



Newington College

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Wyvern House Sports Handbook 2018



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Introduction

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 positive values of participating in sport are many and varied. Sport provides an opportunity for our boys to develop physically, socially and emotionally. We all want our children to be healthy, confident, resilient through participating in sport, as well as instilling a strong spirit of cooperation and community within their School. But most importantly and above all else, it provides boys with the opportunity to improve friendships, be healthy and to enjoy themselves.

We all have our part to play in ensuring the sporting experiences we offer our boys, achieve these goals. Along with positive coaching influences, supportive parental cooperation is vital in determining whether a child develops a life-long love for sport. With parental assistance, Wyvern sport program strives to provide each boy with an opportunity to -

- Develop character through sporting experiences
- Participate in enjoyable, meaningful, safe and fair competition
- Reach their potential and experience their personal best
- Create life-long, memorable moments

The Mission of Sport at Newington is: "To help our boys to appreciate the benefits of sport encouraging them to be life-long participants and to make meaningful contributions towards society".

With this in mind, I look forward to meeting you all throughout the year on the sideline, courtside, or by the pool. I hope we all experience the fundamental values of sport at Wyvern during 2018.

Joel Wilson
Wyvern Sportsmaster

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.

“Wyvern Spirit”

“Wyvern Spirit” encapsulates fundamentals for sport at Newington Preparatory School. It is hoped by following these ideals we can help provide all boys with an opportunity to develop physically, socially and emotionally. Sport also helps develop a strong spirit of cooperation and community within our school. But above all else it provides boys with the opportunity to improve friendships, be healthy and enjoy themselves.

The **Vision** of Sport at Newington is: “To build a culture of ‘Being your best’ and doing it with humility, respect and enthusiasm”.

We aim for boys to:

- Develop character through sporting experiences.
- Participate in enjoyable, meaningful, safe and fair competition.
- Reach their potential and experience their personal best.
- Create life-long, memorable moments.

Mission of Sport at Newington: “To help boys appreciate the benefits of sport, encouraging them to be life-long participants and to make meaningful contributions towards society”.

WYVERN SPORT CULTURAL FRAMEWORK

The Cultural Framework below outlines the character traits we are looking to develop and instil in boys at Wyvern. These are transferable to all aspects of their school life including co-curricular, pastoral, academic, and in life beyond Newington. Sport is a great vehicle to test these on a regular basis, providing wonderful learning experiences. Boys participating in sport at Wyvern with these attributes at heart, are doing so with a true **“WYVERN SPIRIT”**

ENJOYMENT

Have fun

Encourage each other

Participate with a positive attitude

Scoreboards do not affect our effort or enjoyment

RESPECT

Always Show humility, win, lose or draw

Have empathy for others

Be honest with yourself and others

Referees and umpires should be thanked not criticised

“Wyvern Spirit”

TEAMWORK

Teamwork is great for every player’s enjoyment
Enjoy mateship in good times and bad
Selfless teammates are fun to play with
Have pride for yourself, your team and your school

RESILIENCE

Never give in, regardless of the game situation
Show persistence and determination
Display courage
Push your fitness levels further

TRY YOUR BEST

Show personal and team discipline
Always give your best effort
Participate with a “Wyvern Spirit” attitude
Be committed to working for the benefit of others

IMPROVEMENT

Be keen to learn
Challenge yourself and lead by example
Improve your standards

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. During Term 4 we move to one Wednesday session per week with the implementation of the Aquatics Program.
- 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

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.

WYVERN SPORT - SPACES:

Almost all information related to sport at Wyvern is easily accessible on SPACES - Wyvern Sport page.

Articles include:

- Sports Fixtures
- Sport Venues
- Sport Handbook
- Sport Calendar
- Sport Newsletter
- Sports Draw/Teams
- Sports Results
- Extra Activities
- Holiday Flyers

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

SEASON	TERM	SPORTS OFFERED
Summer	Term 1 & 4	Basketball Cricket Tennis Water polo
Winter	Term 2 & 3	Rugby Football (Soccer) AFL Tennis

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 ten (10) matches that commence at the beginning of Term 2 and continue in Term 3.

