

SPORTS SECTION

Sports is a section of the Physical Education Division

Implementing a sports program can be of tremendous benefit to the Christian school. Godly coaches can use sports to teach character and self-control. Sports can also be used as an instrument to create and promote school spirit and teamwork.

Regional and South Pacific Student Conventions are not intended to be tournaments to determine state and national championships.

Students competing in any P.E. competition should observe the general guidelines as stated in this section. Carelessness on these points could disqualify a contestant.

Boys will compete against boys and girls will compete against girls in ALL events as listed below. A student may enter five (5) events in the Sports Section, but a total of 7 events across the Physical Education Division.

As a result of Athletics Health & Safety regulations Shot Put and Discus events are for Open and U16 students ONLY. Students aged U14 must not enter U16 or Open events in Shot Put or Discus.

Remember, students must enter and participate in events in more than one division.

The following is a list of events in the P.E. Division:

1. Football Kick #
2. Soccer Kick ##
3. Netball Shoot #
4. Table Tennis - Singles
5. Table Tennis - Doubles
6. Tennis (Singles)
7. Basketball ##
8. Futsal #
9. Volleyball ###

* Please check the ISC Guidelines if preparing this event for International Student Convention, as differences occur.

This event does not progress to International Student Convention.

Female Competition in this event does not progress to International Student Convention.

Male Competition in this event does not progress to International Student Convention.

+ **NOTE:** Shot Put and Discus events are not available to U14 competitors.



GENERAL GUIDELINES

1. There are three (3) age categories in the Sports section:
 - ♦ Category 1: Under 14 (Students who turn 11 through to students who turn 13 but **do not** turn 14 during the year)
 - ♦ Category 2: Under 16 (Students who turn 14 through to students who turn 15 but **do not** turn 16 during the year)
 - ♦ Category 3: Open (Students who turn 16 through to students who turn 19 but **do not** turn 20 during the year)

Ages are determined as at 31st December in the year of competition.

2. A contestant may enter no more than five (5) Sports events.

P.E. CLOTHING

1. All P.E. uniforms and competition clothing **MUST** comply with the Convention Dress Code as found in the Introduction to Convention Guidelines on page IN.15.
2. Sleeves are to stay draped over the shoulders at all times.
3. Sleeveless shirts will NOT be allowed. However, a numbered tank top/singlet over a T-shirt is acceptable.
4. Shoes must be worn on both feet at all times.



FOOTBALL KICK

PLEASE REFER TO THE FIELD GUIDELINES WHEN PREPARING FOR THIS EVENT

1. A **standard**, leather, rugby football must be used by all contestants and will be provided by SCEE
2. The ball **must** be properly inflated and will be checked by the event Judge.
3. Shoes must be worn on both feet at all times.
4. The kick will be taken down a marked 10 metre wide “alley” from behind a marked kicking line. A successful kick is one that lands in the alley on the first bounce.
5. Any method of kicking is permissible. In a place kick, all of the ball must be behind the kicking line. In any other kick the contact of the foot with the ball must be completed behind the kicking line, and no part of the body is to be grounded over the line in any follow through.
6. Each contestant is permitted three competitive kicks.
7. When attempting to perform a kick any contact with the ball will constitute a kick.
8. The event is judged on length of a successful kick measured at right angles from the kicking line to the point where the ball first hits the ground.
9. In case of a tie, the tied contestants will each be allowed one more kick which will be considered a tie-breaker kick.
10. In order to place in this event students must kick a minimum of 10m.
11. All measurements are to be recorded to the nearest five millimeters.
12. **A football tee may be used. Students must provide their own tee.**



SOCCER KICK

PLEASE REFER TO THE FIELD GUIDELINES WHEN PREPARING FOR THIS EVENT

1. A **standard #5** soccer ball must be used by all contestants. SCEE shall provide a regulation ball and net.
2. The ball **must** be properly inflated and will be checked by the event Judge.
3. Competitors **must** compete with shoes on both feet.
4. A successful kick is one that passes into the net without touching the ground. It must be in flight when it passes over the goal line. The whole ball must be over the line for the kick to be successful.
5. Contestants may take no more than two approach steps.
6. When attempting to perform a kick any contact with the ball will constitute a kick.
7. All contestants start at 10 metres.
8. Each contestant is allowed three (3) attempts at each set distance. They may pass if they so desire.
9. After all contestants have either passed or attempted the kick, the ball is then moved back 5 metres.
10. Continue the above process until a winner has been determined.
11. A record of failures and successes shall be marked for all contestants. An “**X**” will stand for a miss, an “**O**” will stand for a successful attempt, and a “**--**” will stand for a pass.

