted to bowl.

Batting

Year 3 and 4 Super 8

- Players will bat in pairs for four (4) overs.
- Once a dismissal takes place that batter will then move to the non-strikers end. No runs will be deducted for a dismissal.

Year 5 and 6 Super 8

- Players will bat in the traditional style of cricket. Once a player is dismissed he is out for the remainder of the innings and cannot return.
- A batsman should retire on a score of twenty (20). He is allowed to return once all other batsman have been dismissed.

Scoring

- All scoring should be conducted in the traditional style of cricket.
- Fours and Sixes are allowed.
- A wide and no-ball shall be counted as one (1) extra run to the batting team.
- The team with the most runs at the end of their innings will be declared the winner

Cricket Rules

CRICKET LAWS 2012

Laws - Traditional Cricket

• 25 overs per innings

- Maximum four (4) overs from a minimum of seven (7) bowlers, all to have bowled before the 20th over.
- It is recommended that Year 4 teams play twelve (12) consecutive overs from one end and thirteen (13) consecutive overs from the other end. This will reduce time in setting fields.
- Opens batsmen to retire at 50, and CAN follow on.
- Under 11 batsmen to retire at 40, and CAN follow on.
- Under 10 batsmen to retire at 30, and CAN follow on.
- (If all batsmen are out. They follow on in the order of retiring - note this is different to Super 8).
- Maximum eight (8) ball over.
- The final over of an innings must consist of six legal deliveries.
- Teams have right to bat for their full number of overs (common sense should apply so that teams do not bat on excessively).

Safety

Injuries

- Players should be encouraged to warm-up, before they take an active part in the game.
- It is the responsibility of each team's school to ensure school teams have a well-equipped medical kit including ice available at matches.

Fielding

- When the ball is bowled, no fielder may stand closer than 10 metres from the striker's wicket on the leg side or in front of point on the off side i.e. fielders may stand within 10 metres of the off side slips position only.
- Spectators and non-fielding team players should be outside the playing area during the game.

Blood

- A player who is bleeding will leave the playing area until the bleeding has stopped and the wound securely covered. Fielders can be substituted. Batters retired can resume play, according to normal Cricket Laws.

Cricket Rules

CRICKET LAWS 2012	
Spectators	<ul style="list-style-type: none"> • Spectators are not allowed onto the playing area during the game. • To avoid confusing players, spectators should not coach or give instructions.
Rules	<p>No-Ball</p> <p>The bowling of fast high pitches is unfair.</p> <ul style="list-style-type: none"> • Full Toss – a full toss which passes or which would have passed above the waist of the batsman standing upright at the crease on the full will be called a No Ball. <p>Disregard bowler type and keeper position.</p> <ul style="list-style-type: none"> • Bouncer – a delivery which bounces on the pitch and which then passes or which would have passed above the shoulders of the batsman standing in his upright stance at the crease will be called a No Ball. • A No-Ball is also recorded when a Bowler oversteps (Front Foot Law), ball pitches off the wicket, ball bounces 2 or more times before reaching the batters crease. • If a bowler bowls a no-ball that is hit and the batsmen run two runs, scorers record the no-ball and runs. <p>Ball bouncing more than twice or rolling along the ground</p> <ul style="list-style-type: none"> • The umpire at the bowler's end shall call and signal No Ball if a ball which he considers to have been delivered, without having previously touched the bat or person of the striker, either bounces more than twice or rolls along the ground before it reaches the popping crease. <p>Runs resulting from a No Ball – Scoring</p> <ul style="list-style-type: none"> • The one run penalty for a No Ball shall be scored as a No Ball extra. If other penalty runs have been awarded to either side, these shall be scored as in Law 42.17 (Penalty runs). Any runs completed by the batsmen or a boundary allowance shall be credited to the striker if the ball has been struck by the bat; otherwise they also shall be scored as No Ball extras. • Apart from any award of a 5 run penalty, all runs resulting from a No Ball, whether as No Ball extras or credited to the striker, shall be debited against the bowler. <p>Wide</p> <ul style="list-style-type: none"> • If the bowler bowls a ball, not being a No Ball, the umpire shall adjudge it a Wide if, according to the definition in (a) below, in his opinion the ball passes wide of the striker where he is standing and would also have passed wide of him standing in a normal guard position. • (a) The ball will be considered as passing wide of the striker unless it is sufficiently within his reach for him to be able to hit it with his bat by means of a normal cricket stroke. <p>Bye</p> <ul style="list-style-type: none"> • If a ball, not being a No Ball or a Wide, passes the striker without touching his bat or person.

Cricket Rules

CRICKET LAWS 2012

Rules
(cont.)

Leg Bye

- (a) If a ball delivered by the bowler first strikes the person of the striker, runs shall be scored only if the umpire is satisfied that the striker has either:
 - (i) attempted to play the ball with his bat, or
 - (ii) tried to avoid being hit by the ball.If the umpire is satisfied that either of these conditions has been met, and the ball makes no subsequent contact with the bat, runs completed by the batsmen or a boundary allowance shall be credited to the batting side as in (b). Note; however, the provisions of Laws 34.3 (Ball lawfully struck more than once) and 34.4 (Runs permitted from ball lawfully struck more than once.)
- (b) The runs in (a) above shall,
 - (i) if the delivery is not a No Ball, be scored as Leg Byes.
 - (ii) if No Ball has been called, be scored together with the penalty for the No Ball as No Ball extras.

Overs

'6 Ball Over' Law

- There are only 6 Balls bowled in a 6 Ball Over regardless of wides and No Balls.
- This law is played by all Modified Super 8 teams, Traditional A-B Teams, Traditional B and Small Schools Draws.

'8 Ball Over' Law

- A minimum of six legal deliveries are bowled and up to 8 deliveries includes wides, No Balls and legally bowled balls.
- This law is played by all Traditional A teams.

'Final Over' Law

- The final over of an innings must consist of six legal deliveries.

Mankad

Batsman not run out

- The ball has not subsequently been touched again by a fielder, after the bowler has entered his delivery stride, before the wicket is put down.

Bowler attempting to run out non-striker before delivery

- The bowler is permitted, before entering his delivery stride, to attempt to run out the non-striker. The ball shall not count in the over. The umpire shall call and signal Dead Ball as soon as possible if the bowler fails in the attempt to run out the non-striker.

Cricket Rules

CRICKET LAWS 2012

Rules
(cont.)

Batsmen stealing a run

- It is unfair for the batsmen to attempt to steal a run during the bowler's run up. Unless the bowler attempts to run out either batsman. (Law 24.4 Bowler throwing towards striker's end before delivery). The umpire shall
 - (i) call and signal Dead Ball as soon as the batsmen cross in any such attempt.
 - (ii) return the batsmen to their original ends.
 - (iii) award 5 penalty runs to the fielding side.
 - (iv) inform the other umpire, the batsmen, the captain of the fielding side and, as soon as practicable, the captain of the Batting side of the reason for the action taken
 - (v) report the occurrence, with the other umpire, as soon as possible to the Executive of the batting side and any Governing Body responsible for the match, who shall take such action as is considered appropriate against the captain and player or players concerned.

Appeals

Umpire not to give batsman out without an appeal

- Neither umpire shall give a batsman out, even though he may be out under the Laws, unless appealed to by the fielding side. This shall not debar a batsman who is out under any of the Laws from leaving his wicket without an appeal having been made. Note, however, the provisions below.

Batsman leaving his wicket under a misapprehension

- An umpire shall intervene if satisfied that a batsman, not having been given out, has left his wicket under a misapprehension that he is out. The umpire intervening shall call and signal Dead Ball to prevent any further action by the fielding side and shall recall the batsman.

Withdrawal of an appeal

- The captain of the fielding side may withdraw an appeal only with the consent of the umpire within whose jurisdiction the appeal falls and before the outgoing batsman has left the field of play. If such consent is given the umpire concerned shall, if applicable, revoke his decision and recall the batsman.

Limitation of on side fielders

- At the instant of the bowler's delivery there shall not be more than two fielders, other than the wicketkeeper, behind the popping crease on the on side. A fielder will be considered to be
 - (i) behind the popping crease unless the whole of his person, whether grounded or in the air, is in front of this line. In the event of infringement of this Law by the fielding side, the umpire at the striker's end shall call and signal No Ball.

Cricket Rules

CRICKET LAWS 2012

Rules
(cont.)

How can a Batsman get out?

- Bowled
- Handled the Ball
- Leg Before Wicket
- Stumped
- Timed Out
- Hit the Ball Twice
- Obstructing The Field
- Caught
- Hit Wicket
- Run Out

Law 36 – Leg Before Wicket

Out LBW

- The striker is out LBW in the circumstances set out below.
 - (a) The bowler delivers a ball, not being a No Ball and
 - (b) The ball, if it is not intercepted full pitch, pitches in line between wicket and wicket or on the off side of the striker's wicket and
 - (c) The ball not having previously touched his bat, the striker intercepts the ball, either full pitch or after pitching, with any part of his person and
 - (d) The point of impact, even if above the level of the bails either
 - (i) is between wicket and wicket or
 - (ii) is either between wicket and wicket or outside the line of the off stump if the striker has made no genuine attempt to play the ball with his bat and
 - (e) But for the interception, the ball would have hit the wicket.

Interception of the ball

(a) In assessing points (c), (d) and (e) in 1 above, only the first interception is to be considered. (b) In assessing point (e) above, it is to be assumed that the path of the ball before interception would have continued after interception, irrespective of whether the ball might have pitched subsequently or not.

Offside of wicket

- The offside of the striker's wicket shall be determined by the striker's stance at the moment the ball comes into play for that delivery.

Umpire's decision

- An umpire may alter his decision provided that such alteration is made promptly. This apart, an umpire's decision, once made, is final.

Cross Country Rules

CROSS COUNTRY	
No. of players	<ul style="list-style-type: none">• Approx 30 per race.
Duration	<ul style="list-style-type: none">• Approx. 15 min.
Playing Conditions	<ul style="list-style-type: none">• Distances: approx. 2000m (Junior); approx. 3000m (Senior).• Course should generally be free of obstruction.• The course should not share public roads.
Equipment	<ul style="list-style-type: none">• General Organisation – course markers, starting equipment, and recording equipment.
Rules	<ul style="list-style-type: none">• Normal athletics running rules apply.
Special safety requirements	<ul style="list-style-type: none">• If the course is wet, the race is at the discretion of the host school.• Spectators and non-participating runners should not run with athletes and stand well back from the course.• Sun protection (sunscreen and hat).• Players should be encouraged to warm-up, before they start.• Ice and well equipped medical kit to be available.
Officials	<ul style="list-style-type: none">• It is recommended that course Marshalls are situated within eye site around the course.

Rugby Rules

RUGBY	
No. of players	<ul style="list-style-type: none"> • See following page
Duration	<ul style="list-style-type: none"> • See following page
Equipment	<p>Compulsory</p> <ul style="list-style-type: none"> • Players must wear mouth guards. • Dental mouth guards are superior. <p>Recommended</p> <ul style="list-style-type: none"> • Players should be strongly encouraged to wear approved head gear.
Clothing	<ul style="list-style-type: none"> • Students should wear the appropriate football uniform of the team they are representing. • Boots must conform to the Laws of the Game. • See also equipment.
Rules	<ul style="list-style-type: none"> • Fundamentally the Laws of the Game have not been changed, dispensations/ modifications have been made to facilitate progressive development of those learning to play (see following page). • Refer to the Rugby Pathway Management Plan 2011 for more specific rules and conditions in relation to Walla, Mini, Midi or Under 19 rules being played by Preparatory School students. <p>RESTART OF PLAY:</p> <ul style="list-style-type: none"> • After a try, the game will be restarted by a drop kick on the referee's whistle. <p>ADVANTAGE RULE:</p> <ul style="list-style-type: none"> • The advantage rule must be observed and played to the fullest (to prevent continual stoppages and excessive scrummaging). <p>PENALTIES/PLAYER SENT OFF:</p> <ul style="list-style-type: none"> • Penalties should be awarded for head-high tackles in all age groups to encourage correct tackling techniques and eliminate dangerous play. • Players sent off will be suspended for a minimum of one week. (A one match suspension.) This is in keeping with CAS and GPS rules. <p>REPLACEMENT/SUBSTITUTION:</p> <ul style="list-style-type: none"> • Players may be substituted at any time in accordance with the following procedure: • Following the scoring of a try, players may interchange prior to the kick-off restart. • At other times during the match substitutions may be made when the ball is dead and with the permission of the referee. • There is no limit to the number of times a player may substitute. • Playing numbers must be equal. Playing numbers must not exceed set limits.

Rugby Rules

RUGBY	
Special safety requirements	<ul style="list-style-type: none"> • Players should be encouraged to warm-up, before they take an active part in the game. • If a front row player is sent off, in the interests of safety the referee will ask whether his team has another suitable player. Furthermore if a team cannot provide suitable players the game will continue with uncontested scrums, ie teams do not compete for the ball, team feeding must win. • Coaches should not allow players to return to play after injury until the injury has healed. (NB Concussion rule.) • A well-equipped medical kit must be available at each venue. • Ice should be available for the treatment of injuries. <p>Blood Bin</p> <ul style="list-style-type: none"> • A player who has an open or bleeding wound must leave the playing area. He must not return until the bleeding is controlled and the wound has been covered. • He may be temporarily replaced. • There is no time limit for his absence from the match. • A player must not rejoin the match until the referee permits him to return.
Officials	<ul style="list-style-type: none"> • The referee is the sole arbiter of the game. • For the Under 9 age group, coaches should be allowed on the field for a maximum of the first half of the season.
Spectators	<p>Schools should regularly remind their families of the following:</p> <ul style="list-style-type: none"> • The need to be positive and restrained in supporting teams. • The referee is the sole arbiter of the game. • That spectators are not to intimidate boys, coaches or referees by comments, criticism or instructions from the sideline. Coaches could be asked to 'gently' restrain over-exuberant spectators from their school. These requests are intended to preserve 'the spirit of the IPSHA games'. • Spectators should be informed to keep well back from the sideline during play. • Spectators are not allowed onto the field at any time during a match, including the half time break.