SESSION	TIME	PRIMARY PURPOSE
Two school sport training sessions	Monday and Wednesday afternoons. Wednesday only during Term 4	Skills development Team based training activities
Competitive activities	Saturday morning	Inter-School competition
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 Allocation

SPORTS TEAMS

The allocation 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.

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 18 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 ALLOCATION AND SELECTION

For the enjoyment and confidence of all boys involved, it is necessary for team allocations to be conducted to choose Inter-School grade teams. The Inter-Schools' team allocations procedures consist of:

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

TIMES OF TEAM ALLOCATIONS

Summer Sport Allocations	Commences on Saturday 3rd February 2018
Winter Sport Allocations	Commences at the end of Term 1 - 26th March 2018

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

Team Allocations 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.

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:

- Act as a contact person
- Assist the coach in any administration capacity that will make coaching the team easier

MATCH INFORMATION

Season Fixture Sheet

A fixture sheet is available on Newington SPACES at the start of the season. This live document is found on the Wyvern Sport page. It is updated in real time as details or changes are informed. Fixtures are confirmed every week. Parents need to check the weekly sports draw each week to obtain up-to-date information about the weekly fixtures.

Weekly Sports Draw

Each week during the season a sports draw is published. This is emailed out to you on a weekly basis and is also available on the Newington SPACES Wyvern Sports page. 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 – 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 Wyvern Sport Coordinator
Football (Soccer)	Referees are coordinated and supplied by the Wyvern Sport Coordinator
AFL	AFL NSW/ACT will provide ground managers, umpires and first aid support at all match day venues.
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 occasionally required to submit the match report to the Wyvern Sport Coordinator 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:
jwilson@newington.nsw.edu.au

By: 3.30pm Monday afternoon.



Inter-School Sports – Wet Weather

Sport Information Number: 9432 1222
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 9 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.



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 at the conclusion of Term 3 and/or 4.

Term 3 & or 4	Rugby Football (Soccer) AFL Basketball Cricket Tennis
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WYVERN SWIMMING SQUAD

During 2018, Newington's Swimming program under the NEWSPORT banner, will evolve into a more streamlined experience for all students at Wyvern. From Term 2, squad training will be held on mornings for our faster swimmers and afternoon sessions will be organised for our developing swimmers. More details on NEWSPORT swimming program will be made available in the new year.

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 IPSHA athletics carnival, selected Wyvern boys in Years 3-6 have the opportunity to join an athletics squad that trains at Newington Senior School, with specialist coaches hired to coordinate and run the athletics program after school.

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.

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, AFL, 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.

INTER-HOUSE BIATHLON CHAMPIONSHIPS & INTER-HOUSE TENNIS CHAMPIONSHIPS

Scheduled in September, both events are open to Years 3-6 for a limited number of Lindfield and Wyvern boys. Nominations for each event are taken in the months leading up. The biathlon consists of a 400m swim and a 1600m run. The tennis involves a Round Robin and finals format.

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:

- Outstanding Effort and Ability for each team at Wyvern
- Wyvern Spirit Award for each team at Wyvern
- Service to Sport Award
- Most Successful Team Award
- Junior Sportsman of the Year Award
- Senior Sportsman of the Year Award

AWARD CRITERIA

Wyvern Spirit

This award is based on the fundamental ideals to uphold at Wyvern in a sporting context.

We use the 6 pillars of **Enjoyment, Respect, Teamwork, Resilience, Try Your Best Attitude & Improvement** as a constant reference in sport.

We are hopeful that the “Wyvern Spirit” award may be given to boys who may not have received a sporting award purely based on ability.

This does not rule out boys with high ability, but it gives more opportunity to share awards with those who play sport with the ideals for which we place importance.

<https://spaces.newington.nsw.edu.au/wyvern/sport/pages/2009-wyvern-spirit>

Outstanding Effort and Ability

This award is presented to the boy who has been judged by the coach as the best and fairest player throughout the season. 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

Sporting Honours and Awards

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 under 8, 9 or 10 from Years 3, 4 and 5 who has obtained the most points for their sporting achievement and representation (this incorporates PE).