EXAMPLE:

	20m			25m			30m			35m		
Joe Bloggs	O			X	X	O	--			X	X	X

12. The winner shall be the person who has made a successful kick from the longest distance. In the case of a tie, the person with the fewest misses at each previous length, considered consecutively, shall be declared the winner. If the contestants still remain tied, a kick-off shall occur and be judged again on fewest misses at a nominated length.
13. After all other contestants have failed, the one contestant left has the right to continue kicking until they have three consecutive misses.
14. In order to place in this event contestants must score a goal beyond 10m.



NETBALL SHOOT

PLEASE REFER TO THE FIELD GUIDELINES WHEN PREPARING FOR THIS EVENT

1. A standard netball must be used by all contestants. SCEE will supply the ball and the goal ring. The ring is to be set to the standard netball ring height of 3.05 m.
2. The ball must be properly inflated and checked by the event Judge.
3. A shot is deemed successful when the ball drops from above and passes through the goal ring without first touching the ground.
4. Contestants begin shooting one shot at each marked spot from 1 to 9. The remaining three shots may then be taken from any marked spot.
5. Contestants must stand behind the designated **line** until the ball is released from their hand(s).
6. A shot is deemed to have been made once the ball leaves the contestant's hand(s).
7. A shot is deemed illegal and does not score points if any part of the contestant's feet is placed over the line **before** the ball is released from the contestant's hand(s).
8. The contestant who earns the highest number of accumulated points from the twelve attempts is declared the winner.
9. In the case of a tie, contestants shall attempt to shoot a goal each in turn, commencing at marked spot 1 to 9, until one contestant fails to score a goal.
10. In order to place in this event contestants must score a minimum of 15 points.

POINTS AWARDED:

1m	line =	5 points
1.5m	line =	10 points
2m	line =	15 points
3m	line =	20 points
3.5m	line =	25 points
4.5m	line =	30 points

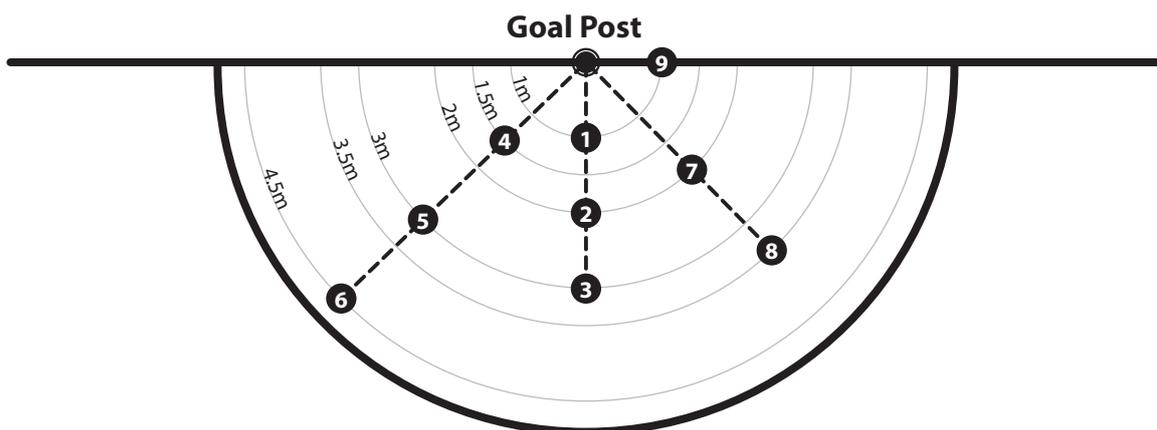


TABLE TENNIS

TABLE TENNIS (Singles & Doubles)

For general rules, you should consult those adopted currently by International Table Tennis Associations.

NOTE: Where there may be a conflict of rules, SCEE Guidelines will have precedence.