Management Laws IPSHA Rugby 2010

RUGBY	MINI U/8 & U/9	MIDI U/10 UP TO 12 PLAYERS	U/11 UP TO 12 PLAYERS	U/12 15 A SIDE
Playing Area	1/2 field	Full field less 10m width	Full field less 10m width	Normal Field
Player Numbers	10 per side	Up to 12 per side. Available numbers	12 per side. Available numbers	15 per side. Available numbers
Time	20 minutes each way	20 minutes each way	20 minutes each way	20 minutes each way. 25 minutes A & B Division 1st XV
Ball	Mini - Size 3	Midi - Size 4	Midi - Size 4	Size 4
Scoring	Try 5 points, if posts are available then a conversion can be taken in front for 2 points. Penalty kicks are not permitted	Try 5 points, if posts available the conversion is taken no further out than 15m line no matter where the try is scored. Penalty kicks are not permitted	Try 5 points, the conversion is taken no further out than 15m line no matter where the try is scored	Normal Law
Tackle	Yes	Yes	Yes	Yes
Ruck off side	Hind most foot	Hind most foot	Hind most foot	Hind most foot
Maul off side	Hind most foot	Hind most foot	Hind most foot	Hind most foot
Coaches	9A team coaches may stay on the field for first 5 matches only. All other 9's coaches by mutual agreement throughout the season.	No coaches on field	No coaches on field	No coaches on field

Lineout Laws IPSHA Rugby 2010

RUGBY	MINI U/8 & U/9	MIDI U/10	U/11	U/12
Features	Non contested	Contested	Contested	Contested
Numbers	4 players from each team. NO SHORT LINEOUTS	5 players from each team. NO SHORT LINEOUTS	5 players from each team. NO SHORT LINEOUTS	Minimum of 7, throwing team sets maximum
Length	4m-10m	5m-15m	5m-15m	5m-15m
Spacing	1m between teams	1m between teams	1m between teams	1m between teams
Throw	Down the line of touch (2 attempts)	Down the line of touch (2 attempts)	Down the line of touch	Down the line of touch
Beginning	Ball leaves throwers hands	Ball leaves throwers hands	Ball leaves throwers hands	Ball leaves throwers hands
End	Ball has travelled 5m from the lineout ie 5/8 receives ball	Ball clears the lineout or travels beyond/off the line of touch including all feet if involved in maul	Ball clears the lineout or travels beyond/off the line of touch including all feet if involved in maul	Ball clears the lineout or travels beyond/off the line of touch including all feet if involved in maul
Offside	5m from line of touch	10m from line of touch	10m from line of touch	10m from line of touch
Support	No lifting	No lifting	No lifting	No lifting

Scrum Laws IPSHA Rugby 2010

RUGBY	MINI U/8 & U/9	MIDI U/10	U/11	U/12
Features	Non contested	Contested	Contested	Contested
Numbers	5 players	6 players	6 players	8 players
Push	No push	1 metre	1 metre	1.5 metres
Scrumhalf Attacking	Must pass the ball immediately	Can pass, run or kick	Can pass, run or kick	Can pass, run or kick

Scrum Laws IPSHA Rugby 2010 (cont.)

RUGBY	MINI U/8 & U/9	MIDI U/10	U/11	U/12
Scrumhalf Defending	Defending scrumhalf CANNOT go past the mid line of the scrum	Defending scrumhalf CANNOT go past the mid line of the scrum	Defending scrumhalf CANNOT go past the mid line of the scrum	Defending scrumhalf CANNOT go past the mid line of the scrum
No. 8	N/A	CANNOT play the ball	CANNOT play the ball	CAN play the ball
Offside line	5m from last feet	Last feet	Last feet	Last feet
Defending Team	CANNOT move until the ball travels 5m ie 5/8 ball	Moves when ball emerges from scrum or halfback touches the ball	Moves when ball emerges from scrum or halfback touches the ball	Moves when ball emerges from scrum or halfback touches the ball

Kicking Laws IPSHA Rugby 2010

RUGBY	MINI U/8 & U/9	MIDI U/10	U/11	U/12
Start Game	Punt or Drop kick (2 attempts) FIRST attempt of the game must be drop kick - travel 10m	Drop kick (2 attempts) - travel 10m	Drop kick - travel 10m	Drop kick - travel 10m
Restart	Punt or Drop kick (2 attempts) - travel 10m	Drop kick (2 attempts) - travel 10m	Drop kick (2 attempts) - travel 10m	Drop kick - travel 10m
Penalty	Tap restart or scrum	Kicking for touch, kick for territory, scrum or tap restart	Kicking for touch, kick for territory, scrum or tap restart	Kicking for touch, kick for territory, scrum or tap restart
Drop Out	Drop kick from midpoint of 15m line	Drop kick on or behind 22m line	Drop kick on or behind 22m line	Drop kick on or behind 22m line
General Play	Kicking not permitted in general play	Kicking allowed	Kicking allowed	Kicking allowed
Kick for Goal	If posts available. Drop kick or place kick in front	If posts available place kick or drop kick laterally no further than 15 metres even if the try is scored out wide.	Place kick or drop kick no further than 15 metres even if the try is scored out wide.	Place kick or drop kick in line with where the try is scored.

Football (Soccer) Rules

FOOTBALL (SOCCER)	
No. of players	<ul style="list-style-type: none"> • 11 players from each team permitted on the field at any one time.
Duration	<ul style="list-style-type: none"> • 2 x 25 minute halves, with a five minute break – 1st XI Teams in Division A and B. • 2 x 20 minute halves with a five minute break – All other teams play
Equipment	<ul style="list-style-type: none"> • All ages use an approved size four (4) ball. • Compulsory: Shin guards – FIFA (ratified by NSWASF) ruling. Shin guards must be covered by the socks. • Recommended: Mouthguard
Clothing	<ul style="list-style-type: none"> • All players to wear a shirt (or jersey), shorts, socks, shin guards, and footwear. • Goalkeepers must wear a shirt that distinguishes them from the other field players. • Boots and Studs must conform to the rules of the game. (Studs may be Moulded/Screw In – Plastic, Metal, Rubber.) • Players may not wear anything that is dangerous to another player (such as watches, metal bracelets etc.)
Playing Conditions	<ul style="list-style-type: none"> • Size of Field – Ideally fields should be 3/4 size but this is not always possible due to use of Senior School and Council grounds. • Ground Preparation • Posts should be checked for stability, and field checked for obstructions (i.e. broken glass, pot holes, etc). • Where possible fields should be marked according to modifications or in proportion to field size. Goals should have nets attached, where practical.
Rules	<ul style="list-style-type: none"> • Rules set down by FIFA with modifications endorsed by NSWASF subject to the listed modifications. • Subject to the permission of Soccer Australia the Laws may be modified in their application for matches where the players are under 16 years of age. • In general terms the following modifications are permissible: <ul style="list-style-type: none"> size of the field. size, weight and material of ball. size of the goals. the duration of play. the number of substitutions. <p>UNDER 9 and UNDER 10</p> <p>The Game</p> <ul style="list-style-type: none"> • Games will be a modified version of the 2010 FFA small sided Football rules. <p>Playing Conditions</p> <ul style="list-style-type: none"> • Size of Field - 30m x 40m approximately. This allows for 2 fields across the width of a normal football field with at least a 10m gap between the fields. The field of play will be marked out by cones and be in from the normal field goal line as to avoid the metal goals. • Number of Players - Each team should consist of 7 players (6 field players and 1 goalie). This can be modified as long as each team has equal numbers of players on the field. Each U/9 and U/10 team will be split into two teams of 7 and will play at the same time.

Football (Soccer) Rules

FOOTBALL (SOCCER)

Rules

- Duration of the Game - 2 x 20minute halves with a 5 minute break.
- Size/Type of Ball - all ages use an approved size four (4) ball.

Laws and Modifications

Start of Play and Restart after a Goal -

- Game is started at the start of each half and after a goal with a kick forward to a team mate from the middle of the halfway line. A goal cannot be scored with a direct kick from the kickoff. It must touch a team mate or opposition player to be counted as a goal.

Goal keeper -

- The goalkeeper is permitted to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the goal keeper is not permitted to kick the ball directly from their hands. The ball must be thrown or rolled from the hands or played from the ground with their feet. Goal kicks can be taken from anywhere in the penalty area.

Offside -

- There is no offside.

Dress

- A player shall wear a shirt (or jersey), shorts, socks, shin pads and footwear. Shin pads must be covered by the socks.
 - Goal keepers must wear a shirt that distinguishes them from the other field players.
- Shin pads are mandatory following a recent FIFA (ratified by NSWASF) ruling.
- Boots and studs must conform to the rules of the game. (Studs may be moulded/screw in - plastic, metal or rubber).
- Players may not wear anything that is dangerous to another player (such as watches, metal bracelets etc).

Equipment

- Recommended - Mouthguard.
- Compulsory - Shin pads

Safety

Prevention -

- Boots must be inspected prior to the commencement of each game **by the referee** to ensure that all 'studs' are on the boot and they do not have sharp edges..
- Players should be encouraged to warm-up, before they take an active part in the game.

Injuries -

- A well equipped medical kit must be readily available.
- Ice should be available for the treatment of injuries

Blood Bin -

- A player who is bleeding will leave the playing area until the bleeding has stopped and the wound securely covered.

Spectators

- Spectators are not allowed onto the field.
- Where practical spectators should remain 5m away from side and goal lines.
- Games should be stopped until spectators are the required distance back.
- Where practical sidelines should be roped if spectators ignore this important safety directive.

Football (Soccer) Rules

FOOTBALL (SOCCER)	
Rules	<p>UNDER 11 and OPEN</p> <ul style="list-style-type: none"> • FIFA rules apply. • Substitutions should be made after a goal, before play restarts or when the ball is dead with the permission of the referee. • Unlimited substitutions within a game. A maximum of 14 players to be used in the Under 11 and Open age groups.
Special Safety Requirements	<ul style="list-style-type: none"> • Players should be encouraged to warm-up, before they take an active part in the game. • A well-equipped medical kit must be readily available. • Ice should be available for the treatment of injuries. • Blood bin a player who is bleeding will leave the playing area until the bleeding has stopped and the wound securely covered. • Spectators are not allowed onto the field. • Where practical spectators should remain 5m away from side and goal lines. • Games should be stopped until spectators are the required distance back. • Where practical sidelines should be roped if spectators ignore this important safety directive.
Positions	<p>Striker:</p> <ul style="list-style-type: none"> • The players who are responsible for most of a team's scoring. They play in front of the rest of their team where they can take most of the shots. They often stand near half way when their team is defending, and await the opportunity to counter-attack. They also take the kick-offs. <p>Central Midfielder:</p> <ul style="list-style-type: none"> • A player generally positioned between the strikers and central defenders. Their job is to link the defense and the offense through ball control and passing. They play both an attacking role and a defensive role, and they are most responsible for organizing play in the midfield area (calling team mates to help in attack or defense), and creating scoring opportunities for the attackers. <p>Wingers:</p> <ul style="list-style-type: none"> • They play on the sides of the field. Their primary task is to run the ball down the line and provide the strikers with accurate passes so they can shoot at the goal. And they also fall back to help with defense.

Football (Soccer) Rules

FOOTBALL (SOCCER)

Positions

Defender/Back:

- A player who works mainly in the defensive third of the field. They are primarily focused on stopping the opposition's attackers from scoring. This means that they will have to kick the ball away from our own goals and will need to mark opposition players in the goal area in defense. Generally, the left back defends the left side of the field, while the right back defends the right side of the field. However, at times they may need to slide across towards the middle of the field when the ball is on the opposite side of the field. The central defenders generally defend the middle area in front of the goals and they mark the opposition strikers. They tend to stand approximately 10m between the ball and the goals. The sweeper tends to stand approximately 10m behind the central defender and he is the last person in defence. The sweepers job is to cut off any attacking runs from the opposition that get past the last line of defence.

Goalkeeper:

- The player positioned directly in front of the goal who tries to prevent shots from crossing the goal line. He is the only player allowed to use their hands and arms, though only within the goal area. A goalkeeper can make it more difficult for the strikers by moving off the goal line and coming out to meet the player with the ball. Positioning himself along the imaginary line between the ball and the middle of his goals will cut down the strikers angle to shoot at goal when he is dribbling towards the goalkeeper.

Softball Rules

SOFTBALL	
No. of players	<ul style="list-style-type: none"> • 9-12 players. Up to 9 Fielders.
Duration	<ul style="list-style-type: none"> • 7 innings or 1.5 hours
Playing Conditions	<ul style="list-style-type: none"> • Size of Field: Diamond 16.7m x 16.7m (Pitching Distance – 10.6m)
Equipment	<ul style="list-style-type: none"> • 11” Leather stitched softball. The ‘home’ team will provide the ball. The ball is used by both teams for the entirety of the game unless damaged or lost. • It is compulsory that catchers use a chest plate, helmet / mask / throat protector combination and leggings. Boys must wear a protector. • Batsmen and base runners must wear helmets. • It is compulsory that infielders wear shin guards and mouth guards. • It is recommended that all players wear mouthguards.
Rules	<ul style="list-style-type: none"> • Official Rules of Softball (modified for children) • The result is determined on both sides having batted an even number of innings. This should be taken into account if the time limit has nearly lapsed (ie a new batting innings should not be started if it seems more than likely that both teams batting would prolong the game considerably beyond the time limit). • Batters are not rostered out of an innings; the full number brought to the game must bat in their turn throughout. • Fielders may be rostered out of innings during the game. Only 9 fielders may take the field at any one time. Infield players may be in the diamond. <p>PITCHING</p> <ul style="list-style-type: none"> • The pitcher must stand with both feet on the pitcher’s plate and the ball in contact with the glove, and may not begin to pitch before the batter, catcher and umpire are in position. • When delivery is made, the pitcher may take ONE STEP only towards the batter. If she/he takes more than 1 step it is deemed an illegal pitch. Windmill pitches will be permitted. • The pitch must be delivered underarm. <p>BATTING</p> <ul style="list-style-type: none"> • Must be in the order they are placed in at the beginning of the game. If there are three outs before a batter has completed her/his turn, then she/he becomes the first batter in the next innings. • The BATTER must run to first base when: The ball is hit into fair territory. Four ‘balls’ have been called (the batter proceeds to first base without penalty). The ball hits the batter when she/he has taken her/his correct batting stance and she /he has tried to avoid it. On the third strike the ball is not caught behind by the catcher.

Softball Rules

SOFTBALL

Rules
(cont.)

The **BATTER** is **OUT** when:

- On the third strike, the ball is caught behind by the catcher. If the ball is not caught by the catcher, the batter may run to first base.
- A fair hit is caught on the full by a fielder.
- After hitting a fair ground ball, the ball is caught and held by a fielder with any part of the body (usually her/his foot) touching first base, before the runner reaches that base.
- When a bunted ball goes foul on the third strike.
- Any foul hit is caught on the full by any fielder.
- The bat is thrown. No warning will be given.

A '**STRIKE**' occurs when:

- A pitched ball passes over the home plate and between, or level with, the batter's armpits and knees (in normal stance not crouched) and the batter does not attempt to hit it.
- The batter attempts to hit any pitched ball and misses.
- The batter hits the ball into foul ground on the first or second strike. A ball hit into foul ground after the second strike does not count as a strike. There is no limit to the number of fouls (except a bunted ball as mentioned above).

