



# BUSY Sports Day



**05/06/10 @ stirling university  
registration by 11.00am**

for further details, contact...

**deadline  
for registration  
12noon on 19/05**

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Thanks for considering sending a team from your church to the Baptist Union of Scotland Youth Sports Day. As you will appreciate, organising a sporting day for churches from all over Scotland, across seven events and within certain time constraints, is not easy. We try to make this as fair, easy and possible for leaders and groups who want to attend, but there are some things that just have to be. We hope you understand that we cannot please everyone.

The pointers in this booklet will help you to work out what you can and cannot do when it comes to entering a group from your church. Please read it carefully as it will help you to avoid making mistakes and potentially letting people down. In the past, churches have missed out because they missed the deadline, or teams have been denied entry because the church wanted to enter more than one team in the same age group, or athletes had to change what they wanted to enter because they went for four events not three (or a church entered four people in the same race). We know it's complicated, but not impossible, just take your time and don't leave it to the last minute. Or, get some help.

If you are having difficulty filling in the form, please contact Ivy or myself at the Baptist Union:

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We look forward to seeing you and a group from your church at Stirling University for this year's Youth Sports Day.

Jillian Ferguson  
Young People's Coordinator, BUS  
February 2010

## SPORTS DAY

### NOTES FOR PARTICIPANTS

Registration at Sports Day takes place by 11.00am so make sure you arrive early. Your team leader should report to the Registration Tent in front of the Tennis Courts as soon as Registration is announced.

Please read the notes on each event before you complete the registration form as this will give you important information about numbers of competitors in each event and the rules of each event etc.

### NEW FOR 2010

**Changes sheets:** - All changes/withdrawals of competitors/teams should be notified to the admin team at Registration to enable them to update competitor lists. It is important that you fill the changes sheets in correctly so that we can provide coordinators of events with up-to-date lists of competitors to enable them to keep the competition on schedule.

**'No shows':**- Following on from the previous point, increasingly there is a great deal of time-wasting when competitors do not show up, or are late for their event. The Sports Day organisers, therefore, reserve the right to penalise any team who do not notify team changes correctly and/or persistently waste time by failing to arrive promptly for their event.

This may mean competitors will lose the chance to take part in their event and they could lose points for their team in the overall competition. This has been a particular problem in the Athletics competition.

### POINT-SCORING SYSTEM

In the athletics certificates are only given to 1<sup>st</sup> place competitors (apart from the open mile), competitors in 2<sup>nd</sup> and 3<sup>rd</sup> place do earn points towards their church's overall ranking in the results table. In the football, netball, badminton, dance mat & table tennis tournaments, points are given not only for winners and runners-up, but on a sliding scale depending on where your team finishes in the league. The higher up the competition you finish will determine how many points your church receives.

Once the points for individual events have been totalled, points are awarded to churches depending on what position they finished in each

event. The overall winner will be the church with the most points gained across all the events. Names of winners, 2<sup>nd</sup> and 3<sup>rd</sup> positions are placed on the BUSY website following the competition - [www.busy.org.uk](http://www.busy.org.uk)

## **GENERAL**

**One event rule:** Due to the nature of sports day and the events running simultaneously, competitors may only take part in one event. For example, if you are part of the swimming team, you cannot also represent your church in athletics. The only exception to this is the 4x400m and the open mile, which anyone attending sports day can run.

**Date for reckoning ages:** In order to decide which age range a competitor can compete in, their age should be reckoned as at 31<sup>st</sup> May.

**Leader for each event:** In the same way that football and netball have managers, we are asking that one person from your group is designated as the 'leader' for each event your group is competing in. For instance if you have badminton competitors entered, you must give us the name of the person (this can be a competitor in the event) who should be available to officials throughout the competition.

**Wristbands:** All spectators and competitors will be expected to wear their coloured wrist bands throughout the day as a means of identifying you as part of Sports Day. These will be sent out to you after the 19<sup>th</sup> May along with details of the timings for the day.