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 (this incorporates PE).

P & F GRANT

In order to provide for sporting excellence and to offset the financial costs involved. The Wyvern P&F have a sporting grant to cover costs incurred, up to \$1000 when a boy has been selected to represent at a NSW level at a National Titles. Criteria and further information available on request.

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
'Wyvern Spirit' (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

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 2018 Sporting Responsibilities

AFL	J. Brayley	L. Bosch		
Athletics	E. Monaghan	J. Wilson		
Basketball	J. Brayley A. Parkinson H. Kitamura	J. Yoon A. Belshaw A. Spiroglou	D. King B. Talbot M. Edwards	
Cricket	I. Williams J. Wilson	P. Jones A. Pollard	L. Sanderson-Green C. Jensen-Robilliard	J. Martin
Cross Country	J. Wilson	E. Monaghan		
Rugby	J. Wilson D. King	P. Jones V. Perry	A. MacRae I. Williams	
Football	I. Holden C. Jensen-Robilliard H. Scott	M. Edwards M. Buining J. Martin	J. Yoon L. Sanderson-Green J. Vuong A. Parkinson	A. Miles S. Hastie B. Talbot
Swimming	J. Wilson	E. Monaghan		
Tennis	D. Prizmic	S. Lewandowski	S. Gray	J. Wiseman
Water Polo	R. Baker	R. Moar		
Chess	C. Harding			

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	Edward Summers
Cricket	Ross Turner	Ross Turner
Tennis	Chris Steel	Matt Carraro
Rugby	Ben Manion	Ben Manion
Football	Brian McCarthy	Edward Summers
Swimming	Ryan Moar	Ryan Moar
Athletics	Mark Dickens	Matt Carraro
Cross Country	Symon Astley	Paul Robertson
Water Polo	Ryan Moar	Ryan Moar



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

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 2018

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: Students should wear their school sport uniform (i.e. cricket, rugby, football etc) to and from school on Monday and Wednesday sport training days.

TENNIS					
EVENT	SHIRT	SHORTS	SOCKS	SHOES	HAT
Inter-School Sport Competition	White shirt	White shorts	White socks	White sports shoes	Newington white baseball cap
Wyvern Saturday Tennis	PE Top	White shorts	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 2018

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 2018

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 p46)	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 p46)	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.

Wyvern Sports Uniforms 2018

AFL					
EVENT	SHIRT	SHORTS	SOCKS	SHOES	HAT
Inter-School Sport Competition	AFL singlet school provided	Rugby shorts	Newington long rugby socks	Football boots	Headgear - optional
Training	PE shirt	Rugby shorts	Newington long rugby socks	Football boots	
Inter-House Winter Sport	House coloured polo shirt	PE Uniform	Newington long rugby socks	Football boots	

AFL EQUIPMENT

Headgear: Optional

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.

Wyvern Sports Uniforms 2018

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 - Summer

WYVERN SHOP PRICE LIST 2018 – 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 5 6 8 10 12 14 16 18 20 22 24 26 28	\$26.00
Summer Shorts	4 6 8 10 12 14 16 18	\$30.00
Ties	Regular & Loop	\$20.00
Jumper	6 8 10 12 14 16 18	\$60.00
Grey School Socks	5-8 9-12 13-3 2-8 8-11	\$10.00
White Sport Socks (3 Pack)	9-12 13-2 2-8 8-11	\$20.00
Football/Rugby Socks	9-12 13-3 2-8 8-11	\$12.00
Garters	S M L	\$5.00
Black School Cap	XS S M L XL	\$30.00
White Sun Hat	XS S M L	\$20.00
NP Supporters Cap (Black or White)	One Size	\$15.00
Basketball Singlet	8 10 12 14 16 18 20 22	\$45.00
Basketball Shorts	8 10 12 14 16 18	\$45.00
Cricket/Tennis Polo Shlirt	8 10 12 14 16	\$30.00
Cricket/Tennis Short	8 10 12 14 16	\$35.00
Cricket Pants	6 8 10 12 14	\$35.00
PE Polo Shirt	6 8 10 12 14 16 18 S M	\$30.00
PE Shorts	6 8 10 12 14 16 XS (18)	\$30.00
House Coloured Polo Shirt Howe, Coates, Lucas, Williams	8 10 12 14 16 18 20 22	\$30.00
Swimmers (Speedo Style)	6 8 10 12 14 16	\$30.00
Swimmers (Jammer Style)	6(XXS) 8(XS) 10(S) 12(M) 14(L) 16(XL) 18(XXL)	\$55.00
Swimming Towel		\$35.00
Tracksuit Top	6 8 10 12 14 16 XS	\$75.00
Tracksuit Pants	6 8 10 12 16 18	\$50.00
Art Smock	XS S M L XL XXL	\$80.00
Raincoat	6 8 10 12 14 16	\$20.00