A '**BALL**' occurs when:

- A pitched ball passes wide of the home plate or passes above the batter's armpits or below his knees and is not struck at by the batsman.
- An illegally pitched ball is delivered (eg more than one step; a baulk, if glove and ball have not been in contact before the pitch).

A **FAIR HIT** is made when:

- A batted ball settles, or is touched by a fielder on fair ground.
- A batted ball touches first, third or home base.
- A batted ball lands first on, or is touched while over, fair ground beyond first or third bases, even if it then bounces into foul ground.

BASE RUNNERS

- May return to the base they ran from without penalty when a batted ball is called 'foul' (except if the ball is caught on the full).
- Are out if they fail to reach a base and a fielder holding the ball touches that base with at least one foot on it when the base runner:
 - is running towards that base and is being 'forced' to run by another base runner.
 - is running back to a base because a fair, or foul hit has been caught on the full.

Are Out :

- If they overtake a base runner ahead of them.
- If they deliberately interfere with a fielder or the ball.
- If they stand off the base or begin to run before the ball leaves the pitcher's hand on a pitch.
- If more than one base runner occupies a base at a time.
- If hit by a batted ball.

Softball Rules

SOFTBALL

Rules
(cont.)

BASE RUNNERS

- A base runner must touch each base in order on her/his way around the diamond.
- A base runner may over-run first base and home base.
- If a fielder deliberately interferes with a base runner, the base runner may proceed to the base to which she/he was running without penalty.
- The base runner must return to the base the base runner came from when:
The base runner has started to run but the batted ball is called foul.
A batted ball is caught on the full by a fielder. She/he may then leave that base and proceed according to the rules (ie overthrows in foul or fair territory)

BASERUNNERS may STEAL bases when;

- The ball leaves the pitcher's hand on a pitch.
- One base may be taken on each overthrow.

End of an Innings

- Each half is complete when either the third out is made or when the ninth run for the inning is scored.

Infield Fly Rule

- The infield fly rule will not apply.

Unforced Runner

- An unforced runner is a base runner who chooses to advance to the next base and is not forced by another runner. An unforced runner must be tagged off base for them to be out. The batter is out if she/he dodges more than 1 metre from the tag.

Forced Runner

- A forced runner is a base runner who must advance to the next base because there is a base runner behind them.
- A forced runner may be tagged out or played out at the base to which that runner is forced to advance.

Free Runner

- A free runner is not a forced runner. A free runner must be tagged to be put out.

When tagging a runner:

- The fielder must touch the runner with the hand(s) holding the ball.
- The runner will not be out if the fielder loses control of the ball.

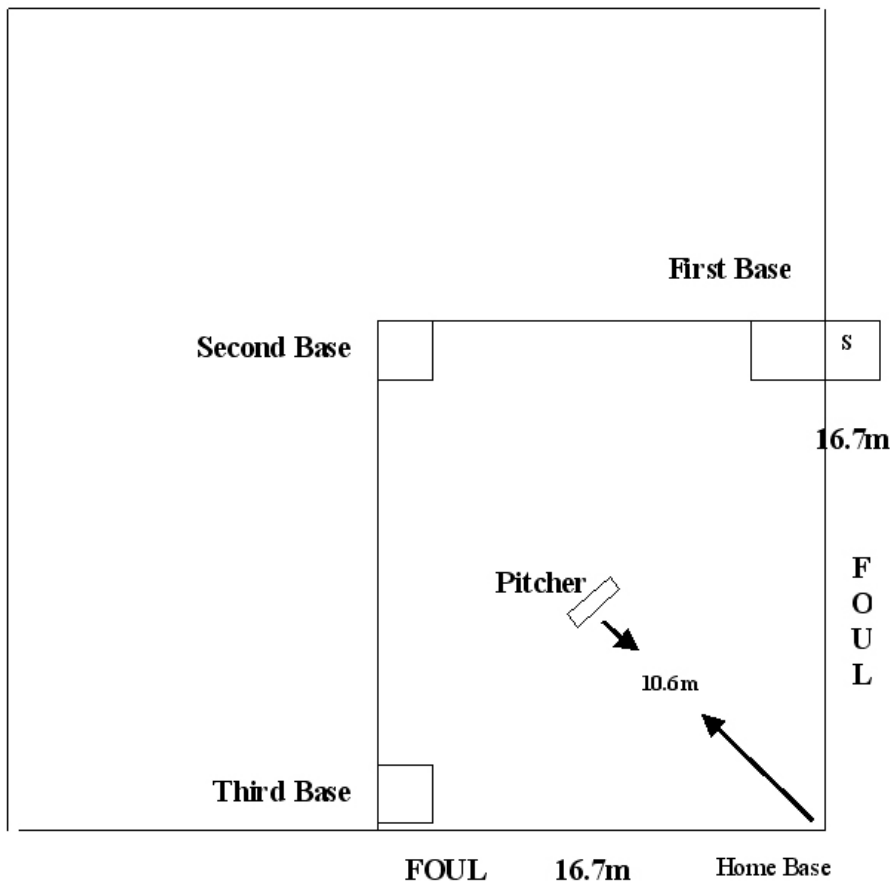
BUNTED BALL –

- Is a batted ball not swung at, but intentionally tapped slowly within the infield. If a bunted ball goes foul on the third strike, batter is out.
- All obstructions that occur shall be called by the umpires. The ball is dead immediately and all runners shall be awarded the base they would have made had the obstruction not occurred.
- If the fielder obstructs the runner, the runner will be awarded that base.
- The umpire shall not call 'time' until all possible play has ceased.
- Rough or dangerous play should not be tolerated.

Softball Rules

SOFTBALL	
Fouls	<p>A 'FOUL BALL' is called when :</p> <ul style="list-style-type: none"> • A batted ball lands and settles on foul ground. • A batted ball lands first in fair ground within the diamond, then rolls into foul, untouched by a fielder. <p>A 'Foul Tip'</p> <ul style="list-style-type: none"> • Is a batted ball which goes directly from the bat to catcher's hands, and is no higher than batter's head. • Batter is NOT out. • A 'Foul Tip' is a Strike.
Special Safety Requirements	<ul style="list-style-type: none"> • Footwear must be inspected prior to the commencement of each game to ensure that 'cleats' do not have sharp edges and confirm to the Rules of the Game. • Safety bases will be used on first base. This is a double base with the fielder standing on the inner white base and the base runner the outside orange / red base. • Sun protection (sunscreen and hat) • Players should be encouraged to warm-up, before they take an active part in the game • A well-equipped medical kit must be readily available. • Where possible ice should be available for the treatment of injuries, • Fielding: Non-participating players should be at least 6 metres away from Base / Foul Lines and Pass Ball Lines. • The batting team should be placed so as not to interfere with play and not directly behind the batters. • The batting team and spectators must be 6m away from Base / Foul Lines and Pass Ball Lines and not directly behind the batters. Umpires should request that players and spectators are seated behind first and third baselines. Play should not proceed until this request is complied with. • Coaches must insist on all safety equipment being used and that all players on the 'bench' are 6m away from Base / Foul Lines and Pass Ball Lines. • Blood Bin: A player who is bleeding will leave the playing are until the bleeding has stopped and the wound securely covered.
Umpire	<ul style="list-style-type: none"> • Umpires shall umpire a full innings. Each school should supply one umpire fully conversant with the rules. Badged umpires are recommended. • Umpires should be aware that the nature of the game is an enjoyable learning experience for all players and should therefore apply the rules with discretion and judgment.
References	<ul style="list-style-type: none"> • Softball, Official Playing Rules. Softball Australia • Softball, Teeball, For Girls & Boys Under 10 Years. Printed 1993, Australian Softball Federation, Inc. (Pamphlet) • Softball, Modball, For Girls & Boys Under 10 – 12 Years. Printed 1993 Australian • Softball Federation, Inc. (Pamphlet) • Softball, Simplified. Printed 1993, Australian Softball Federation, Inc. (Pamphlet)

Softball Diamond



Pass Ball Lines

NOTES:

- Diamonds should be placed with safety in mind. Free from obstacles and other matches.
- Safety bases must be used on first base. The white end in fair territory and the orange end in foul territory.

Teeball Rules

TEEBALL	
No. of players	<ul style="list-style-type: none"> • Up to 12 players • Only 9 can field each innings. If both teams agree up to 12 can bat.
Duration	<ul style="list-style-type: none"> • 1.5 hours or 5 innings • An innings is completed when all batters have completed their turn at bat.
Conditions	<ul style="list-style-type: none"> • Size of Field 15.2 m x 15.2 m (12.19 m Pitching Distance) – see diagram below
Equipment	<ul style="list-style-type: none"> • 10" – 10.5" Teeball. • The Tee should be of a suitable material (eg rubber) so as to reduce risk of injury. • The following equipment is compulsory: • Helmets with flaps for both ears are compulsory for all batters and base runners (minimum 4 per team). • Fielders should all wear gloves. • Mouth guards and shin pads are compulsory for all infielders and recommended for all batters and fielders • Catchers should wear a helmet /face mask combination with a throat protector, chest plate, leg guards and a glove. • Protector for boys.
Rules	<ul style="list-style-type: none"> • Teeball Rules – N.S.W. Softball Association Inc (modified softball rules). Rules are to be applied with discretion and judgment – the game is an enjoyable learning experience. • Rough or dangerous play should not be tolerated <p>PITCHING</p> <ul style="list-style-type: none"> • The ball is not pitched in Teeball; instead it is batted from a tee. • The pitcher shall keep one foot in contact with the pitcher's plate until the ball is hit. <p>BATTING</p> <ul style="list-style-type: none"> • The batting team shall sit in a safe area in their batting order for that inning. • The umpire shall ensure that the tee is adjusted to the batter's satisfaction before calling, 'Play Ball'. • The batter is permitted one practice swing. Should the ball fall from the tee on the practice swing there shall be no penalty. Any additional movement of the bat towards the ball after this practice swing shall be called a strike. • If the batter hits the ball before 'Play Ball' has been called, the ball is dead and no count is recorded against the batter. The batter shall take a normal forceful swing when striking the ball. Bunting is not allowed. If the umpire thinks that the batter is not taking a full swing, the batter should be called back to swing again. • Should the batter step out of the batter's box when the ball is hit, there should be no penalty. 'Foul Ball' will be called by the umpire. <p>A Strike is called :</p> <ul style="list-style-type: none"> • when the batter swings at the ball and misses. • when the batter swings and hits the tee (not the ball) it is a foul. The first two fouls count as strikes. (A strike must be an air swing, you cannot get out on a foul hit, unless it is caught.) • when the ball has hit fair ground and not travelled 4.5m.

Teeball Rules

TEEBALL

Rules
(cont.)

Until the ball is hit :

- The pitcher must have one foot in contact with the pitcher's plate the catcher must be behind home plate.
- All other fielders must be stationed in fair territory, outside the diamond and OFF the bases.
- A member (coach) of the batting team shall advise the umpire when the last batter is next in the batting order.

BASE RUNNING

- A runner must wait until the ball is hit before leaving the base. The umpire shall call, 'Dead Ball' if a runner leaves before the ball. There is no penalty, the runner simply returns to the base.
- When the batter hits a fair ball, play proceeds until all runners have held up on bases or until no further play is possible. 'Time' shall be called when, in the opinion of the umpire, all possible play has ceased (e.g. when the ball has been returned to the pitcher or catcher). The pitcher or catcher must hold the ball in the air, so that the umpire can clearly see play has ceased and thus shall call 'Time'.
- The umpire shall not call 'Time' until all possible play has ceased. ie the ball must be returned to the pitcher or catcher, before time is called.
- One base may be taken on each overthrow, including home.
- Fielders are not permitted to block bases, as prescribed in the Official Rules of Softball.

GETTING PLAYERS OUT

The batter can be given out :

- After the third strike.
- If the ball is caught on the full.
- For throwing the bat dangerously.
- If a fielder holding the ball touches first base before the batter arrives or if a fielder holding the ball tags the batter before the batter reaches first.

Base runners are given out :

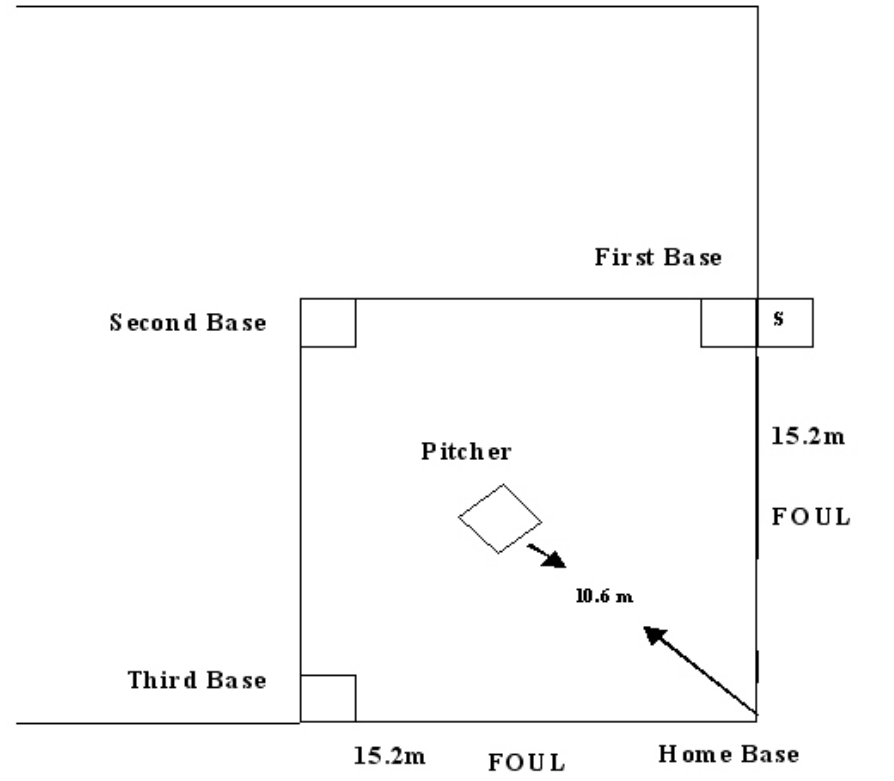
- If a fielder holding the ball tags the runner (either forced or unforced) between bases.
- If a fielder, holding the ball, touches the base with any part of the body (usually the foot) before a forced runner reaches the base.
- If the runner had left the base before a caught fly ball and a fielder, holding the ball (as above) reaches the original base before the runner can return.
- If hit by a batted ball not touched by the fielders.
- When tagging a runner: (All Boy 'A' teams tag, but tagging is only introduced to Boys 'B' Teams in Term 4. During Term 1 – Forced Runners can be played out, at the base to which that runner is forced to advance.)
- The fielder must touch the runner with the hand(s) holding the ball.
- The runner will not be out if the fielder loses control of the ball.

