



## North West Leicestershire School Sports Partnership

### Summer term booklet 2024-25

The following competition structure will enable more individual young people to represent your school in sport or physical activity at a level that is appropriate to their interests and competencies. Each competition has been allocated to a tier, with a description of the tiers as follows. Please ensure that you are aware of the tier of competition so that you can select your teams appropriately.

Excel Competition	Excel based competitions catering for the most talented athletes and teams that your school can field, subject to some eligibility criteria (e.g. National Governing Body age restrictions on competitions). These competitions are an opportunity to showcase the sporting prowess of your school and for teams to progress to County finals and in most competitions to Regional and National finals. We would advocate an 'in it to win it' approach to team selection for these competitions, however this does not mean that schools with 'weaker' sides should not enter as the local SSPAN and County Final structure will allow each school to perform at their relevant level as it has done so in the past.
Development Competition	In this category the focus is to increase the number of individual pupils that represent schools. These competitions provide the opportunity for less-engaged students, or those that are engaged but are perhaps less talented in traditional sports, to participate in non-traditional competitions. The ideal model for this is that the pupils that represent a school in the 'Excel Competitions' would not be eligible to play in 'Development Competitions', though we understand that there may be some crossover for smaller schools. This competition tier is a new addition but is mostly based on existing sports. Where previously many schools have entered football and rugby players into dodgeball competitions, we aim to limit this so that other pupils may have the opportunity to represent their school at sport, rather than the most talented few monopolising the competition offer. The number of competitions has therefore not increased, but the new focus caters for an increase in the number of individual pupils that participate. The structure and format of these events may differ slightly with the potential introduction of alternative scoring and adapted rules implemented to assist with the provision of a more appropriate level of competition for the participants involved.
Inspire Event	Competitions/events that have the potential for different pupils, outside of the above competition pathways to represent their school in an event that is first and foremost about taking part and developing skills through sport. (Both physical and sport-transferable skills as well as life skills).



## Year 3/4 Tag Rugby Festival

**Inspire Event- Refer to page 1 for more information**

- Dates and Venues:** Wednesday 30<sup>th</sup> April 2025 – Ashby Rugby Club (LE65 1DP)  
Thursday 1<sup>st</sup> May 2025 – Coalville Rugby Club (LE67 5PF)
- Time:** 12:00pm – 3:30pm
- Age Group:** Year 3/4
- Gender:** Aim for a 50/50 gender split where possible.
- Number of pupils:** Maximum of 8 pupils per school - Schools can bring between 1 - 8 children. Schools should e-mail [nwlssp@castlerock.org.uk](mailto:nwlssp@castlerock.org.uk) if more than 8 pupils would like to attend. If possible, these requests will be accommodated.
- Target group:** Any year 3/4 children who do not normally get the chance to represent their school in sporting events, those children that are inactive, or those who you think would benefit from a positive sporting experience.

**Equipment:**

- Pupils will **need** to wear PE kit and **BOOTS**.
- Each school will need to bring their own tag belts.
- Appropriate clothing for outdoor activity is recommended.
- Pupils will need to bring their own drinks.
- If you have a size 3 or 4 rugby ball please bring one with you.

**Format:**

- Children will be mixed up with other schools.
- The Mega Fest format encourages the engagement of large numbers of young people with the focus being on the competitive opportunity that different games provide, not the outcomes of the competitive games.
- Following a big group warm up, schools will be split-up into 6 groups and sent off to the first station of the carousel before finishing with some friendly games of tag rugby.
- We will be introducing the half game rule for the games.

**EXTRA INFORMATION:**

Does my team need to know how to play rugby to attend?	If they can have a basic knowledge of passing that is helpful but you shouldn't need to do lot of training with them as the carousel should help build that knowledge before the games.
How many a side are the games at the end?	The games will be 8 a side, with everyone else as a sub.
What is the half game rule?	From September 2019, the Half-Game Rule became regulation. It means that every player in clubs, schools and colleges is guaranteed to get half the available game time, regardless of age, gender, school or club.