School Uniform Price List - Summer

WYVERN SHOP PRICE LIST 2018 – 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
Compact Umbrella		\$30.00
School Backpack	Small (Kindy to Year 2)	\$85.00
School Backpack	Medium (Year 2 to Year 4)	\$90.00
School Backpack	Large (Year 4 to Year 6)	\$95.00
Sport Bag	Small	\$30.00
Sport Bag	Large	\$45.00
Excursion/Swim Bag		\$15.00
Library Bag		\$20.00
Music Bag		\$20.00
Keep Cup		\$10.00
Wyvern Plush Toy		\$25.00
Lapel Badges: Lucas, Coates, Howe, Williams Crest		\$10.00
Lapel Badges: Soccer, Rugby, Cricket, Basketball, Swimming, Athletics, Creative Arts, Tennis, Rowing		\$10.00
NC Balls: Soccer Rugby		\$35.00
NC Car Sticker Flag		\$4.00

School Uniform Price List - Winter

WYVERN SHOP PRICE LIST 2018 – WINTER

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
Winter Shirt	4 5 6 8 10 12 14 16 18 20 22 24 26 28	\$30.00
Winter Shorts	4 5 6 7 8 9 10 11 12 14 16 18 20	\$50.00
Winter Blazer	4 6 8 10 12 14 16	\$165.00
Ties	Regular & Loop	\$20.00
Jumper	6 8 10 12 14 16	\$60.00
Grey School Socks	5-8 9-12 13-3 2-8 8-11	\$10.00
Striped Football/RugbySocks	9-12 13-3 2-8 8-11	\$10.00
White Sports Socks (3 pack)	9-12 13-3 2-8 8-11	\$20.00
Garters	S M L	\$5.00
School Black Cap	XS S M L XL	\$30.00
White Sun Hat	XS S M L	\$20.00
NC Supporters Cap (Black or White)	One Size	\$15.00
Rugby Jersey	8 10 12 14 16 18 20 22	\$60.00
Rugby Shorts	8 10 12 14 16	\$30.00
Rugby Protective Headwear	S M	\$60.00
Rugby Mouth Guard	9-12 Years 11-15 Years	\$24.00
Football/Soccer Jersey	6 8 10 12 14 16	\$50.00
Football/Soccer Shorts	8 10 12 14 16	\$30.00
PE Polo	6 8 10 12 14 16 18 S M	\$30.00
PE Shorts	6 8 10 12 14 16 XS(18)	\$30.00
Athletics Singlet	8 10 12 14 16 18	\$25.00
Tracksuit Top	6 8 10 12 14 16 XS	\$75.00
Tracksuit Pants	6 8 10 12 14 16 XS	\$50.00
House Shirt: Howe Coates Lucas Williams	8 10 12 14 16 18 20 22	\$30.00
Art Smock	XS S M L XL XXL	\$80.00
Raincoat	6 8 10 12 14 16	\$20.00