**Help wanted:** Anyone who can help with the running of any of the events on the day, please contact the office ASAP. We need a huge number of volunteers to help the day run smoothly, so anyone with experience of sports would be appreciated (e.g. football referees, netball umpires, timers for the swimming, etc.).

**Fun Stuff:** there will be a number of activities going on for spectators and competitors - e.g. inflatable games for everyone to enjoy for a small fee, penalty kick competition, football games for primary ages, etc.

## **EVENT NOTES**

### **ATHLETICS** *(held at the Athletics track)*

**Please complete the registration form with the name of a leader who will be available to officials during the athletics competition.** This can be someone who is competing in the event.

- (i) Each church can enter a **MAXIMUM** of 3 competitors in each individual event, and a squad of 4-6 in the relays. In the three-legged race a maximum of 3 pairs can be entered.
- (ii) Each competitor may enter a maximum of three events out of the four offered. This must be two track and one field event. (For example: A competitor can enter the 100m and 200m and a choice of either High Jump **OR** Long Jump.)
- (iii) **4x100m RELAY:** This event can only be entered on the registration form prior to the event, and not on the day itself. Only one squad per church is allowed in this event.
- (iv) **4x400m RELAY:** 4x400m relay teams can be entered on the day, and you can enter more than one team per church. Listen for the announcement from the Registration Tent around 1pm to register your 4x400m relay team(s).
- (v) **THE MILE:** Anyone can enter the mile on the day. Listen for the PA announcement and report to the athletics track.
- (vi) **LONG JUMP:** No part of your body is allowed to touch the ground between the take-off line and the sand. You must take off from within the lane. You must not walk back through the sand after the jump. The jump is measured from the nearest break in the landing area made by any part of your body.
- (vii) **HIGH JUMP:** You must take off from one foot. You must not touch the ground or landing area beyond the uprights without first clearing the bar. If the bar falls off before you leave the mat it is a failure. You are eliminated after three consecutive failures.

### **BADMINTON** *(held in the Crammond Sports Hall)*

**Please complete the registration form with the name of a leader who will be available to officials during the badminton competition.** This can be someone who is competing in the event.

This competition is for **DOUBLES ONLY** - in 3 sections - boys, girls and mixed. A maximum of three pairs in the 16 and Under section and 3 pairs in 25 and Under section per church will be allowed. These 3 pairs can be in any gender, (i.e. 1 each in boys, girls and mixed or 3 in girls etc). A maximum of six pairings per church is allowed. Competitors are only allowed to enter in one age-range, either Juniors or Seniors, not both.

The winner will be the first to eleven points.

To allow for the best use of the available courts, alterations to draw may be made at the referee's discretion.

Players are responsible for providing their own racquets and shuttlecocks.

### **FOOTBALL** *(held on the outdoor grass pitches and astroturf area)*

The Football competition is open to both boys and girls.

Any church which is unable to enter a complete football team may be able to enter an incomplete team, IF they can inform us by 10<sup>th</sup> of May. We will then endeavour to match these up to form complete teams and inform churches prior to the closing date for applications. Such teams CAN win the event but will NOT earn points for their church in the overall championship.

Please supply appropriate strips for your team and bring a ball if possible. Make sure you bring your team sheets with you completed with players' names. These should be handed in at registration.

The football competition runs in three sections: 14 and under; 18 and under and 25 and under. 14 and under and 18 and under teams may have squads of up to eight players per section, but it is a five-a-side competition. 25 and under section will be a 7-a-side competition and squads of up to 10 players will be allowed. The 25 and under competition will run on the artificial pitches and appropriate footwear will be necessary.

Each team must have a named person as manager - this may be one of the players. The manager will be responsible for the organisation and discipline of their team on the day and must be available to the officials throughout.

No substitutes will be allowed in individual games. Only 3 substitutes will be permitted in each team for the whole competition.

Any team who arrives late may be disqualified.

Individuals can play for one team only.

The team manager must submit the team sheet to the official in charge before each game commences. No one will be permitted to play in any team unless they are named on the team sheet.