## **MINI RED TENNIS YEAR 3/4**

**[Inspire Event – Refer to page 1 for more information](#)**

- Date:** Wednesday 7<sup>th</sup> May 2025
- Time:** 9:30am – 12:00pm and 1:00pm – 3:30pm
- Venue:** Ashby Castle Lawn Tennis Club
- Age Group:** Year 3/4
- Gender:** Mixed
- Number of pupils:** Each school is allowed a maximum of 1 team, if you would like to add an additional team, please contact [nwlssp@castlerock.org.uk](mailto:nwlssp@castlerock.org.uk) to be added to the wait list. A team is made up of 4 players, try and aim for a 50/50 gender split.
- Target group:** Any year 3/4 children who do not normally get the chance to represent their school in sporting events, those children that are inactive, or those who you think would benefit from a positive sporting experience.
- Format:**
- Pupils will take part in a series of fun tennis based skill stations to practice the key skills required for tennis, there is no competition for this event it is just to allow pupils who are new to tennis the chance to take part and practice skills.
- Equipment:**
- Mini Tennis rackets and Mini Tennis red felt balls will be used.
  - Pupils should come changed in PE kit with long hair tied back & all jewellery removed. Please bring your own water bottle and rackets if you have them.
- Progression:** There is no progression for the Inspire event.



## **QUADKIDS - YEARS 3/4**

### **VIRTUAL COMPETITION**

Excel Event – Refer to page 1 for more information

**Date:**

Results deadline – Friday 16<sup>th</sup> May 2025

**Format:**

Schools must complete each of the events listed below within their school and record scores (using the entry form) for teams of up to 5 boys and 5 girls. We will not require names so please don't provide any.

Scores should be submitted to [nwlssp@castlerock.org.uk](mailto:nwlssp@castlerock.org.uk) no later than 12pm on the 16/05/25.

Schools can enter as many teams as they wish to the virtual competition.

The top 10 teams (max. of 1 per school) will be invited to attend the final.

Score sheets & details on the final are found below.



## **NWLSSP YEAR 3/4 QUAD KIDS Level 2 Virtual Competition 2025**

**SCHOOL:** .....

**CONTACT:** .....

**Year 3/4 Team:** 4 or 5 girls and 4 or 5 boys per team – The top 4 boys’ scores and the top 4 girls’ scores over the 4 events will be added together for the team score.

**Year 3/4 Events:**

- 50 metre sprint (Timed)
- 400 metre run (Timed)
- Vortex Howler throw (approx. 32cm long) (max. 2 step run up) – best of 3 consecutive throws
- Standing Long Jump – 2 feet to 2 feet (NO run up) - best of 3 non-consecutive jumps – each child takes first jump then each child takes a second jump, etc.)

**Year 3/4 RESULTS – Please fill in results in the yellow highlighted boxes**

Athlete	Gender	50m time/ score	400m time/ score	Vortex distance/ score	Jump distance/ score	Total score
<b>1</b>	<b>Female</b>					
		Office use				
<b>2</b>	<b>Female</b>					
		Office use				
<b>3</b>	<b>Female</b>					
		Office use				
<b>4</b>	<b>Female</b>					
		Office use				
<b>5</b>	<b>Female</b>					



		Office use				
1	Male					
		Office use				
2	Male					
		Office use				
3	Male					
		Office use				
4	Male					
		Office use				
5	Male					
		Office use				



## **FINAL – Year 3/4 INVITE ONLY**

- Date:** Tuesday 17th June 2025
- Time:** 3:30pm – 6:00pm
- Venue:** Ashby School, Range Road, Ashby-de-la-Zouch, LE65 1DT
- Gender:** Mixed
- Number of pupils:** 1 team per school can attend the final  
Minimum of 4 boys and 4 girls per team  
Maximum of 5 boys and 5 girls per team  
The top 4 boys' scores and the top 4 girls' scores over the 4 events will be added together for the team score
- Events:** 50 metre sprint  
400 metre run  
Vortex Howler (approx. 32cm long) throw (max. 2 step run up)  
Standing Long Jump  
The four events take place in a rotational sequence. Each athlete is placed in a pool and competes in all events. Individual performances (times and distances) are scored and recorded.  
The scores of the top four boys and top four girls over the four events are added together to give the team score and the team with the highest cumulative points score wins.
- Pathway:** Level 3 Thursday 26<sup>th</sup> June at Saffron Lane



## **QUADKIDS - YEARS 5/6**

### **VIRTUAL COMPETITION**

Excel Event – Refer to page 1 for more information

**DATE:**

Results deadline – **Friday 16th May 2025**

**FORMAT:**

Schools must complete each of the events listed below within their school and record scores for teams of up to 5 boys and 5 girls. **We will not require names so please don't provide any.**

Scores should be submitted to [nwlssp@castlerock.org.uk](mailto:nwlssp@castlerock.org.uk) no later than 12pm on the 16/05/24.