School Uniform Price List - Winter

WYVERN SHOP PRICE LIST 2018 – WINTER

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
Compact Umbrella		\$30.00
NC Balls: Soccer Rugby		\$35.00
School Backpack	Small (Kindy to Year 2)	\$85.00
School Backpack	Medium (Year 2 to Year 4)	\$90.00
School Backpack	Large (Year 4 to Year 6)	\$95.00
Sport Bag	Small	\$30.00
Sport Bag	Large	\$45.00
Excursion/Swim Bag		\$15.00
Library Bag		\$20.00
Music Bag		\$20.00
Keep Cup		\$10.00
Wyvern Plush Toy		\$25.00
Scarf - can be worn with uniform	One Size	\$30.00
Lapel Badges: Lucas, Coates, Howe, Williams, Crest		\$10.00
Lapel Badges: Soccer, Rugby, Cricket, Basketball, Swimming, Athletics, Creative Arts, Tennis, Rowing		\$10.00
NC Car Sticker (Flag)		\$4.00

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. • 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.

Basketball Rules

BASKETBALL	
Definitions (cont.)	<ul style="list-style-type: none"> • 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). • PERSONAL FOUL: Should a player receive 5 personal fouls in a game, je/she is disqualified from participating in the remainder of that game. • 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 2018			
	Traditional	Year 5 & 6 Super 8	Year 3 & 4 Super 8
Players on Field	11	8	8
Overs	25	16	12
			4 pairs face 3 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 5 Runs added to fielding team
EQUIPMENT			
Ball	142g Leather/Commander	Kookaburra Softaball 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 2018

General Laws - T20 Blast 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 T20 Blast game consists of eight (8) to twelve (12) overs per team.

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 5 and 6 Super 8 game consists of sixteen (16) 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 T20 Blast

- A yellow Kanga ball to be used for all games.
- Eight (8) to twelve (12) overs for each team.
- Each member of the team will bowl a minimum of one (1) over. Four (4) players may bowl a second over according to the coach's discretion.
- The pitch is a shortened modified length.

Year 5 and 6 Super 8

- Kookaburra Softaball 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; with exception of the wicket keeper who is not permitted to bowl.

Batting

Year 3 and 4 T20 Blast

- Players will bat in pairs for two (2) to three (3) overs.
- Once a dismissal takes place that batter will then move to the non-strikers end. Five (5) runs added to fielding team for dismissal.
- A free hit off a tee is awarded to the batsman after a wide delivery.

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.

Laws and
Modifications

Cricket Rules

CRICKET LAWS 2018	
Safety	<p>Scoring</p> <ul style="list-style-type: none"> • 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 <p>Laws - Traditional Cricket</p> <ul style="list-style-type: none"> • 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).
	<p>Injuries</p> <ul style="list-style-type: none"> • 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. <p>Fielding</p> <ul style="list-style-type: none"> • 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. <p>Blood</p> <ul style="list-style-type: none"> • 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 2018	
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 2018

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 2018

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 2018

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.

Water Polo

WATER POLO

OVERVIEW OF RULES - SENIOR PREP WATER POLO

Water Polo Rules

These modified rules will be used in the Independent Schools boy's Water Polo competition. **FINA Water Polo Rules 2013-2018**

http://www.waterpoloaustralia.com.au/fileadmin/user_upload/docs/Development/FINA_rules_2013_2018.pdf

The rule modifications are:

- **Team** - Each team comprises of 11 players.
- **Participation** - Managed so every player to have equal water time on average.
- **Defence** - Teams must play a press defence.
- **Exclusion** - The excluded player must swim to the ejection box, surface and then can re-enter.
- **No 5m Foul Shot** - Players cannot shoot the ball after receiving a minor foul. The ball must be live for a shot to be taken.
- No timeouts.
- No extra time.
- Exclude defenders who impede attackers during a counter attack. So, that if defenders who are trying to block or hold players during a counter attack.
- If the centre back is excluded when the ball is still on the perimeter, the attacking team cannot give percentage goal scoring opportunity. The referee will hold the game up to allow the defenders to come back into the main defence.
- Defenders can't defend with 2 arms out of the water.
- To use two hands to hold or otherwise tackle an opponent anywhere in the field of play is an exclusion foul.
- Referees are encouraged to award minor and major fouls if it is in the interest of the attack.
- Defender must create space (roughly 1m) between themselves and the attacker after a minor foul. If the defender does not give the attacker enough space they will be excluded.
- **Equipment - Goals.** Each player wears a cap with solid ear guards. One team wears white and the other a coloured cap.
- **Game Time** - Consists of four 6 minute quarters of actual running time. There is no shot clock.
- **Code of Conduct** - All players and coaches are expected to behave in an appropriate manner.
- Parents should not approach any coaches or officials from other teams. If parents have any concerns they should always speak to their MIC/School sportsmaster in the first instance.