Teeball Rules

TEEBALL	
Rules (cont.)	<p>DEAD OR ALIVE</p> <p>The ball shall be dead :</p> <ul style="list-style-type: none"> • When the batter hits the tee and not the ball. • On all interferences and obstruction (eg thrown bat, interference on base). • When the ball is overthrown in foul territory or hits a person not engaged in the game. <p>LAST BATTER SITUATIONS</p> <ul style="list-style-type: none"> • If the batter throws the bat, the batter is out, the ball is dead, no one can advance so the innings ceases. On the last batter the overthrow rule does not apply (if playing near water [eg spit reserve] and an overthrow goes in the water, runners may advance one (1) more base) but may then attempt to run home. On last batter the ball must be returned to the catcher for the play to stop. You need to be aware that runners can still be out in the normal way at any base in a last batter situation. <p>FORCED RUNNER</p> <ul style="list-style-type: none"> • A runner who is compelled, by the batter hitting a fair ball, to advance to the next base. A forced runner may be tagged out or played out at the base. <p>FREE RUNNER</p> <ul style="list-style-type: none"> • A free runner is not a forced runner. A free runner must be tagged to be put out.
Obstructions	<ul style="list-style-type: none"> • All obstructions that occur shall be called by the umpires. The ball is dead immediately and all runners shall be awarded the base they would have made had the obstruction not occurred. • If the fielder obstructs the runner, the runner will be awarded that base. • The umpire shall not call 'time' until all possible play has ceased, ie the ball must be returned to the pitcher or catcher, before time is called.
Special Safety Requirements	<ul style="list-style-type: none"> • The Umpire should move the tee, to avoid collisions when players run home. • The batting team should be placed so as not to interfere with play and not directly behind the batters. Players and spectators are seated behind first and third baselines. Non-participating players should be at least 6 metres away from base/foul lines or pass ball lines Spectators at least 10 metres away. Play is not to proceed until this occurs. • Footwear – if cleats are worn they should be checked by the umpire for sharp edges and conform to the rules of the game. • Coaches must insist on all safety equipment being used. • Sun protection (sunscreen and hat) • A well equipped medical kit must be readily available. • Where possible ice should be available for the treatment of injuries. • Blood Bin: A player who is bleeding will leave the playing are until the bleeding has stopped and the wound securely covered.
Umpire	<ul style="list-style-type: none"> • Umpires shall umpire a full innings. • Each school should supply one umpire fully conversant with the rules. Badged umpires are recommended.

Teeball Rules

TEEBALL	
References	<ul style="list-style-type: none"> • Softball, Official Playing Rules, Softball Australia. • Softball, Teeball, For Girls & Boys Under 10 Years. Printed 1993, Australian Softball Federation, Inc. (Pamphlet) • Softball, Modball, For Girls & Boys Under 10-12 Years. Printed 1993, Australian Softball Federation, Inc. (Pamphlet) • Softball, Simplified. Printed 1993, Australian Softball Federation, Inc. (Pamphlet)



Pass Ball Lines

NOTES:

- Diamonds should be placed with safety in mind. Free from obstacles and other matches.
- Safety bases must be used on first base. The white end in fair territory and the orange end in foul territory
- Distance between Pass Ball Line and Home Base is a minimum of .

Tennis Rules

TENNIS	
No. of players	<ul style="list-style-type: none"> • 4 players
Duration	<ul style="list-style-type: none"> • 1.5 – 3 hours (depends on form of match).
Conditions	<ul style="list-style-type: none"> • Size of Court – See Rules of Tennis Rule 1. • Form of the match; Each player plays a singles and doubles match. A match will consist of a full set to tie break advantage, unless limited use of grounds precludes this. If grounds preclude above, matches will consist of : <ul style="list-style-type: none"> • Six (6) games for singles. • Eight (8) games for doubles. • The host school must ensure that the visiting school is aware of the ‘form of match’ well in advance of the fixture
Equipment	<ul style="list-style-type: none"> • Size / Type of Ball – See Rules of Tennis Rule 3. • Home team supplies six (6) new balls per game. • Mouthguards may be worn and are strongly recommended in doubles.
Rules	<ul style="list-style-type: none"> • The Rules of Tennis have been adopted. There are no other modifications apart from the form of the game.
Special Safety Requirements	<ul style="list-style-type: none"> • Students should ensure that tennis racquets are in good condition with no splits in the frame or broken strings. • If the surface is wet play is at the discretion of the host school. • Sun protection (sunscreen and hat). • A well-equipped medical kit must be readily available. • Ice should be available for the treatment of injuries. • Players should be encouraged to warm up before they take an active part in the game. • Blood Bin: A player who is bleeding will leave the playing area until the bleeding has stopped and the wound securely covered. • Officials, Players, Spectators are to be instructed not to go onto other playing courts whilst play is in progress. Spectators and non-participating players should be outside the court area during play.

Sporting Venues

Abbotsleigh	<ul style="list-style-type: none"> • 22 Woonona Avenue, Off Pacific Highway
Arden	<ul style="list-style-type: none"> • 63 Beecroft Road, Beecroft & 50 Oxford Street Epping (Secondary) • Mt. St. Benedict College, Corner Pennant Hills Road & Beecroft Rd, Penant Hills (enter gate on Pennant Hills Road) • Roselea Public School – Playing field, 449 North Rocks Road, Carlingford (parking in Karril Avenue or Roselea Way) • Roselea Park, Pennant Hills Road (Parking in Karril Avenue or Roselea Way)
Barker College	<ul style="list-style-type: none"> • Junior School, Barker, Phipps, Taylor, Bowman & Rosewood Ovals, Clarke Road Tennis Courts, Aquatic Centre, Pacific Highway and College Crescent, Waitara • Hornsby South Primary, Clarke Road, Waitara • St Leo's Tennis Courts, Clarke Road, Waitara • The Brick Pit, Dartford Road, Thornleigh • St Leo's Fields, St Leo's College, Wahroonga (enter via Unwin Road) (Waitara Station)
Central Coast Grammar	<ul style="list-style-type: none"> • Arundel Road, Erina Heights
Coogee Prep	<ul style="list-style-type: none"> • Latham Park, Moverly Road, South Coogee • Turruwul Park, Rothschild Avenue, Rosebery • Jellicoe Park, Park Parade, Pagewood/Maroubra • Snape Park Outer, Corner Hannan & Storey Streets, Maroubra • Heffron Park, Robey Road, Maroubra • L'Estrange Park, Cnr King and Sutherland Streets, Mascot
Cranbrook	<ul style="list-style-type: none"> • Dangar, Iluka Street, Rose Bay • Hordern, Little Hordern Pool, Cranbrook School New South Head Road (off street parking on Victoria Road or Rose Bay Drive), Rose Bay • Steyne Park, William Street, Double Bay • Woollahra Ovals 2 & 3, Manion Avenue, Rose Bay
Danebank	<ul style="list-style-type: none"> • Bexley Park, Forest Road, Hurstville
E. S. Marks	<ul style="list-style-type: none"> • (Sydney Athletic Field) Corner Anzac Parade & Dacey Avenue, Moore Park
Kambala	<ul style="list-style-type: none"> • Corner New South Head Road & Tivoli Avenue, Rose Bay
Kincoppal	<ul style="list-style-type: none"> • 2 Vaucluse Road, Vaucluse
The Kings School	<ul style="list-style-type: none"> • Price, Doyle, Massie, Old Boys, Pool • Gowan Brae Courts, Pennant Hills Road, Parramatta
Knox Grammar School	<ul style="list-style-type: none"> • Ireland and Yeldham, Billyard Avenue, Wahroonga • Knox Back, Sutherland Avenue, Wahroonga • Gillespie Fields, Young Street, Wahroonga • Curugal, Bobbin Head Road, North Turramurra • Pool, Knox Senior School, Woodville Avenue, Wahroonga • Richmond Park (tennis courts) – Rosedale Road, Gordon • Carrington Park – Carrington Road, Wahroonga

Sporting Venues

Meriden Junior School	<ul style="list-style-type: none"> • Junior School, 36 Redmyre Road, Strathfield • Senior School, 10-12 Redmyre Road, Strathfield • Strathfield Park, Homebush Road, Strathfield • Strathfield Park, Chalmers Road, Strathfield
Mosman Prep	<ul style="list-style-type: none"> • Reid Park, Avenue Road, Mosman • Middle Head, Middle Head Road, Mosman • Balmoral Park, The Esplanade, Mosman • Rawson Park – Bradley's Head Road, Mosman • Georges Heights Oval - Middle Head Road, Mosman • North Sydney Boy's High, Falcon Street, North Sydney • Spit West – Spit Road, Mosman (just before the Spit Bridge)
Narrabeen Lakes Sports and Recreation Centre	<ul style="list-style-type: none"> • Wakehurst Parkway, Narrabeen
Newington (Lindfield) College	<ul style="list-style-type: none"> • Junior School, 26 Northcote Road, Lindfield • Koola Park – Koola Avenue, East Killara
Newington (Wyvern House) College	<ul style="list-style-type: none"> • Prep School, Cambridge Street, Stanmore • Tempe Park, Holbeach Avenue, Tempe • Old Boys, Newington College Grounds, Stanmore Rd, Stanmore. • Strathfield Park, Chalmers Road, Strathfield • St George Hockey Field, Mutch Avenue, Kyeemagh
Pittwater House	<ul style="list-style-type: none"> • James Mooney Oval, 70 South Creek Road, Collaroy
PLC Pymble	<ul style="list-style-type: none"> • Mollie Dive Field (Turf), Avon Road, Pymble • Main Oval (enter by front gate) • Pool, Hockey Turf, Tennis (enter by back gate)
PLC Sydney	<ul style="list-style-type: none"> • Boundary Street, Croydon
Queenwood	<ul style="list-style-type: none"> • 6 Queen Street, Mosman • Rawson Park, Cross Street, Mosman.
Ravenswood	<ul style="list-style-type: none"> • Ravenswood Avenue, Gordon or Henry Street, Gordon
Roseville	<ul style="list-style-type: none"> • 27-35 Bancroft Avenue, Roseville
SCEGGS Darlinghurst	<ul style="list-style-type: none"> • 215 Forbes Street, Darlinghurst
SCEGGS Redlands	<ul style="list-style-type: none"> • Cremorne Campus, Murdoch Street, Cremorne • Balmoral Park, The Esplanade, Mosman. • Macquarie University, Corner Culloden & Talavera Road, Macquarie Park. • Middle Head Oval, Middle Head Road, Georges Heights • Tunks Park, Brothers Avenue, Cammeray • Primrose Park, Grafton Street, Cammeray • Roof Top, Corner Hume Street & Clarke Street, Crows Nest • NBISC, Jacksons Road, North Narrabeen

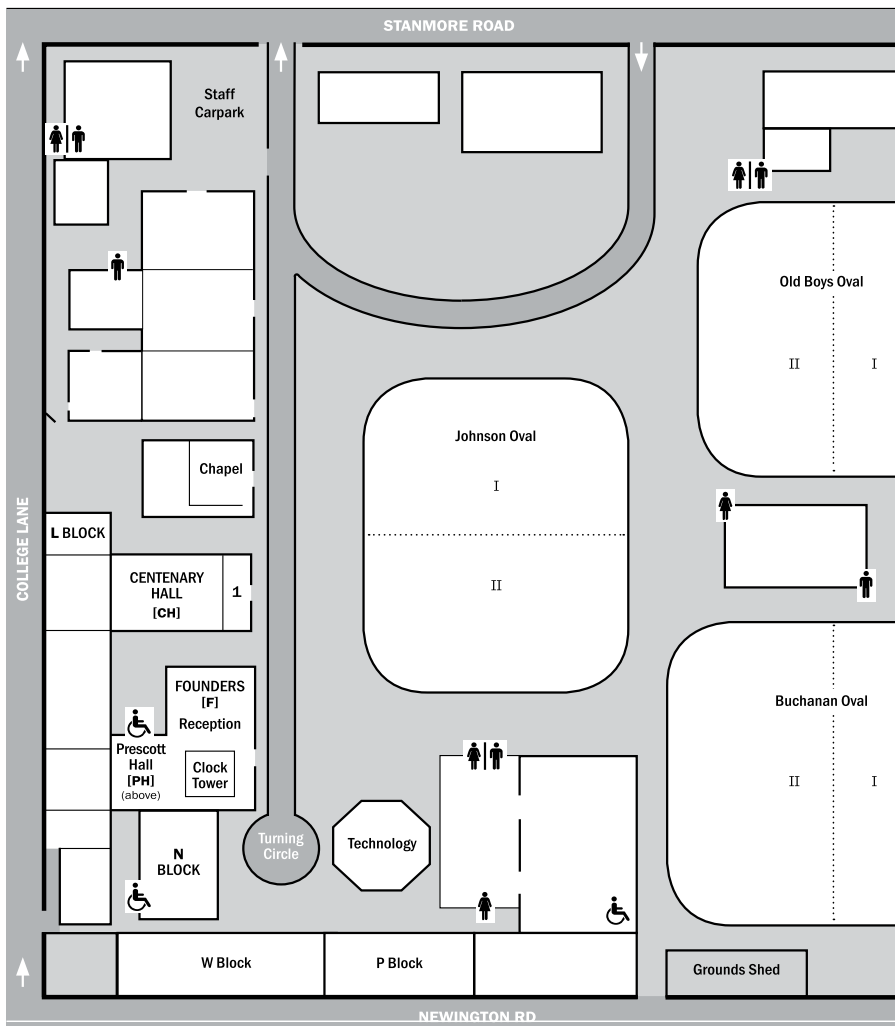
Sporting Venues

SCEGGS Redlands Cnt'd	<ul style="list-style-type: none"> • Tennis Courts – Rangers Road, Cremorne • Senior School Gym - 272 Military Road, Cremorne
Scots College	<ul style="list-style-type: none"> • Christison Park, Old South Head Road, Watsons Bay • Cooper Park, Manning Road, Woollahra. • Lough Park, Manning Road, Woollahra • Lyne Park, New South Head Road, Rose Bay • Woollahra Oval, Mansion Road, Rose Bay • Scots Prep B/B Courts, Manson Road, Bellevue Hill • Centennial Park, 6 & 7 Loch Avenue, Centennial Park
Shore	<ul style="list-style-type: none"> • Oval and basketball courts – corner of Edward & Lord St, North Sydney • SCEGGS War Memorial Playing Fields, Sailor's Bay Rd, Northbridge
State Sports Centre	<ul style="list-style-type: none"> • Australia Avenue, Homebush • Aquatic Centre / Athletics Tracks
St. Aloysius' College	<ul style="list-style-type: none"> • Prep School, Burton Street, Milsons Point • St Leonards Park, Miller Street, North Sydney • Gore Creek Reserve, St Vincents Road, Greenwich • Waverton Park, Larkin Street, Waverton • Anderson Park, Kuraba Road, Neutral Bay • Bradfield Park, Alfred Street, Milsons Point • Primrose Park, Young Street, North Cremorne • St. Aloysius Oval, Tyneside Avenue, Willoughby • Tunks Park, Brothers Avenue, Cammeray • Willoughby Park., Warrane Road, Willoughby • Lane Cove Olympic Pool, Little Street, Lane Cove • NSBA - Hume Street, Crows Nest • Castle Cove – Headland Road, Castle Cove • Chatswood Tennis Club, 120A Fulloers Road, Chatswood West
St. Augustine's	<ul style="list-style-type: none"> • Forestville Park, Currie Road, Forestville
St. Catherine's	<ul style="list-style-type: none"> • 26 Albion Street. Waverley (Enter via Albion, Parking in Macpherson St)
St. Ignatius Riverview	<ul style="list-style-type: none"> • Riverview Street (off Tambourine Bay Road, Lane Cove) • 5th & 6th Field in Junior School (opposite Senior School) • Regis Courts 1, 2, 3 Junior School (opposite Senior School) • 1B, 1C, 1D, 2A & 2B Fields in Senior School near Main Oval
St. Patricks College	<ul style="list-style-type: none"> • SPC (School), Edgar Street & Fraser Street, Strathfield • Breen Oval, (School), Edgar Street, Strathfield • Mason Park, Underwood Road, Homebush • Hudson Park, Corner Mitchell Road & Arthur Street, Strathfield • Cooke Park, Madeline Street, Belfield • Rudd Park , Corner Clarence & Varidel Streets, Belfield • Goddard Park , Corner Gipps & Broughton Streets, Concord