- All students **MUST** wear clothing which conforms to the Convention Dress Code as found in the Introduction to Convention Guidelines on page IN. 15. (See also Physical Education Clothing on page SP.2). **Contestants must compete with shoes on both feet.**
- The **bat** may be any commercially produced bat with rubber sheets. There are to be no holes or damaged portions on the rubber sheets; sandpaper, cloth or bare wooden surfaces are not allowed. **Students must supply their own bat.**
- **Warm-up** may be no longer than one (1) minutes.
- A **game** is won by the player/team who **scores 11 points** unless both players/teams score 10 points, then the game is won by the **player/team who leads by two points** i.e. 12-10 or 13-11 etc. A **match** shall consist of the best two (2) out of a maximum of three (3) games.
- Players/teams **change ends** after every game. If a third game is required, players/teams change ends once the first player/team scores five (5) points in an eleven (11) point game.
- A player/team scores a point when their opponent either fails to make a good serve; fails to make a good return; obstructs the ball; allows the ball to bounce twice in their court; strikes the ball twice in making one return; moves the table while the ball is in play; touches the playing surface with their free hand; or touches the net or its supports while the ball is in play.
- A **legal serve** is one where the ball is placed on the palm of the free hand; it must be stationary, above the table, and behind the serving end line. The server must toss the ball without imparting spin so that it remains visible to the umpire at all times. The server then uses the bat to strike the ball on its descent. The ball must first touch the server's court and then go over the net, touching the receiver's court. If a player misses the ball while attempting to serve they lose the point.

SINGLES Specific

- In Singles, the ball can bounce anywhere on the table during service, as long as it still meets the legal serve requirements.
- After every two (2) points the server becomes the receiver and the receiver becomes the server in an eleven (11) point game.

DOUBLES Specific

- In doubles, the ball can only bounce on the right half portion of the table for both the server and the receiver. Like the singles game, the service still alternates every two points between teams, but it also alternates between players on the same team. Once your team has finished your two serves, you swap sides with your partner. The person you were serving to now serves and your partner is the new receiver.
- Doubles matches have a certain order of play that must be followed. Imagine two teams ... players A & B and players X & Y. Player A serves to player X who then returns the ball. Player B must then play the next shot and player Y the shot after. This pattern goes on (A, X, B, Y) until the point is decided. If the wrong player makes the return, the team loses the point.



SP.7
TENNIS

1. All students **MUST** wear clothing which conforms to the Convention Dress Code found in the Introduction to Convention Guidelines on page IN.15 (see also Physical Education Clothing on page SP.2) **Contestants must compete with shoes on both feet.**
2. The choice of ends/right of service is decided by lot.
3. The **racquet** may be any commercially produced tennis racquet, and **must be supplied by the student.**
4. **Warm-up** may be no longer than one (1) minutes.
5. Each **game** begins at 0-0 or “love”. The first point scored is 15, the second is 30, the third is 40 and the fourth is game point which, if the score is not deuce (40-40), wins the game. When the score is deuce, the player who scores the next point gains the advantage. If they score again, they win the game; if the opponent scores the next point the score returns to deuce. A player must win by two points.
6. The **match** winner is the first player to reach four (4) games and be ahead of their opponent by two (2) games in all rounds, to a maximum of six (6) games. If scores are tied at three (3) games all, a tiebreaker game will be played.
7. In a **tiebreaker** game the first player to reach five (5) points and be ahead by 2 points wins the game and match. If the score is tied at 4-4 the players change ends and resume play until one is ahead by 2 points.
8. Play is to be continuous with a maximum of one (1) minute breaks between games. Players **change ends** of the court at the end of the first, third, fifth and subsequent alternate games.
9. To **serve** the server must stand behind the baseline and hit the ball over the net so that it hits the ground within the receiver’s service court. If the ball hits the net but still lands in the receiver’s service court the serve is replayed. If the ball fails to land in the service court or if the server steps on or over the baseline, it is called a fault. The player is allowed one (1) fault, and retakes the serve. If the player faults on the second serve a double fault is called, and the player loses the point. Players alternate serves on each game and within a game alternate the sides of the court they serve from, beginning each game on the right-hand side.
10. The receiver must **return** the serve on the first bounce, hitting it over the net into the opponent’s court. Play continues until a player is unable to return the ball over the net or hits the ball out-of-bounds. A ball striking a boundary line or the net is still in play.
11. A player scores a point when they hit a serve that their opponent cannot return, or if their opponent: double faults; cannot return a ball before it bounces twice on their side; returns the ball out of bounds; hits the ball into the net so that it does not pass over the net; carries or catches the ball on their racquet; touches the ball with their racquet more than once; hits the ball by throwing the racquet; or hits the ball before it has crossed the net into their court.
12. For general rules, please consult those adopted currently by International Tennis Associations.
NOTE: Where there may be a conflict of rules, SCEE Guidelines will have precedence.