Schools can enter as many teams as they wish to the virtual competition.

The top 10 teams (max. of 1 per school) will be invited to attend the final.

Score sheets & details on the final are found below.





**NWLSSP YEAR 5/6 QUAD KIDS Level 2 Virtual Competition 2025**

**SCHOOL: .....**

**CONTACT: .....**

**Year 5/6 Team:** 4 or 5 girls and 4 or 5 boys per team – The top 4 boys’ scores and the top 4 girls’ scores over the 4 events will be added together for the team score.

**Year 5/6 Events:**

- 75 metre sprint (Timed)
- 600 metre run (Timed)
- Vortex Howler throw (approx. 32cm long) (max. 2 step run up) – best of 3 consecutive throws
- Standing Long Jump – 2 feet to 2 feet (NO run up) - best of 3 non-consecutive jumps – each child takes first jump then each child takes a second jump etc)

**Year 5/6 RESULTS – Please fill in your results in the yellow highlighted boxes**

<b>Athlete</b>	<b>Gender</b>	<b>75m time/ score</b>	<b>600m time/ score</b>	<b>Vortex distance/ score</b>	<b>Jump distance/ score</b>	<b>Total score</b>
<b>1</b>	<b>Female</b>					
		Office use				
<b>2</b>	<b>Female</b>					
		Office use				
<b>3</b>	<b>Female</b>					
		Office use				
<b>4</b>	<b>Female</b>					
		Office use				
<b>5</b>	<b>Female</b>					
		Office use				
<b>1</b>	<b>Male</b>					
		Office use				
<b>2</b>	<b>Male</b>					
		Office use				

<b>3</b>	<b>Male</b>					
		Office use				
<b>4</b>	<b>Male</b>					
		Office use				
<b>5</b>	<b>Male</b>					
		Office use				



## **Quad Kids FINAL – Year 5/6**

**Date:** Wednesday 18<sup>th</sup> June 2025

**Time:** 3:30pm – 6:00pm

**Venue:** Ashby School, Range Road, Ashby-de-la-Zouch, LE65 1DT

**Gender:** Mixed

**Number of pupils:** 1 Team per school can attend the final

Minimum of 4 boys and 4 girls per team

Maximum of 5 boys and 5 girls per team

The top 4 boys' scores and the top 4 girls' scores over the 4 events will be added together for the team score

**Events:** 75 metre sprint

600 metre run

Vortex Howler (approx. 32cm long) throw (max. 2 step run up)

Standing Long Jump

The four events take place in a rotational sequence. Each athlete is placed in a pool and competes in all events. Individual performances (times and distances) are scored and recorded.

The scores of the top four boys and top four girls over the four events are added together to give the team score and the team with the highest cumulative points score wins.

**Pathway:** Level 3 Thursday 26<sup>th</sup> June at Saffron Lane



## **GIRLS' DYNAMOS SCHOOLS CRICKET YEAR 5/6**

**[Excel Event- Refer to page 1 for more information](#)**

**Date:** Monday 19th May 2025

**Venue:** Ibstock Town Cricket Club, Coronation Ground, 90 Melbourne Rd, Ibstock LE67 6NN

**Time:** 12pm – 5:30pm

**Age Group:** Years 5/6

**Gender:** Girls

**Number of pupils:** Each school is allowed a maximum of 1 team, made up of 8 pupils per team with a maximum of 10 pupils per squad. If you would like to add another team please email [nwlssp@castlerock.org.uk](mailto:nwlssp@castlerock.org.uk) to be added to the reserve list.

**Target group:** All pupils are eligible to take part.

**Format:**

- A round robin format or appropriately sized pools leading to a knockout in the later stages. This will be confirmed on the day based on the number of teams entered.
- Games will be one innings per team, 8 overs per innings; 5 balls per over, with each pair of batters receiving 2 overs.

**Rules:**

- Full rules can be found in the Mixed Cricket section of the booklet

**Equipment:**

- Pupils will need to wear PE kit and trainers and bring their own drinks.
- Schools are asked to bring 1 Kwik Cricket set each where possible.

**Progression:**

- Junior coaching is available at a number of local clubs, contact NWLSSP for further information.
- The winning school from the NWLSSP Level 2 competition will progress to the Level 3 School Games event on Monday 16<sup>th</sup> June at Leicestershire County Cricket Club.