Water Polo

WATER POLO

Rules
(cont.)

AS A SPECTATOR

- Referees have power over the game and spectators. Please respect the referees' decision. The referee can order a coach or spectator from the pool for disrespect. Spectators must remain well back from the sides of the pool and remain in the allocated seating area.
- Never criticise a player or coach or encourage others to do likewise.
- Always applaud good play from both teams. Positive support is encouraged and players will enjoy their game more.
- Don't 'coach' from the sideline - this confuses players.
- Learn how to handle winning and losing. Please encourage good sportsmanship.
- Children need good role models to learn appropriate behaviour. Lead by example at all times.
- Thank those who gave up their time to help your son - coaches, referees, officials, staff member etc.

AS A PLAYER

- Respect and abide by the referees decision at all times. Please respect the referees decision. Never argue or talk back to the referee, coach or official.
- Listen to your coach and respect their decisions.
- Respect your opponent and play by the rules.
- Be 'good' winners and 'better' losers. True champions never criticise a player or coach or encourage others to do likewise. If you are on the 'bench' support and encourage your team.
- Always play as a 'team' not as an 'individual'. Only offer positive comments.

Cross Country Rules

CROSS COUNTRY	
No. of players	<ul style="list-style-type: none"> • Approx 80 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 2018

RUGBY	MINI U/8 & U/9	MIDI U/10 UP TO 12 PLAYERS	U/11 UP TO 12 PLAYERS	U/12 15 A SIDE
Rugby 7's	Is an option depending upon numbers and current ability of players	Is an option depending upon numbers and current ability of players	Rugby 7's State knockout competitions are contested	Rugby 7's State knockout competitions are contested
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 2018

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 No quick throws	5 players from each team. No short lineouts No quick throws	Minimum of 7, throwing team sets maximum No quick throws
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 2018

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 2018 (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 2018

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.

AFL Rules

AFL	
No. of players	<ul style="list-style-type: none"> • Nine (9) to Fifteen (15) players.
Duration	<ul style="list-style-type: none"> • Four (4) x twelve (12) minute quarters.
Playing Conditions	<ul style="list-style-type: none"> • Size of Field - A full size field is allowed unless dimensions are clearly unsuitable for the number and skill level of the players involved. • Centralised Venues will be used - options - Henson Park, Marrickville and Mahoney Park, Marrickville (AFL NSW/ACT will advise).
Equipment	<ul style="list-style-type: none"> • A synthetic or leather size three (3) football should be used. • Recommended: Mouthguard
Rules	<ul style="list-style-type: none"> • In line with AFL Sydney Juniors Guidelines. • Year 5/6 will be in line with IPSHA Guidelines and no scores/ladders will be kept. Contact <ul style="list-style-type: none"> • Tackling is permitted as per the laws of Australian Football (no sling tackle permitted). Coaching Position <ul style="list-style-type: none"> • Sideline Bounces <ul style="list-style-type: none"> • When running a player must bounce the ball every 10 metres with a maximum of two (2) bounces allowed. Marking <ul style="list-style-type: none"> • A mark is awarded when a player catches the ball directly from another player's kick that has travelled at least ten (10) metres. Out of Bounds <ul style="list-style-type: none"> • Boundary throwing (where boundary umpires are available). Kick off the Ground <ul style="list-style-type: none"> • Not permitted unless accidental. Stealing, Smothering, Shepherding, Barging <ul style="list-style-type: none"> • Is permitted as per the laws of the game. Penalties <ul style="list-style-type: none"> • Twenty five (25) metre penalty can be applied at the umpire's discretion if they feel a player has been hindered in any way. • Players can be ordered off the field at the umpire's discretion.