Sporting Venues

St Patricks Cnt'd	<ul style="list-style-type: none"> • Airey Park, Francis Street, Strathfield • Doyle Park, Macarthur Street, North Parramatta • Jessie Stewart – Greenlees Avenue, Concord • Strathfield Tennis Club – Lyons Road and Morwick Road, Strathfield
St. Pius X	<ul style="list-style-type: none"> • Oxford Falls, Corner. Dreadnought & Wakehurst Parkway, Oxford Falls • School Basketball Courts (enter via Kirk Street Chatswood)
Santa Sabina	<ul style="list-style-type: none"> • Santa Sabina Campus, 90 The Boulevard, Strathfield (enter via Jersey Road) • Santa Maria Del Monte Campus, 59 The Boulevard, Strathfield (enter via Margaret Road)
Sydney Grammar Edgecliff	<ul style="list-style-type: none"> • Weigall, Neild Avenue, Rushcutters Bay • Queen's Park, Darley Road, Waverley • ES Marks Athletics Field, Anzac Parade, Kensington
Sydney Grammar St. Ives	<ul style="list-style-type: none"> • Cowper, Top Field, Pool, Mona Vale Road & Ayres Road, St Ives. (Basketball & Tennis. Parking - Mawson Street.)
Tara	<ul style="list-style-type: none"> • Pool, Bottom Oval, Tennis Courts, Masons Drive, North Parramatta
Trinity	<ul style="list-style-type: none"> • Bressington Park, Mason Park, Underwood Road, Homebush • Preparatory School Basketball Gym & Outside Courts, 115 The Boulevard, Strathfield • Queen Elizabeth Park, Addison Avenue, Concord • Strathfield Park, Chalmers Street, Strathfield • Trinity Senior School, Pool, Prospect Road, Summer Hill • Five Dock Leisure Centre, Corner Queen & William Street, Five Dock • Ashfield Park, Orpington Street, Ashfield • Hammond Park, Lucy Street, Ashfield • Yeo Park, Victoria Street, Summer Hill (park adjoins Trinity senior school.)
Tudor House	<ul style="list-style-type: none"> • Westfield, R B Darke, Fairfax) Illawarra Highway, Moss Vale
Waverley College	<ul style="list-style-type: none"> • Queens Park, Darley Road, Waverley • Waverley Senior School, Waverley Park, Birrell Street, Waverley
Wenona	<ul style="list-style-type: none"> • 176 Walker Street, North Sydney • St Leonards Park • Pool on Opposite side of road – Under Junior School

Sporting Maps



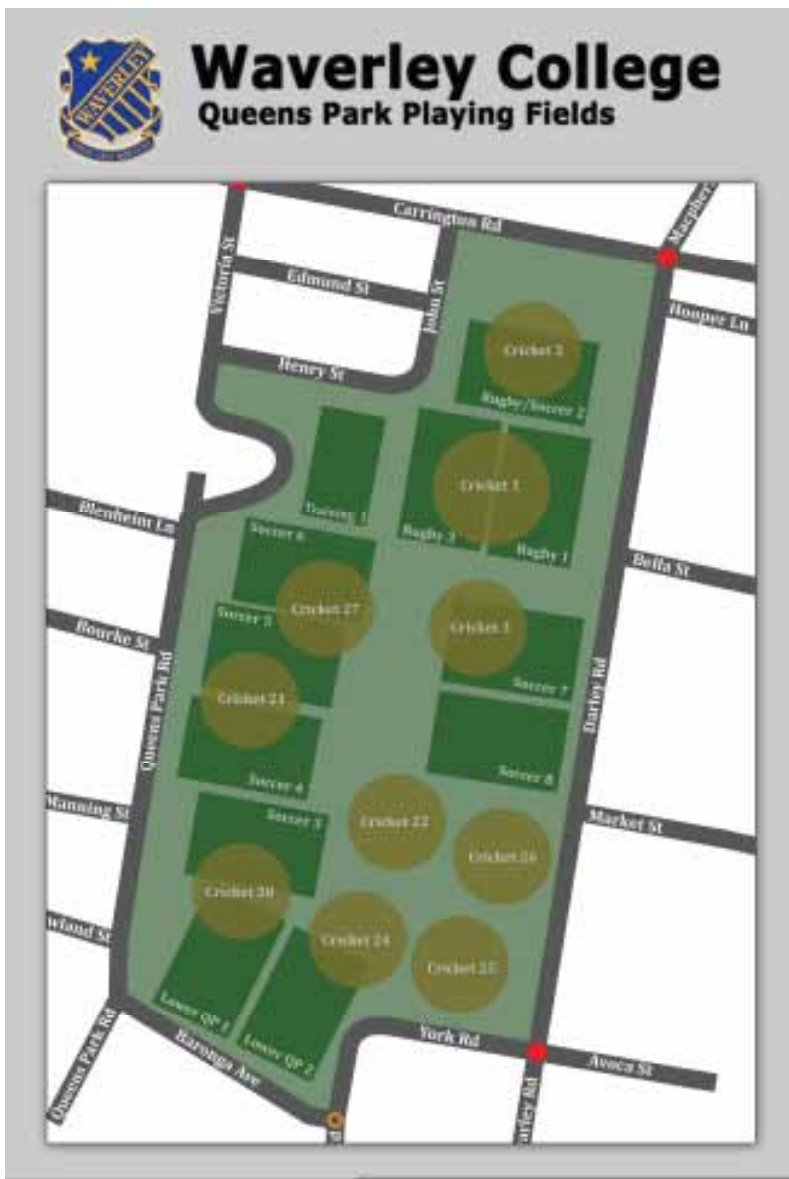
Newington College, 200 Stanmore Road, Stanmore NSW 2048