BASKETBALL

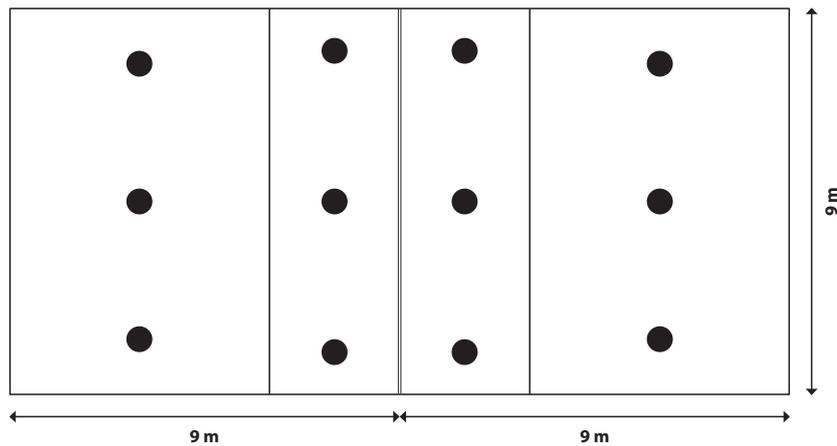
1. All students **MUST** wear clothing which conforms to the Convention Dress Code as found in the Introduction to Convention Guidelines on page IN.15. (See also Physical Education Clothing on page SP.2) **Contestants must compete with shoes on both feet.**
2. Only players who are registered for basketball may participate in this event.
3. A team shall consist of a minimum of five (5) players (allowed on court at one time) to a maximum ten (10) players maximum. The choice of ends shall be decided by lot. Teams shall change ends at half time.
4. Teams **MUST** play according to the SCEE Elimination Draw - all elimination events are randomly chosen by a computer.
5. A **game** shall consist of two (2) eight (8) minute periods separated by a two (2) minute break at half time. The time a team is on offense shall be governed by a shot clock at the discretion of the referee. This decision will be dependent on available equipment and officials.
6. A player may accumulate a maximum of three (3) personal **fouls**, upon which that player shall be disqualified from the game. The one-and-one **bonus** is awarded on the fourth (4th) team foul in each half.
7. Each team will be allowed one (1) timeout per half with a maximum duration of one (1) minute.
8. **Overtime** will be three (3) minutes in duration when needed.
9. A goal is scored when the ball enters the basket from above and passes through the net. If one or both of the shooter's feet are on or inside the three-point line when the shot is initiated, the successful shot will be scored as two (2) points; if neither of the shooter's feet are on or are inside the three-point line when the shot is initiated, the successful shot will be scored as three (3) points. A successful free-throw attempt will be scored as one (1) point.
10. Tied scores at the completion of the game will result in a penalty shoot-out from the penalty line. The referee will choose which goal is to be used and each team is to select 3 players from their registered team, announcing these players to the referee prior to the shoot-out commencing. Team order will be chosen by lot. Each team player has one (1) shot at goal until all three (3) players have completed their shots. If the score remains tied after this additional attempts at goals will be taken on a sudden-death basis. Players sent off during the match are not eligible to be a part of the Shoot-out. During the shoot-out all players will remain on the opposite half of the court.
11. For general rules, you should consult those adopted currently by International Basketball Associations. **Please note: Where there may be a conflict of rules, SCEE Guidelines will have precedence.*
12. **Teams who are unable to meet the minimum numbers of members at Convention will be withdrawn and cannot play.**