## **MIXED DYNAMOS SCHOOLS CRICKET YEAR 5/6**

**[Excel Event- Refer to page 1 for more information](#)**

- Date/Venue** Tuesday 20<sup>th</sup> May 2025 at Ibstock Town Cricket Club, LE67 6NN  
Thursday 22<sup>nd</sup> May 2025 at Ashby Hastings Cricket Club, LE65 2GP
- Level 2 area final for qualifying schools Tuesday 10<sup>th</sup> June 2025 at Ashby Hastings Cricket Club, 2pm-5pm
- Time:** 12pm – 5:30pm
- Age Group:** Years 5/6
- Gender:** Mixed (any combination)
- Number of pupils:** Each school is allowed a maximum of 2 teams, made up of 8 pupils per team with a maximum of 10 pupils per squad. If you would like to add another team please email [nwlssp@castlerock.org.uk](mailto:nwlssp@castlerock.org.uk) to be added to the reserve list.
- Target group:** All pupils are eligible to take part.
- Format:**
- A round robin format or appropriately sized pools leading to a knockout in the later stages. This will be confirmed on the day based on the number of teams entered.
  - Games will be one innings per team, 8 overs per innings, 5 balls per over, with each pair of batters receiving 2 overs (10 balls).
- Rules:**
- Full rules attached below.
- Equipment:**
- Pupils will need to wear PE kit and trainers and bring their own drinks.
  - Schools are asked to bring 2 cricket bats (plastic or wooden) each where possible.
- Progression:**
- Junior coaching is available at a number of local clubs, contact NWLSSP for further information.
  - Winning schools from the NWLSSP Level 2 area final will progress to the Level 3 School Games event on Tuesday 17<sup>th</sup> June at Leicestershire County Cricket Club.



## **DYNAMOS SCHOOLS CRICKET YEAR 5/6**

### **Main difference between Kwik Cricket rules and Dynamos Schools:**

- Underarm & overarm bowling is allowed.
- 5 balls per over instead of 6
- Players on the fielding side rotate positions after each over.
- Instead of losing 5 runs if a pair gets out, the other team gain 5 runs for taking a wicket.
- An extra opportunity to get runs in the form of a 'free hit' for the batting side following a no-ball or wide.

### **Team**

- Each team comprises of 8 players. Max squad of 10.
- **Quotas pertaining to mixed sex teams have been abolished.**
- In the event of injury to a player, a substitute will be allowed to field, but not bowl. Should such an injury prevent the player batting, a substitute will be allowed to bat only with the permission of the opposing member of staff.

### **Rules**

#### **Batting & Scoring**

- The batting side shall be divided into pairs, each pair batting for 2 overs, with a new pair starting at the end of the second, fourth and sixth overs.
- Each team starts with 200 runs.
- Each time a batter is out, 5 runs are added to the bowling teams score and the other batter of the pair faces the next ball.
- A batter may be out bowled, caught, run out, stumped, hit wicket.
- There is no LBW law unless the batter deliberately blocks the ball with a leg or foot.
- Runs will be scored in the normal way, as will byes.
- 2 runs will be awarded to the batting team for each wide ball and no-ball bowled (Bounces more than twice or rolls).
- Following a no ball or wide, the batter receives a "free hit" from the batting tee (a cone), with any runs scored being added to the total for that delivery (for example 2 runs for a wide, plus 1 run from the "free hit" = 3 runs). Batters have 3 seconds to take their free hit and must hit it in front of square.
- At the end of the first 2 overs, the first pair of batters retires and is replaced by the second pair until all 4 pairs have batted for 2 overs each.
- The second team then bats for their 8 overs.
- Umpires can use discretion to swap batters so each is given an opportunity to contribute.

#### **Bowling and Fielding**

- Each player on the fielding side must bowl 1 over.
- **Underarm & overarm bowling is allowed.**
- **Bowling will take place from one end only.**
- **Players on the fielding side rotate positions after each over.**
- **Safety-** With the exception of the wicket keeper no fielder may field within 10 yards of the wicket.