Tel 02 9568 9333 **Fax** 02 9569 0133

Email contact@newingtoncollege.nsw.edu.au

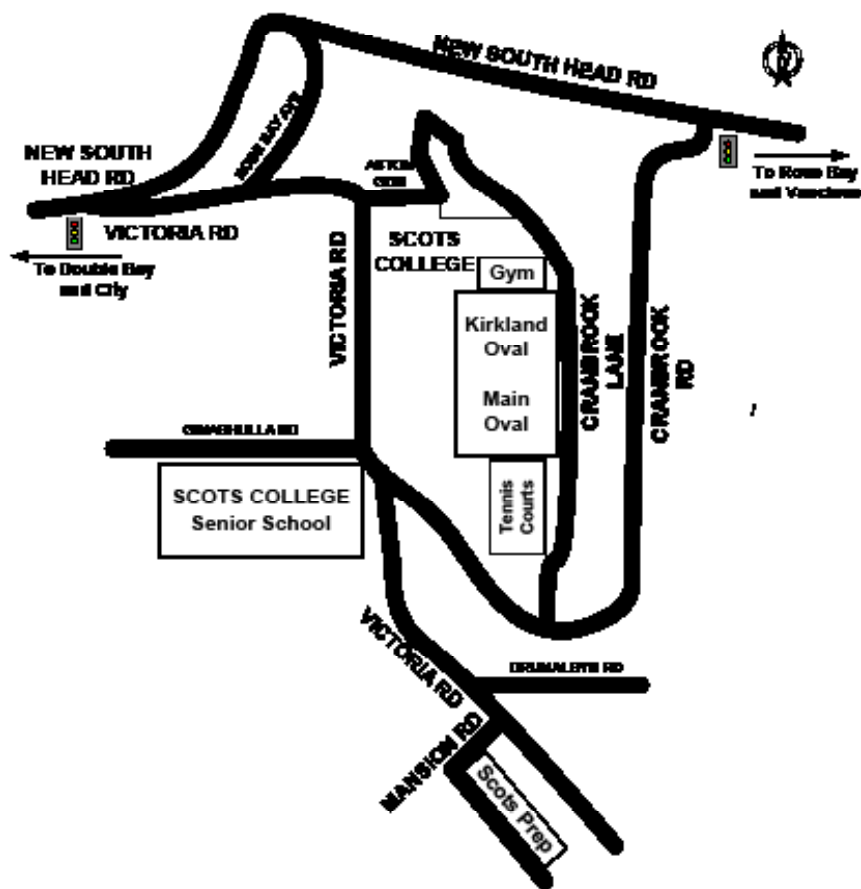
Web www.newingtoncollege.nsw.edu.au

Sporting Maps



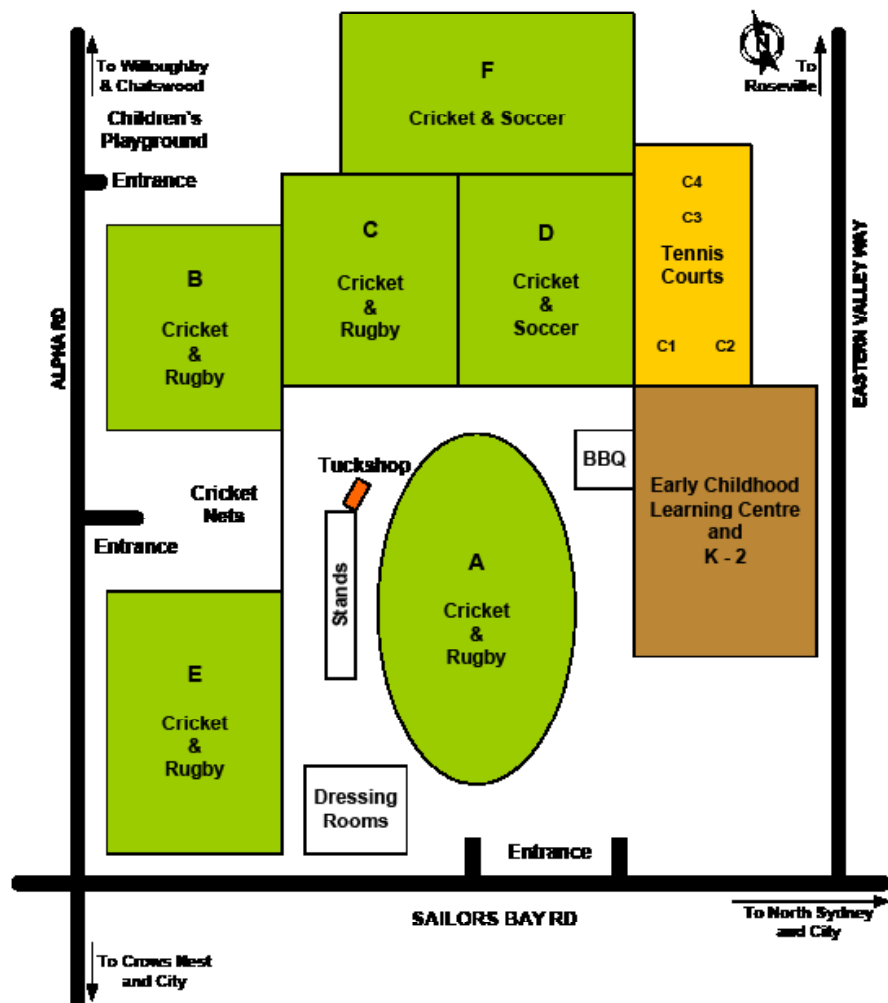
Sporting Maps

SCOTS COLLEGE, BELLEVUE HILL



Sporting Maps

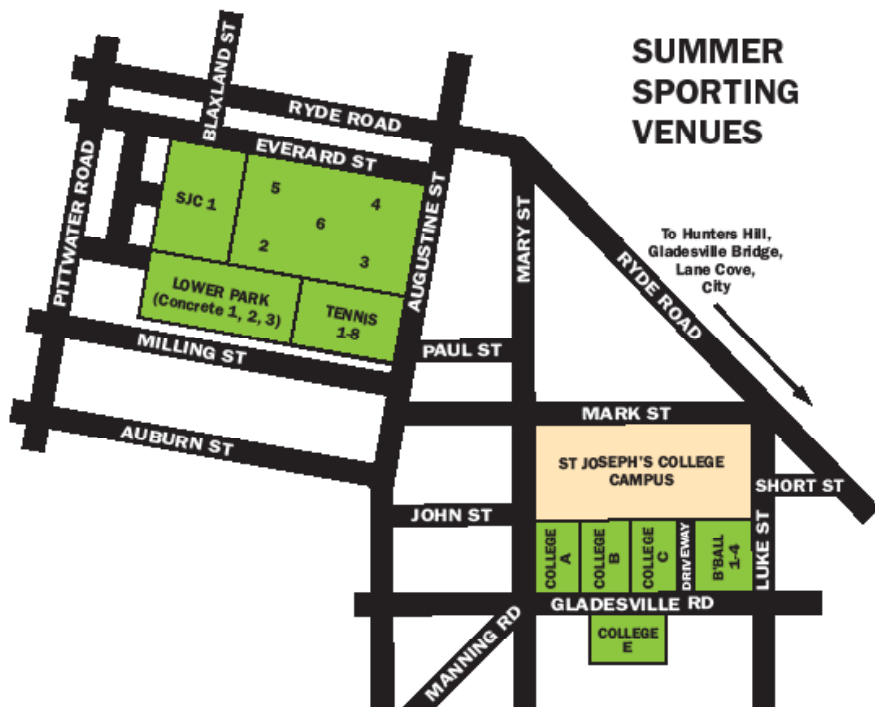
SHORE PLAYING FIELDS, NORTHBRIDGE



Sporting Maps

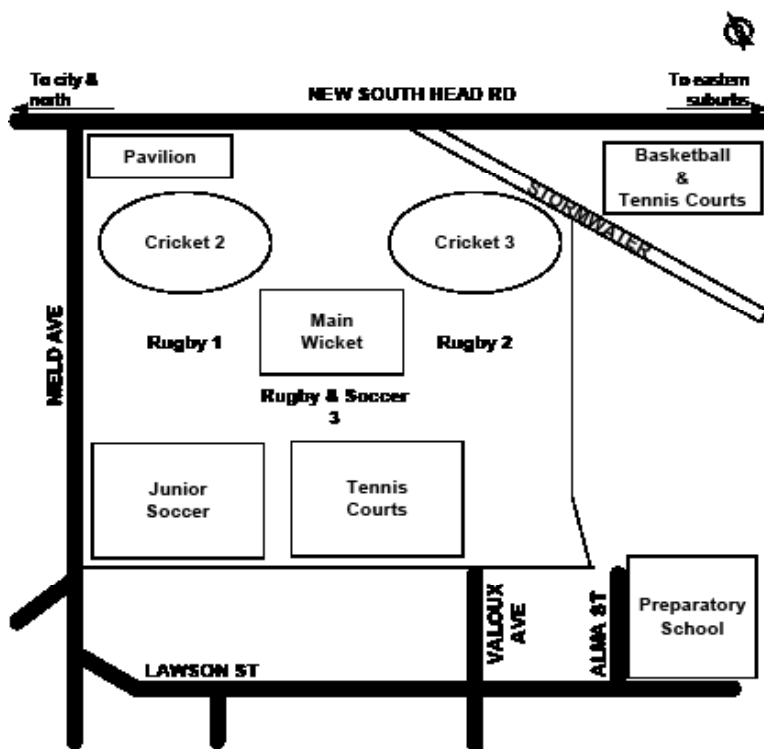


ST JOSEPH'S COLLEGE
HUNTERS HILL – SYDNEY



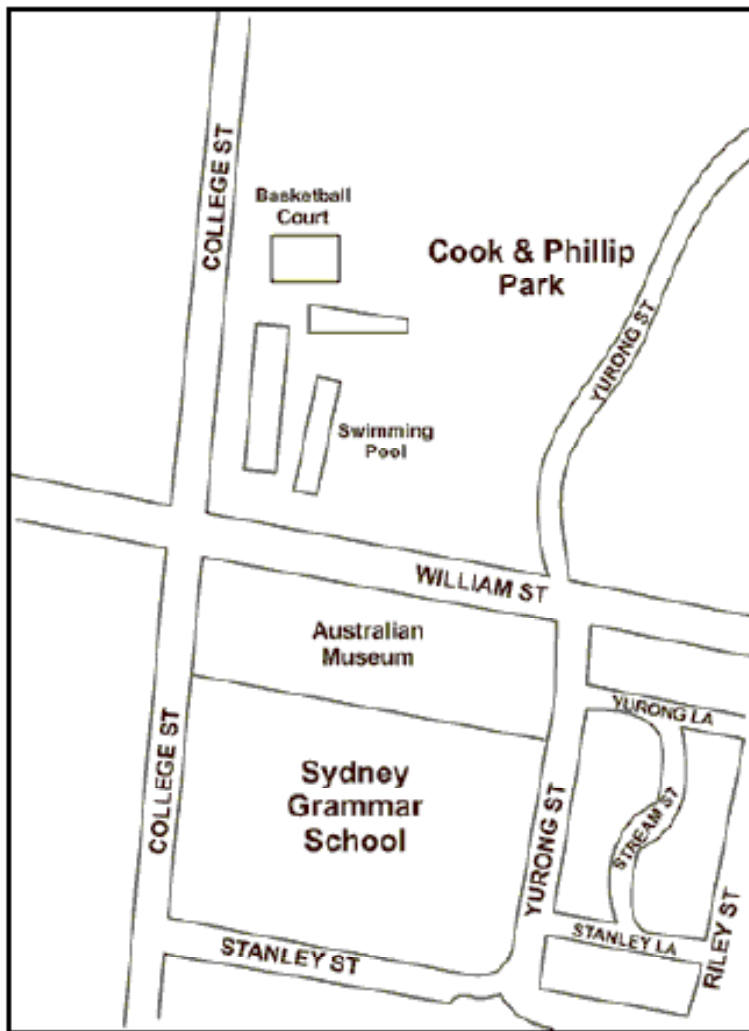
Sporting Maps

SYDNEY GRAMMAR - WEIGALL PLAYING FIELDS Rushcutters Bay

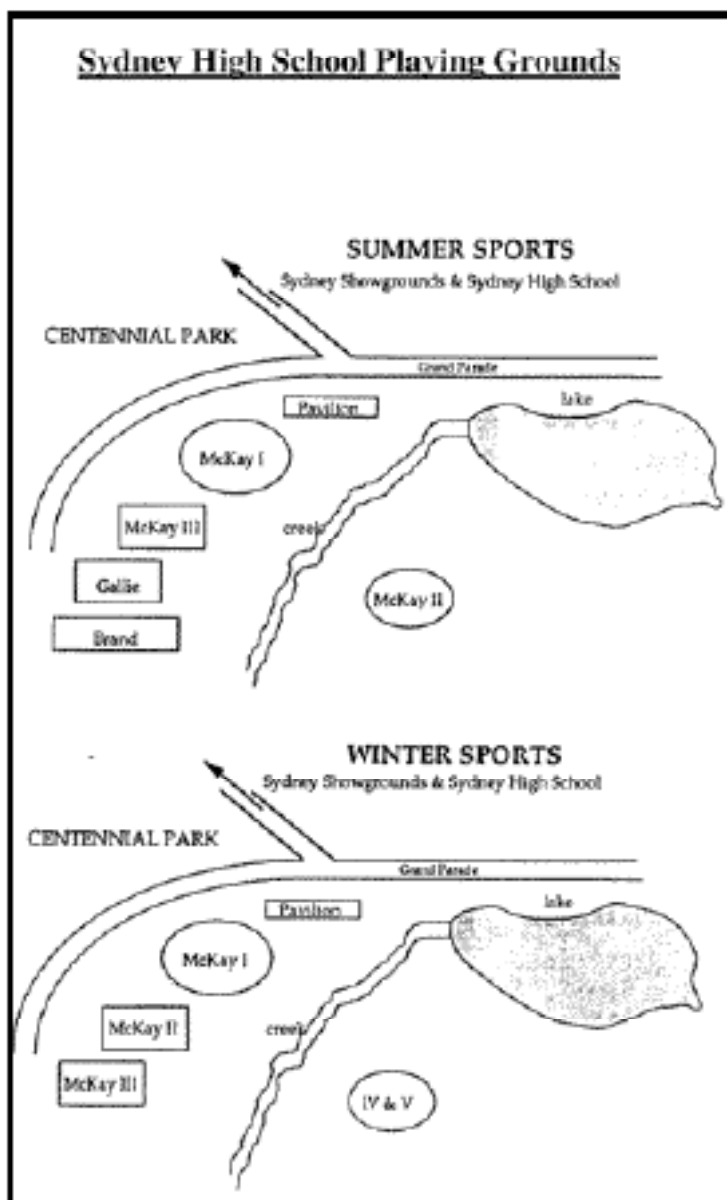


Sporting Maps

SYDNEY GRAMMAR SCHOOL



Sporting Maps

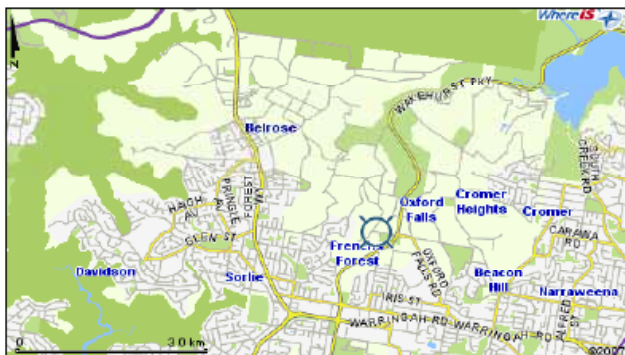


Sporting Maps

DIRECTIONS TO: ST PIUS PLAYING FIELDS AND TREACY EDUCATION CENTRE

OXFORD FALLS

Address: 1 Dreadnought Rd, Oxford Falls, NSW (just off Wakehurst Parkway)



From Chatswood/Roseville: Follow Warringah Rd across Roseville Bridge and continue past Forest Way. Turn left onto Wakehurst Pky and left at the 2nd set of traffic lights into Dreadnought Rd

From Northern Beaches: Take Wakehurst Pky from Narrabeen and turn right into Dreadnought Rd (just after you exit from the Reserve bushland).

From Lower North Shore: Cross Spit Bridge, left at top of Spit Hill (onto Sydney Rd). Follow signs to Wakehurst Pky, cross Warringah Rd and turn left at the 2nd set of traffic lights into Dreadnought Rd