Tennis Rules

IPSHA TENNIS COMPETITION	
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.
	<p>HOTSHOTS TENNIS PROGRAM</p> <ul style="list-style-type: none"> • Tennis Hot Shots is a globally recognised coaching and competition program aimed at developing an individual player’s playing standard using modified equipment and court sizes. Children progress through the program at their own speed depending on their technical, tactical and physical competencies, not age or strength..

Sporting Venues -

Also available on SPACES - Wyvern Sports Page

Arden	<ul style="list-style-type: none"> • Arden Primary Courts - 39-43 Wongala Crescent, Beecroft • Secondary Indoor Court - 63 Beecroft Road, Beecroft & 50 Oxford Street Epping
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 • Heffron Park - situated at the end of the Des Renford Pool carpark, enter from Robey Street, Maroubra • L'Estrange Park - Corner King and Sutherland Streets, Mascot • Pioneers Park - Anzac Parade and Franklin Street, Malabar • All Sort Indoor Gym - Indoor sport rooftop court in bulding 1/184 Bourke Road Alexandria
Cranbrook	<ul style="list-style-type: none"> • Dangar - Entry via Kent 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 • Furber Courts, Cranbrook Senior School - New South Head Road, Bellevue Hill
Kincoppal	<ul style="list-style-type: none"> • Kincoppal Junior School - 2 Vaucluse Road, Vaucluse • Kincoppal Indoor - Kincoppal - Rose Bay School, Indoor Court (MTC), Vaucluse Road, Vaucluse (Opposite side of the road to the School) • Rodney Reserve - Rodney Road, Dover Heights • Dudley Page Reserve, Cnr Military Road, Lancaster Road, Dover Heights
The Kings School	<ul style="list-style-type: none"> • Price, Doyle, Massie, Old Boys, Pool - Pennant Hills Road, Parramatta • 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 • Knox 1 - Knox Senior School - Woodville Avenue, Wahroonga • Knox Prep Courts - Sutherland Avenue, Wahroonga • Lawson Centre, Knox Senior School - Pacific Highway, Wahroonga • Gillespie Fields - Young Street and Bangalla Street, Wahroonga • Curugal - Bobbin Head Road, North Turramurra • Pool, Knox Senior School - Woodville Avenue, Wahroonga • Kent Road Tennis Courts - Kent Road, North Turramurra • Carrington Park - Carrington Road, Wahroonga

Sporting Venues

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) • MISC - Mosman Indoor Sports Centre - Cross Street, Mosman • Mosman Prep Outdoor Education Centre (MPOEC) - Corner Tooronga Road and Kallaroo Road, Terry Hills, Left off Mona Vale Road on to Boorallie Road then left on to Kallaroo Road
Narrabeen Lakes Sports and Recreation Centre	<ul style="list-style-type: none"> • Wakehurst Parkway, Narrabeen
Newington College (Lindfield)	<ul style="list-style-type: none"> • Junior School - 26 Northcote Road, Lindfield • Koola Park - Koola Avenue, East Killara
Newington College (Wyvern House)	<ul style="list-style-type: none"> • Wyvern Prep School - 115 Cambridge Street, Stanmore • Tempe Park - Holbeach Avenue, Tempe • Old Boys - Newington College Grounds, Stanmore Road, Stanmore • Buchanan - Newington College Grounds, Stanmore Road, Stanmore • Strathfield Park - Homebush Road and Chalmers Road, Strathfield • Timbrell Park - Henley Marine Drive, Five Dock • Sydney Centre of Tennis - 33 Mallet Street, Camperdown • Henson Park - Centennial Street, Marrickville • Marrickville Park - Porter Avenue, Marrickville • Mahoney Park - Illawarra Road, Marrickville • Bat n Ball Oval - Cleveland Street, Moore Park • ELS Hall Park - Ryde Community Centre, Kent Road, Nth Ryde • Tramway Oval - Anzac Parade, Moore Park • Rofe Park - Galston Road, Hornsby Heights • Acron Oval - Acron Road, St Ives
Redfield	<ul style="list-style-type: none"> • Redfield College - Old Northern Road, Dural
Redlands	<ul style="list-style-type: none"> • Dunnet Hall - Redlands Junior School - Allister Street, Cremorne • Macquarie Uni Fields - Culloden Road, Marsfield (North of M2 motorway)
Santa Sabina	<ul style="list-style-type: none"> • Santa Sabina Main Campus Tennis Courts - park on Jersey Road and enter via Jersey Road entrance, Strathfield