Any player using foul or abusive language will be instantly dismissed from the competition without substitute.

### **Competition Rules:**

**The usual rules of the game will apply. Note also the following points-**

- (i) The referee's decision in any game will be final.
- (ii) Games will be 5 minutes each way, except the final which will be 10 minutes each way. Games will be played on specially laid out pitches.
- (iii) There will be no break at half-time, no injury time and no offside rules will be applied.
- (iv) Corners will be taken.
- (v) In the event of a draw during the knockout stages, penalties will be taken, 3 each and then 'sudden death'. In the final, extra time and penalties will be played if necessary.
- (vi) A player may be sent off at any time. Two bookings in the competition will result in a one-game suspension.
- (vii) After a goal is scored the game will resume from the centre-spot.
- (viii) The goalkeeper must take goal kicks.
- (ix) The goalkeeper is not allowed outside his/her area.
- (x) A player receiving the ball from the goalkeeper may not return it directly to the keeper. Pass-back rule does not apply.
- (xi) Any infringement of Rules 9 and 10 will result in an indirect free-kick at the edge of the area if no advantage is gained by the attacking team.

### **NETBALL** *(held on the enclosed netball courts near the athletics track)*

Netball competitions are open to both boys and girls. A maximum of three boys are allowed per team and any boys playing on your team will not be allowed to play in the circle, (i.e. only play WA/WD/C).

Any church which is unable to enter a complete netball team may be able to enter an incomplete team, IF they can inform us by the 10<sup>th</sup> of May.

We will then endeavour to match these up to form complete teams and inform churches prior to the closing date for applications. Such teams CAN win the event but will NOT earn points for their church in the overall championship. A limited number of bibs are available, but it would help us greatly if you could bring bibs with you, and a ball.

Only ONE netball team per church can be entered in each age group.

Netball has two age sections: 16 and under and 25 and under.

Each team must have a named person as manager - this may be a player. The manager will be responsible for the organisation and discipline of their team on the day and must be available to the officials throughout the competition.

No substitutes will be allowed in individual games. Only 3 substitutes will be permitted in each team for the whole competition.

Any team who arrives late may be disqualified.

Individuals can play for one team only.

The team manager must submit the team sheet to the official in charge before each game commences. No one will be permitted to play in any team unless they are named on the team sheet.

Any player using foul or abusive language will be instantly dismissed from the competition without substitute.

### **Competition Rules:**

**The usual rules of the game will apply. Note also the following points-** Games will last 7 minutes one way with the exception of the final which shall be five minutes each way. In the event of a draw at any stage in the competition, with the exception of the Final, 3 members from each team will take 1 shot each. In the final, 5 minutes extra time will be played.

## **ORGANISATION**

- 1 Squads consist of a maximum of 10 players, though only 7 players are in team - no team can play with less than 5 players.
- 2 Any communication with umpire must be made through team captain.
- 3 Any boys playing on your team must play either WA, WD or C.

### **STARTING**

- 1 No players, other than Centres, may enter centre third before the whistle is blown.
- 2 When umpire blows whistle, ball must be passed within 3 seconds, to a person within the centre third.
- 3 Play will restart from the centre after each goal.

**PENALTY:** 1 free pass to opposite team.

### **BALL HANDLING**

*Players may:* Catch ball in 1 / 2 hands. Bounce or bat balls to team member. Roll ball to regain possession.

*Players may not:* Kick ball or strike it with fist. Throw ball while lying, sitting or kneeling. Bounce ball and replay it. Toss ball and replay it. Drop ball and replay it. Ball must not be thrown over a complete third.

**Contact:** No player shall come into contact with an opponent to interfere with play - accidentally or deliberately.

**Obstruction :** Opponents must be 3 feet/1 metre away from player with the ball.

**Penalty:** For both above, penalty pass taken from point of infringement with offending player standing beside thrower.