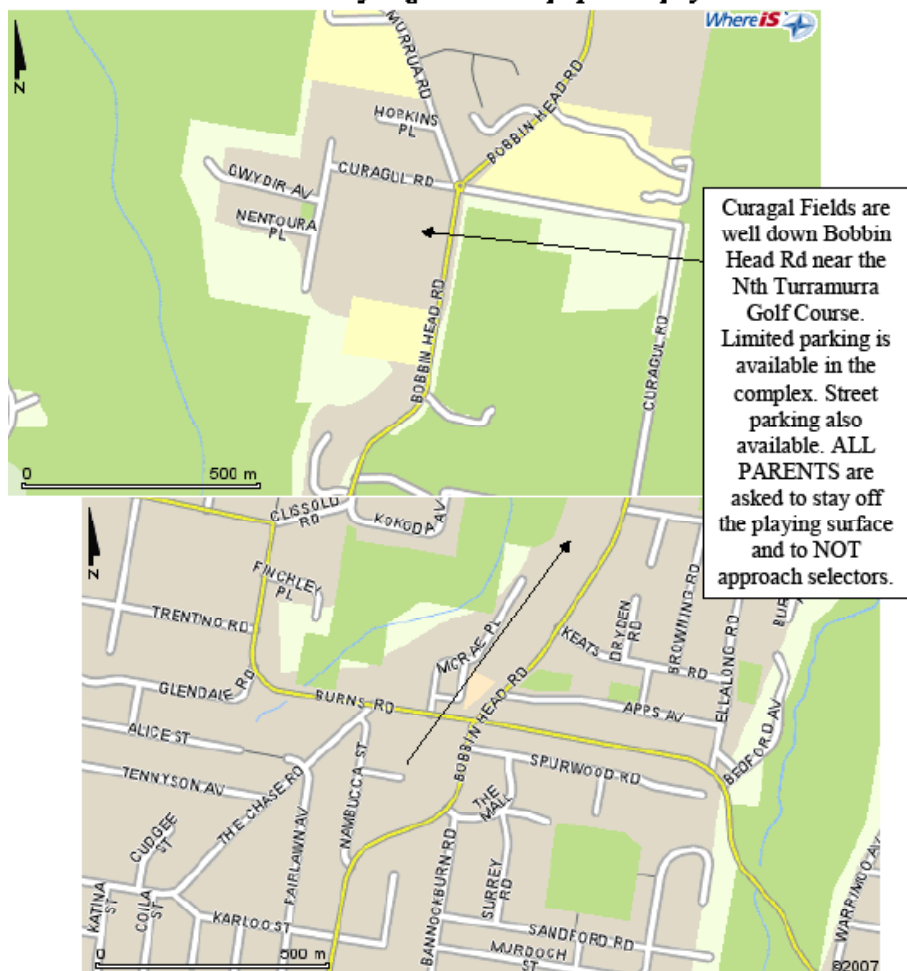
Sporting Maps

NSW CIS RUGBY 2007 – TRIALS WEDNESDAY 6TH JUNE

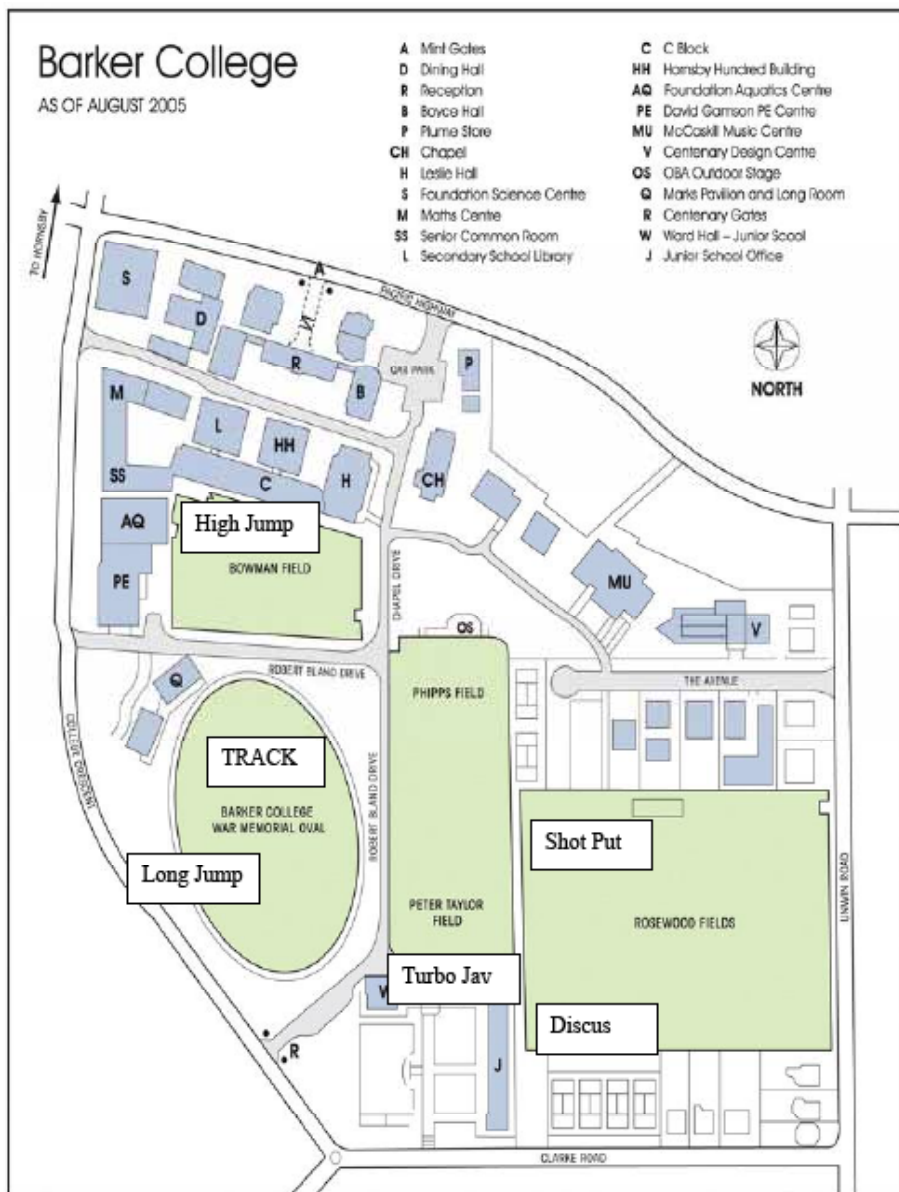
Final Trial 12:30pm-3:00pm

Curagal Fields, Bobbin Head Rd Nth
Turramurra

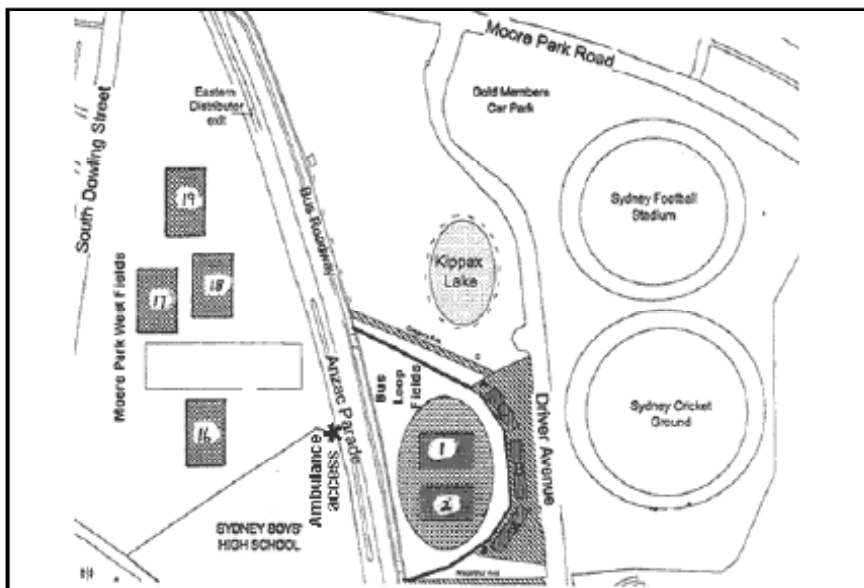
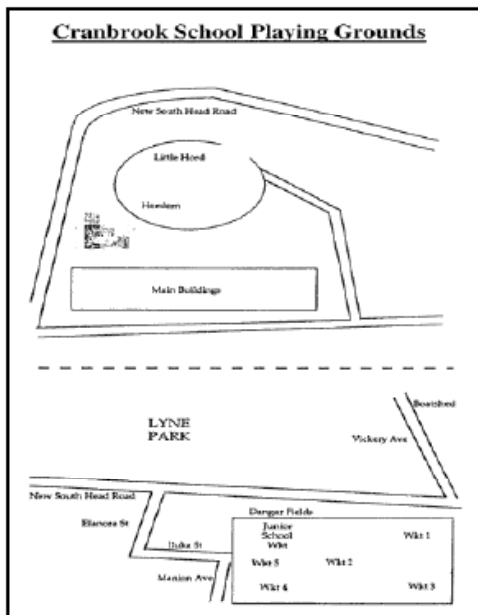
***All trialists to be at FIELDS 20-30 minutes before the start of your trial.
Boys are reminded to bring mouth guards and drink bottles. Headgear is optional,
but we recommend it. Please make sure your studs are tight and not sharp. This
should be a very tough trial. Come prepared to play.***



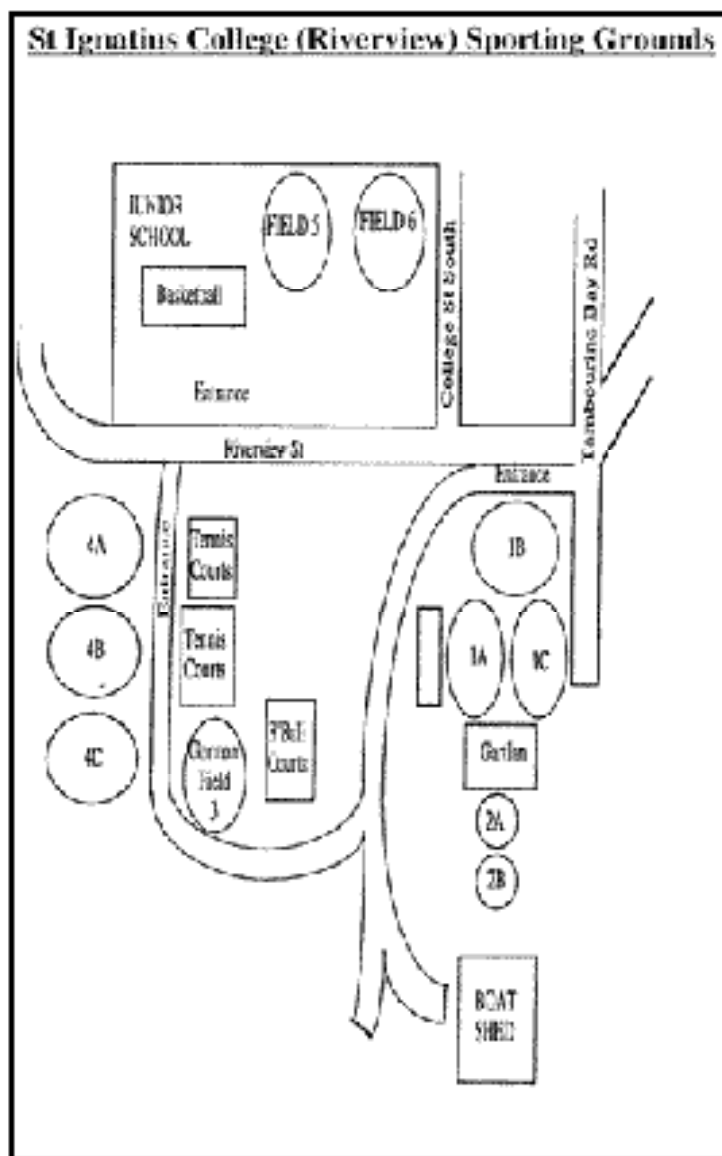
Sporting Maps



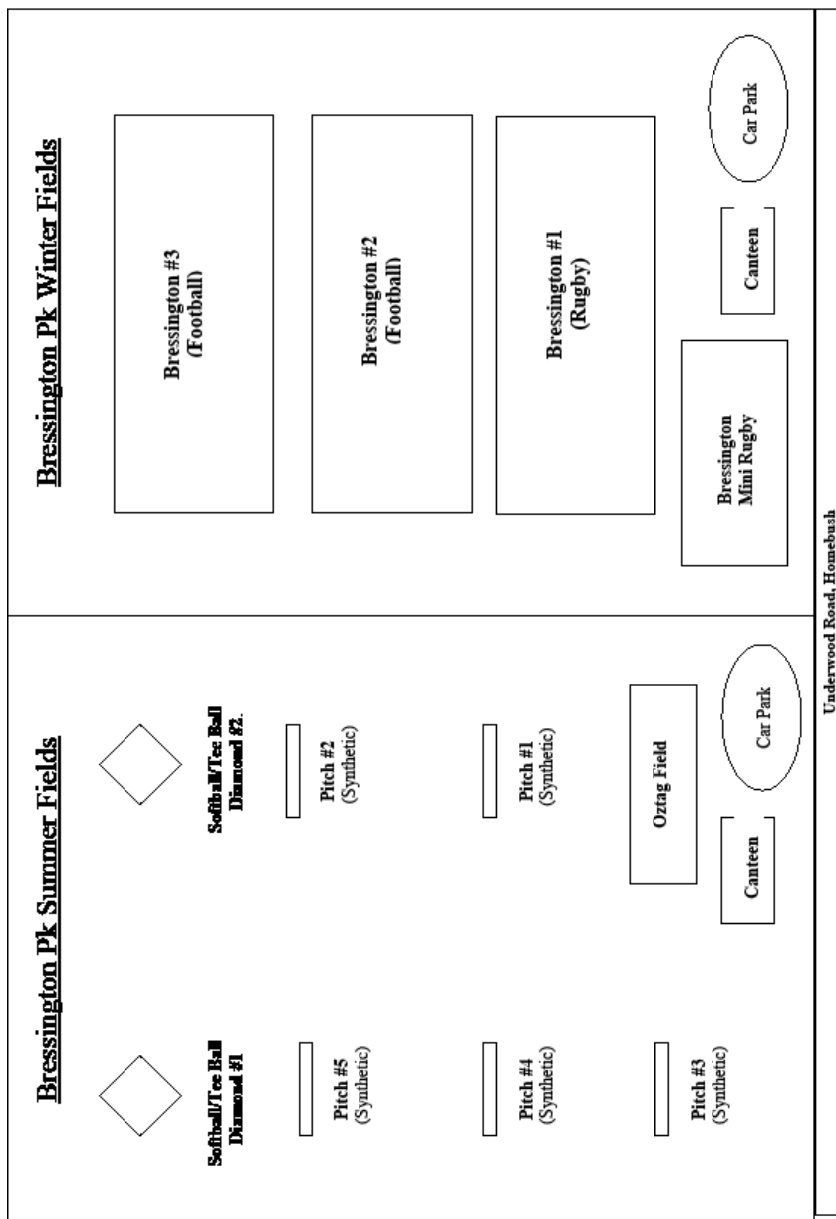
Sporting Maps



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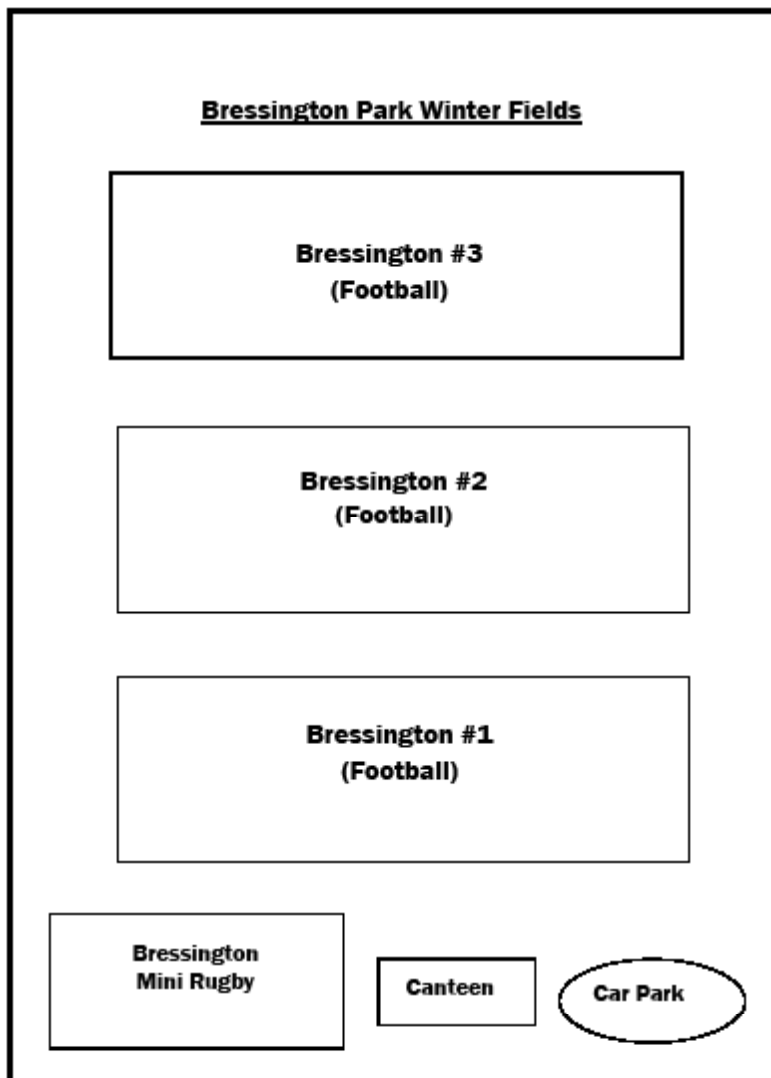


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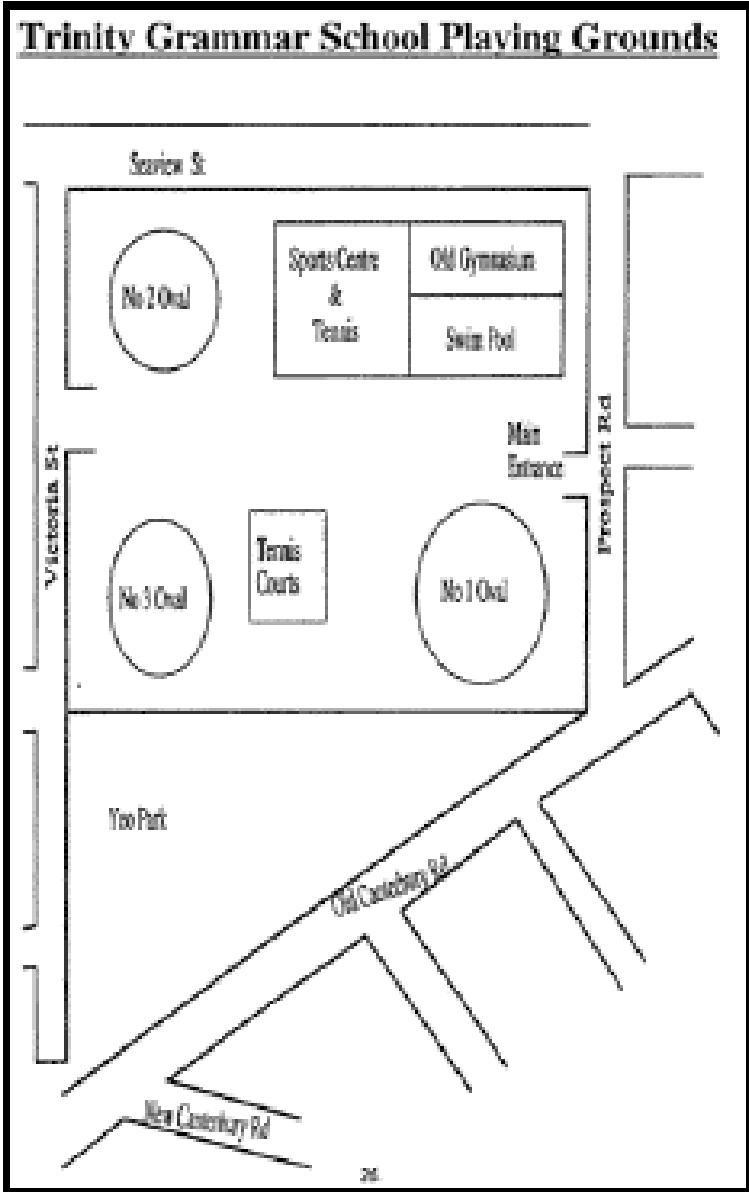


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Trinity Grammar School



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How to get to Central Coast Grammar School

1 Take F3 Freeway north and exit at the Gosford exit (which is approx. 10km after you have driven over the Mooney Moo tree bridge).