Sporting Venues

<p>Scots College (TSC)</p>	<ul style="list-style-type: none"> • Christison Park - Old South Head Road, Watsons Bay • Kirkland Oval - TSC, Victoria Road, Bellevue Hill • Cooper Park - Suttie Road, Woollahra • Lough Park - Manning Road, Woollahra • Lyne Park - New South Head Road, Rose Bay • Woollahra Oval - Manion Avenue, Rose Bay • Scots Prep B/B Courts, Mansion Road, Bellevue Hill • Centennial Park, 6 & 7 Loch Avenue, Centennial Park • Gillespie Fields - Young Street, Wahroonga • Dave Phillips Sports Field - Gwea Avenue, Daceyville • RBTC Rushcutters Tennis Club - Waratah Avenue, Rushcutters Bay • Maccabi Tennis, White City - 30 Alma Street, Paddington
<p>Shore</p>	<ul style="list-style-type: none"> • Basketball Courts - Corner of Edward & Lord Street, North Sydney • Northbridge Fields SCEGS War Memorial Playing Fields - 55 Sailor's Bay Road, Northbridge • School Field - Corner of Edward & Lord Street, North Sydney • North Sydney Boys High - Corner of Falcon & Miller Street, Crows Nest
<p>SOPAC</p>	<ul style="list-style-type: none"> • Aquatics Centre - Homebush • Athletics Tracks - Homebush
<p>St Aloysius' College</p>	<ul style="list-style-type: none"> • Prep School - Burton Street, Milsons Point • Dalton Hall - Upper Pitt Street, Milsons Point • St Leonards Park - Miller Street, North Sydney • Waverton Oval - Larkin Street, Waverton • Anderson Park - Kuraba Road, Neutral Bay • 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 • Chatswood Tennis Club - 52 Fullers Road, Chatswood West
<p>St Augustine's</p>	<ul style="list-style-type: none"> • Forestville Park - Currie Road, Forestville • Brimson Centre - St Augustine's College - Federal Parade West (opposite Connaught Street, Brookvale) • Rat Park - Parking off Walsh Street, North Narrabeen (Warringah Rugby Park)
<p>St Ignatius Riverview</p>	<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 (Riverview St, opposite Senior School) • Hallam Avenue Tennis - 58 Hallam Avenue, Lane Cove • 1B, 1C, 1D, 2A & 2B Fields in Senior School near Main Oval

Sporting Venues

St Patricks	<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 • Doyle Park, Macarthur Street, North Parramatta • Bark Huts Reserve - Elliott Street, Belfield • Strathfield Tennis Club – Lyons Road and Morwick Road, Strathfield • Auburn Basketball Centre, Wyatt Park - Church Street, Lidcombe
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)
Sydney Grammar Edgecliff	<ul style="list-style-type: none"> • Weigall, Little 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"> • Prep School, Cowper, Top Field, Lower Field, Pool - Mona Vale Road & Ayres Road, St Ives (Basketball & Tennis Parking - Mawson Street)
Trinity	<ul style="list-style-type: none"> • Bressington Park, Mason Park - Underwood Road, Homebush • Preparatory School Basketball Gym & Outside Courts - 115 The Boulevard, Strathfield • Centenary Centre - TGS Senior School (enter through Chapel Way gates on Prospect Road) • Queen Elizabeth Park - Addison Avenue, Concord • Strathfield Park - Chalmers Street, Strathfield • Trinity Senior School, Pool - Prospect Road, Summer Hill • Ashfield Park - Orpington Street, Ashfield • Hammond Park - Lucy Street, Ashfield
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 • Waverley Park - Corner Boondi Road, Park Parade & Birrell St, Bondi