VOLLEYBALL

1. All students **MUST** wear clothing which conforms to the Convention Dress Code as found in the Introduction to Convention Guidelines on page IN. 15. (See also Physical Education Clothing on page SP.2) **Contestants must compete with shoes on both feet.**
2. Only players who are registered for volleyball may participate in this event.
3. Teams **MUST** play according to the SCEE Elimination Draw - all elimination events are randomly chosen by computer.
4. A team shall consist of a minimum of 6 players on court and a maximum of 10 players in the team. The choice of ends shall be decided by lot. Teams shall change ends after each game.
5. The court shall be rectangular measuring 18 m x 9 m, surrounded by a clear area of 3 m wide on all sides.
6. A **game** shall end when one team has scored fifteen (15) points and is two (2) points ahead; or at the first dead ball after eight (8) minutes of playing time, whichever comes first. If the leading team does not have a 2 point lead, play shall continue until one team gains a 2 point lead.

Player Positions:



7. A **match** shall consist of, and the winning team shall be determined by, the best two (2) out of a possible three (3) games.
8. A referee blows the whistle which begins service and **play**. After the serve, players may move around on their sides of the court, but they may not step completely over the centre line or contact the net while making a play. Players may hit the ball with any part of their bodies when the ball is in play. They may strike the ball underhand or overhand, with either an open hand or closed fist. A point is scored on every play; the team that scores serves the next ball. The ball is inbound when it touches any portion of the court, including the boundary lines; it is out of bounds when it touches the floor or any other object completely outside the boundary lines. Pursuit of a ball that crosses outside the boundary lines after the first contact is allowed.



VOLLEYBALL

9. The server may serve from anywhere behind the end line within eight (8) seconds of the referee's whistle for **service**. Players must follow the order of service as recorded on their lineup sheet. A player retains the right to serve until the other team wins the right to serve. A service fault occurs if the ball: touches a player of the serving team who is not the server; fails to pass through the crossing space over the net; or it lands out of bounds. A serve that contacts the net and continues into the opponent's court remains in play.
10. A maximum of six (6) **substitutions** are allowed in each game, one or more players may be substituted at a time with the referee's authorisation. A player in the starting line-up may leave and re-enter only once in each game and must return to their original position in the line-up.
11. A point will be scored on every play. A team scores a point when: the ball lands in bounds in their opponent's court; their opponents are unable to return the ball within three (3) hits; their opponents hit the ball out of bounds, or their opponents commit a fault (service fault) or foul.
12. For general rules, you should consult those adopted currently by International Volleyball Associations. **Please note: Where there may be a conflict of rules, SCEE Guidelines will have precedence.*
13. Teams who are unable to meet the minimum numbers of members at Convention will be withdrawn and cannot play.



SP.11

FUTSAL

1. All students **MUST** wear clothing which conforms to the Convention Dress Code as found in the Introduction to Convention Guidelines on page IN.15. (See also Physical Education Clothing on page SP.2). **Contestants must compete with shoes on both feet.**
2. This is an elimination event – all teams must play according to the SCEE Elimination Draw.
3. Any protective clothing e.g. shin guards should be provided by the student.
4. SCEE will provide numbered vests for all players.
5. Only players registered for Futsal may participate in this event.
6. A team shall consist of a minimum of five (5) players (maximum players allowed on court at one time) to a maximum of ten (10) players.
7. The choice of end and start of play shall be deemed by lot. Teams shall change ends at half time.
8. A game shall consist of two (2) x eight (8) minute halves separated by a two (2) minute break at half time. Time will be kept from the starting kick until the half time signal is sounded and the same for the second half.
9. Each team will be allowed one (1) timeout per half with a maximum duration of one (1) minute.
10. A goal is scored when the whole of the ball has passed over the goal line, between the posts and under the crossbar (except by illegal means).
11. Tied scores at the completion of the game will result in a penalty kick shoot-out. The referee will choose which goal is to be used and each team is to select 3 players from their registered team, announcing these players to the referee prior to the shoot-out commencing. Team order will be chosen by lot. Each team player has one (1) shot at goal until all three (3) players have completed their shots. If the score remains tied after this additional kicks will be taken on a sudden-death basis. Players sent off during the match are not eligible to be a part of the Shoot-out. During the shoot-out all players will remain on the opposite half of the pitch.
12. For general rules you should consult those currently adopted by U.S. Futsal at www.futsal.com
13. Where there may be a conflict of rules, SCEE Guidelines will have precedence.
14. **Teams who are unable to meet the minimum numbers of members at Convention will be withdrawn and cannot play.**