**Offside:** A player is offside when she enters part of the court she is not permitted to enter.

### **SCORING:**

- 1 Goals are only taken by the Goal Shooter and Goal Attacker.
- 2 Shots must be taken from within circle.
- 3 If whistle goes during a shot but before ball passes completely through net, goal is not counted.

### **PENALTIES:**

- 1 Penalty: taken where infringement occurred.
- 2 Free Pass: taken on court.
- 3 Penalty pass: taken on court, offender stands beside thrower.
- 4 Throw-in: when ball goes out of court, taken from side line by the player opposing the player who last had contact with the ball. The player must throw within 3 seconds of receiving it.
- 5 Throw up: puts ball into play when umpire is unable to decide who infringed. When opposing players simultaneously put ball out of play. Taken at point nearest infringement. Two players must stand facing each other and their goal ends with their arms by sides and 3 feet apart. If one player moves before whistle, free pass is awarded to other team.

### **SWIMMING** *(the pool is in the building adjacent to the reception area)*

**Please complete the registration form with the name of a leader who will be available to officials during the swimming competition. This can be someone who is competing in the event.**

- (i) Each church can enter a **MAXIMUM** of 3 competitors in each individual event, and 4 for the relays.
- (ii) Each competitor may only enter a maximum of three events and one relay.
- (iii) Relay teams cannot be entered on the day,

### **TABLE TENNIS** *(held in the squash courts on the ground floor of the main building)*

**Please complete the registration form with the name of a leader who will be available to officials during the table tennis competition.** This can be someone who is competing in the event.

There is a singles and a doubles competition with a maximum of 4 players in the singles competition and 2 pairs per church in the doubles competition being allowed. It does not have to be the same 4 players taking part in the singles and doubles competition. Due to the nature of the competition it is a mixed competition. Competitors are only allowed to enter in one age-range, either Juniors or Seniors, not both.

Please bring your own bats and TT balls.

The ITTF Rules will be followed, with the slight exception that the length of a game might be changed on the day from 11 points to 15 or 21 points, and matches may be played on the day (i.e., best of 3) depending on the numbers taking part.

### **DANCE MAT COMPETITION** *(held in the Gannochy Studio)*

This competition is a singles competition for male or female competitors. There will be two age-ranges, Junior (16&under) and Senior (25&under).

Three competitors will be allowed in each age-range with a total of 6 competitors allowed from each church in the overall competition.

Competitors may only enter one age-range, not both.

A computer game will be used with all competitors dancing to the same song. The highest scores will go through to a play off round before a final is eventually played.

***All events are subject to slight changes at the Co-ordinator's discretion to accommodate constraints of time and competitors.***

## USEFUL TIPS FOR SPORTS DAY

**Registration for Sports Day is by 11.00am so make sure you arrive early.** While some churches have been participating in sports day for a number of years, others may be attending for the first time. Below are a few ideas of things that may be useful for you to think about as you plan your trip to Stirling University.

**CLOTHING & EQUIPMENT:** You will need to bring appropriate clothing and footwear for events entered, and any appropriate equipment eg, table-tennis bats, badminton racquets, balls, bibs, towel etc.

**EATING ARRANGEMENTS:** You are strongly advised to bring a packed lunch and refreshments with you. Stirling University is not near any shopping areas, and while there is a café available as part of the University buildings, it can be quite expensive to rely on this for refreshments all day. It is hoped there will be a wagon located outside this year to help with queuing, but the café prices will apply. There are a couple of vending machines on site for cans.

**WEATHER:** We are always hopeful for a warm sunny day and would, therefore, advise you to bring sun block and a hat to put on, and water to drink. The last couple of years have been particularly hot so please bring plenty of water. On the other hand we cannot guarantee the good weather and it may be wise to pack something waterproof in the event of rain. Remember that the weather in Stirling could be different from what you wake up to. Seating for the day is on grass, so you may want to think about bringing a blanket or equivalent to sit on.

Smoking, alcohol or illegal drug-taking is not permitted.  
The University does not allow dogs on Campus.

# NOTES