## **MINI ORANGE TENNIS YEAR 5/6**

**[Excel Event- Refer to page 1 for more information](#)**  
**[Inspire Event – Refer to page 1 for more information](#)**

- Date:** Wednesday 21<sup>st</sup> May 2025
- Time:** 9:30am – 12:00pm and 1:00pm – 3:30pm
- Venue:** Ashby Castle Lawn Tennis Club, LE65 1BQ
- Age Group:** Year 5/6
- Gender:** Mixed
- Number of pupils:** Each school is allowed a maximum of 1 team in each event (one in Excel and one in Inspire), if you would like to add an additional team please contact [nwlssp@castlerock.org.uk](mailto:nwlssp@castlerock.org.uk) to be added to the wait list. Teams in both the inspire and excel events are made up of 4 players. **Excel – 2 boys, 2 girls.**  
**Inspire – aim for 50/50 gender split where possible.**
- Target group:** All year 5/6 children are eligible to take part (please refer to Excel & Inspire categories to ensure you pick appropriate events for your pupils)

### **Format (Excel):**

#### **Rules:**

- Timed Tennis is used as the format; players play for a set period of time, until the whistle blows.
- The length of matches depends on time available and amount of entries, but matches normally last ten minutes.
- The serve is decided by a 'toss' at the start of the match. The nominated person serves for the first point; it then alternates every two points. When serving, players should stand behind the baseline and the ball must not be bounced before being hit.
- The serve can be hit over or underarm and should be hit, landing in the opposite service box.

#### **Equipment:**

- Mini Tennis rackets and Mini Tennis orange felt balls will be used.
- Pupils should come changed in PE kit with long hair tied back & all jewellery removed. Please bring your own water bottle and rackets if you have them.

#### **Progression:**

- The winning team from AM and PM competitions will play in the L2 area final on Thursday 17<sup>th</sup> June at Ashby Castle Lawn tennis club.
- The winning team will progress through the Level 3 county rounds on Monday 23<sup>rd</sup> June from 11:00am – 2:00pm, venue: Carisbrooke Tennis Club, Kenwood Road, LE2 3PJ



## **Higher Attaining Pupil (HAP) Day**

<b><u>Date:</u></b>	Tuesday 3rd June 2025
<b><u>Time:</u></b>	8AM – 4PM (timings TBC dependent on entries)
<b><u>Venue:</u></b>	Loughborough College
<b><u>Age Group:</u></b>	Year 6
<b><u>Gender:</u></b>	Mixed
<b><u>Number of Pupils:</u></b>	Each school is allowed to send 2 pupils maximum
<b><u>Target Group:</u></b>	Year 6 pupil with a passion for sport/high attaining sport pupils

### **Format:**

- Pupils will attend Loughborough College for the day where they will get the chance to see what it is like to study sport at a higher level and take advantage of the excellent facilities Loughborough College has to offer.
- Activities on the day include; tour of the campus/ sport facilities, practical sport activities and talk with student athletes
- This event is staffed by SSP staff so no school staff required to attend
- Transport to and from Loughborough College to be organised by SSP

### **Equipment:**

- Pupils will need to wear PE kit and trainers suitable for 3G pitch and bring their own drinks and lunch





## **NETBALL YEAR 5/6**

**Excel Event- Refer to page 1 for more information**

- Date:** Wednesday 4<sup>th</sup> June 2025  
Thursday 5<sup>th</sup> June 2025  
**GRAND FINAL- Tuesday 10<sup>th</sup> June 2025**
- Time:** 3:30pm – 6:00pm
- Venue:** Ashby School, Leicester Road entrance
- Age group:** Year 5/6
- Number of pupils:** 7 minimum/9 maximum players per squad, 5 players on court at any time. You may have a maximum of 3 boys per squad with 2 on court at any one time.  
Max 2 teams per school. If you would like to bring a 3rd team please let us know by emailing [nwlssp@castlerock.org.uk](mailto:nwlssp@castlerock.org.uk) and we will add you to the waiting list.  
Please note any team(s) fielding less than the minimum or more than the maximum matches played will only be counted as friendlies.
- Target group:** All year 5/6 pupils are eligible to play
- Equipment:** Pupils will need to wear PE kit and bring their own drink.  
Schools are asked to bring netball bibs with positions on.
- Format:**
- On-court positions: GS, GA, C, GD, GK
  - Players must rotate positions and play at least 1 half, in two different positions (shooting, centre, and defending) and must not be off court consecutively.
  - Schools will be put into pools and will play other schools in the pool on a round robin basis. There will also be a knock out in the later stages for pool winners.
  - Games will be approximately 10-12 minutes; a half time will be included if time permits. Times may change dependent on number of entries.
  - In the pool stages, 3 points will be awarded for a win, 2 points for a draw and 1 point for a loss.
  - Young Leaders will umpire the games supported by NWLSSP staff. If you have a member of staff who is an experienced netball player/referee then they are welcome to officiate games that their team aren't playing in.
- Progression:**
- **The top team from each competition will play in the grand final which will take place on Tuesday 10th June 2025 at Ashby School.**
  - The winner of the grand final will then go on to represent North West Leicestershire at the level 3 county competition. The date has not been confirmed yet, but will either be 24<sup>th</sup> or 25<sup>th</sup> June.
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## **RULES:**