2 Drive down Karung, Measelin through West Gosford and over Daley McCowan Bridge into Gosford. Then, at an intersection at base of bridge, turn right along the water's edge and you'll see a sign for 'The Entrance' in approx. 9 km.

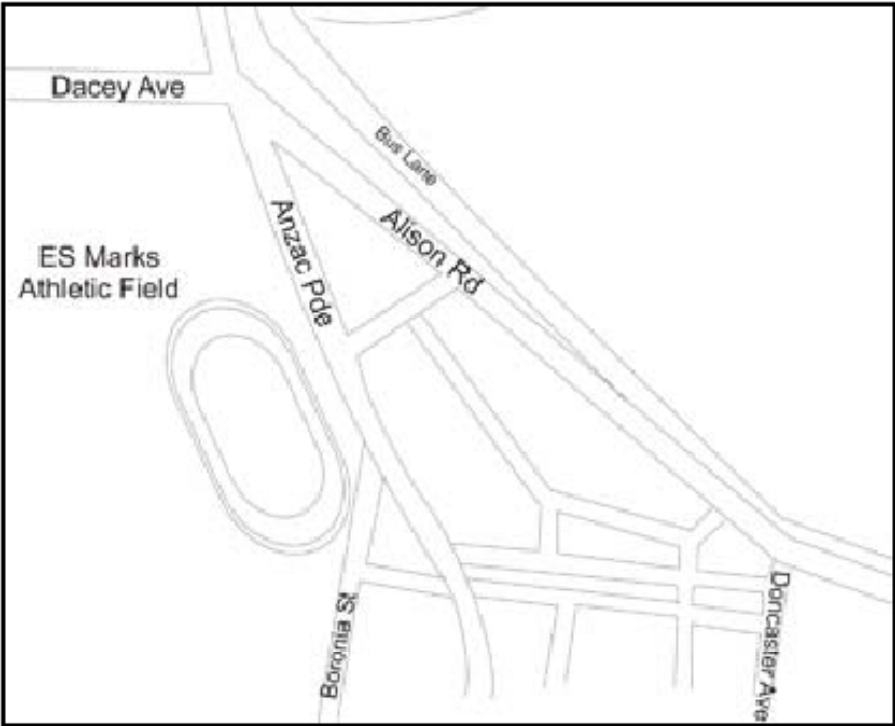
3 After going through East Gosford and Daley you will approach a major intersection with traffic lights at the junction of The Entrance Road and Margal Drive. Proceed straight ahead at these traffic lights and after on The Entrance Road for a further 100m, there is one more small intersection at the corner of Carlton Road & The Entrance Road – continue up the hill and stop on The Entrance Road.

4 Turn left onto Auld Road and then, sharp right or left into the campus.

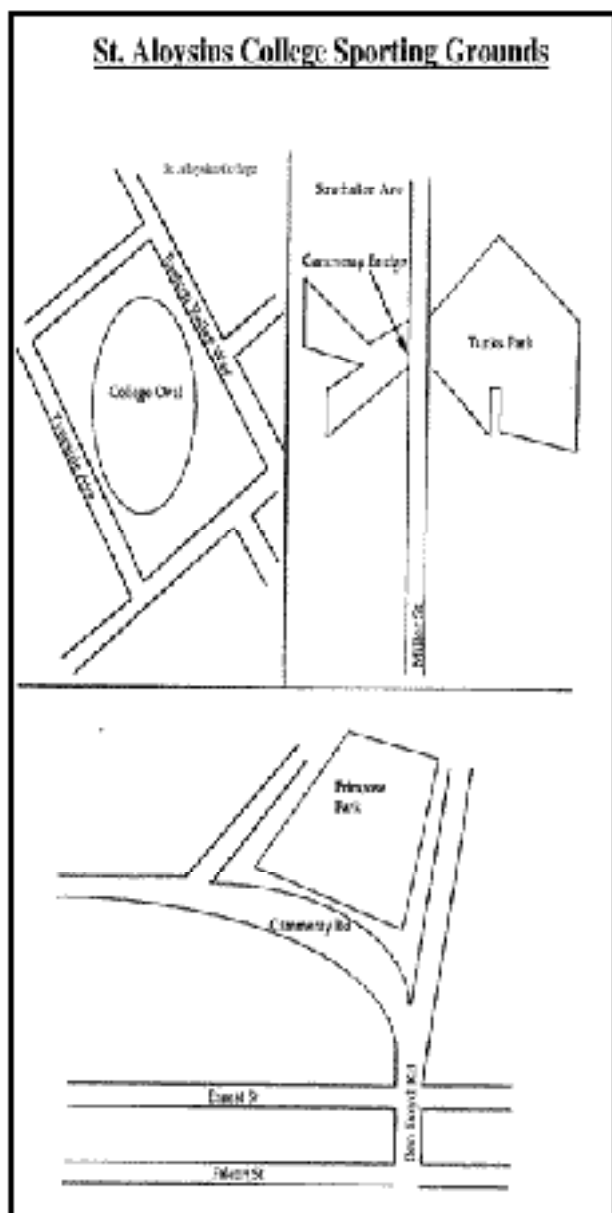
LIST OF AREAS WITHIN COGS

- 1) Staff
- 2) Gymnasium
- 3) Sports
- 4) Chapel
- 5) Library
- 6) Science
- 7) Music
- 8) Art
- 9) Computer
- 10) Health
- 11) Counselling
- 12) Careers
- 13) Student
- 14) Staff
- 15) Parents
- 16) Community
- 17) Sports
- 18) Tennis
- 19) Swimming
- 20) Outdoor Education
- 21) Equestrian
- 22) Golf
- 23) Boat

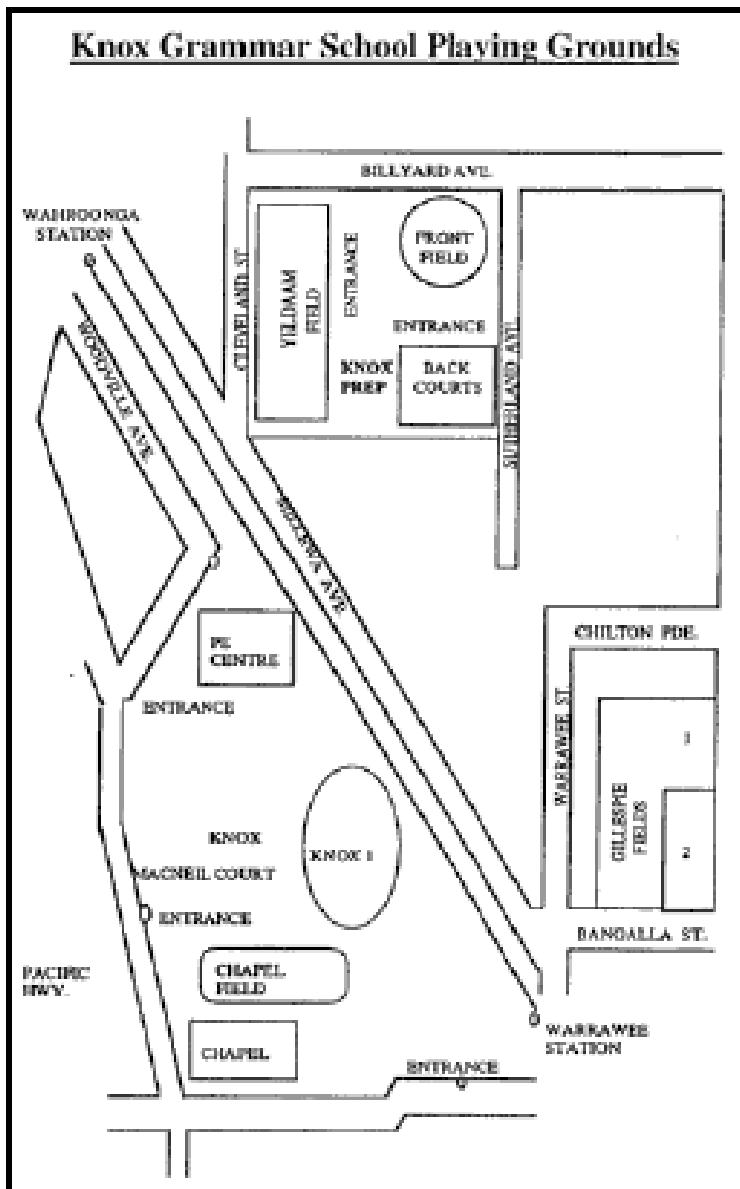
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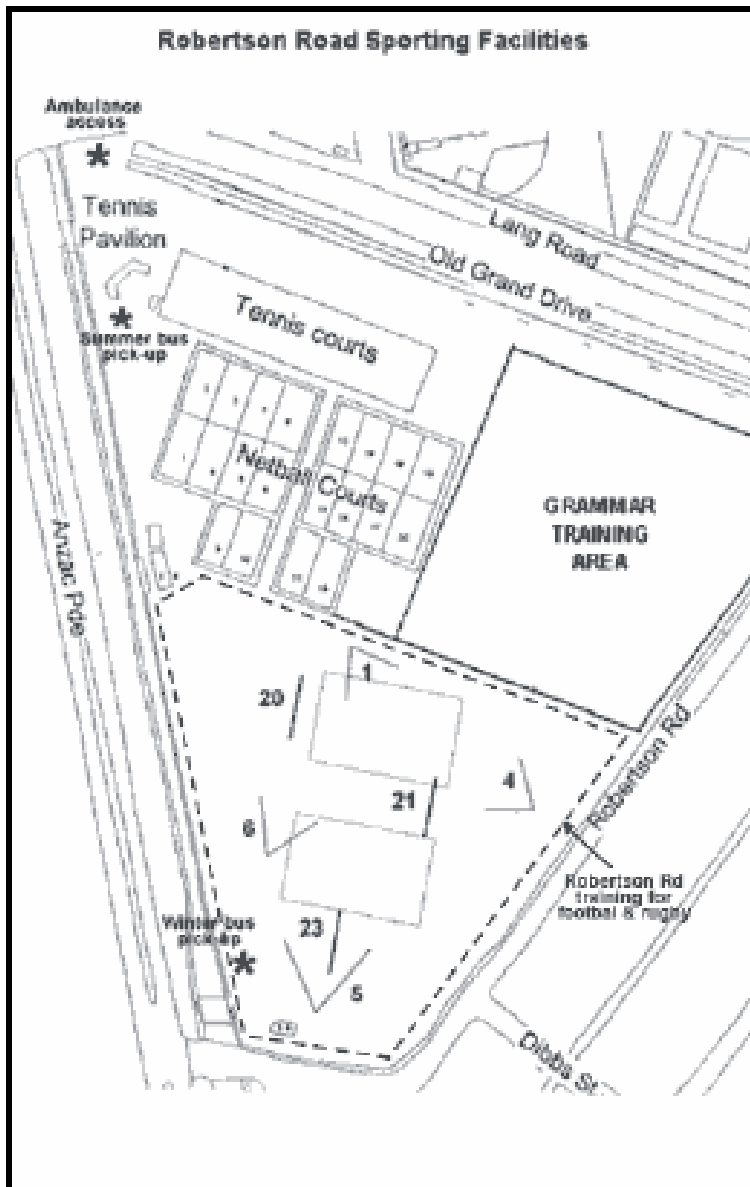
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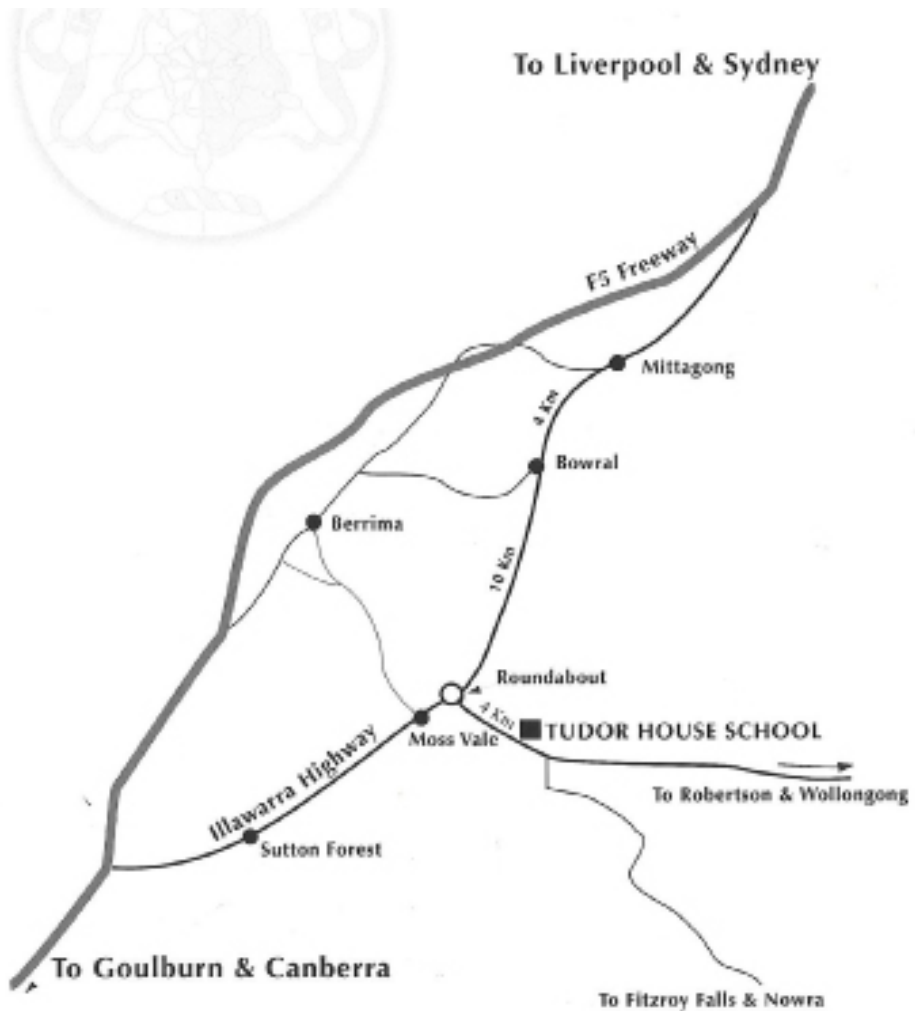
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