### **Start of play**

- Centre pass is taken alternately - ball must be thrown within 4 seconds
- All players must be in their own area, until the whistle blows
- The ball must be caught or touched in the centre third
- Obey the Footwork rule—no moving feet once in the centre circle

**Rotation** – Please note that netball adopts a rotational system to ensure that players play in all positions and develop a rounded skill set.

Players must rotate according to the rotation sheets. For example, player 1, they are off for the first half of game 1, then they play GA second half of game 1. They are off for the first half of game 2, then they play GD second half of game 2 and so on. After game 5 reset the rotation back to game 1.

9 Squad		Game 1	Half Time	Game 2	Half Time	Game 3	Half Time	Game 4	Half Time	Game 5	Half Time
		1	2	3	4	5	6	7	8	9	10
1	Girl	Off	GA	Off	GD	Off	C	GS	Off	GK	Off
2	Girl	GA	Off	GD	Off	C	GS	Off	GK	Off	GA
3	Girl	Off	GD	Off	C	GS	Off	GK	Off	GA	Off
4	Girl	GD	Off	C	GS	Off	GK	Off	GA	Off	GD
5	Girl	Off	C	GS	Off	GK	Off	GA	Off	GD	Off
6	Girl	C	GS	Off	GK	Off	GA	Off	GD	Off	C
7	Boy/Girl	GS	Off	GK	Off	GA	Off	GD	Off	C	GS
8	Boy/Girl	Off	GK	Off	GA	Off	GD	Off	C	GS	Off
9	Boy/Girl	GK	Off	GA	Off	GD	Off	C	GS	Off	GK

Rotation sheets can be found here - <https://www.nwleics-ssp.org.uk/rules/>

### **Playing the Ball – players must not;**

- Deliberately kick the ball
- Bounce the ball more than once
- Roll the ball to another player
- Throw the ball while sitting/lying on the ground
- Use the goalpost as support in receiving the ball or to gain balance
- Go out of court
- Throw a ball over a complete third without it being touched or caught by another player in that third
- Regain possession of the ball, having dropped or thrown it, before it has been touched by another player

### **Footwork**

- A player when receiving the ball - land 1 foot then the next foot (2) but the first foot that touches the ground must remain grounded until they release the ball. Their second foot (2) may be moved to help them pivot and face the way they are going to throw.



- A player in possession of the ball may not – drag or slide the landing foot, hop or jump from both feet and land without releasing the ball.
- A player is off-side by entering an area of the court they are not allowed in.

### **Out of court**

- Player touches the ball with a foot outside the court (on the line is in) or the ball goes out of court
- Throw ins are taken from where the ball left the court and can only be taken by a player allowed in that area

### **Defending, Obstruction & Contact**

- Defending the ball in a player's hands by out stretching the arms forward is not permitted.
- The defending players are allowed one jump to intercept from at least 1m (jumping up and down in front of a player is not allowed).
- Netball is a non–contact sport no players can knock/push or interfere with play.

### **Scoring a Goal**

- A goal is scored when the ball passes completely through the ring from top to bottom and can only be scored by Goal Shooter (GS) or Goal Attack (GA) within the shooting circle. If a goal is scored by another player the game continues.

### **Sanctions (new terminology previous known as Penalties):**

**Free Pass** – Awarded when there is an infringement of the playing the ball rule, footwork rule, or offside rule and is awarded to the opposite team. Any player allowed in the playing area can take the free pass.

**Penalty Pass/Shot** – Awarded when there is a major infringement. If Obstruction/contact occurs in the shooting circle then GS/GA may shoot for goal or pass, if outside the shooting circle the player must pass. The player taking the penalty pass may choose to either wait for the infringing player to stand by their side before passing the ball or pass the ball immediately. The infringing player is not allowed to interfere with the pass whilst it is being made.