



Sports Timeline

Please note in 2020 we are continuing modified game times for Capture the Flag, Hockey and Football. Each team will play two games per week.

Sport	Duration	Players - Min	Players - Max	Start Time	Finish Time
5/6 Netball - 6 aside	44mins	6	10	12.30pm	1.15pm
				1.20pm	2.05pm
7/8 Netball -7 aside	44mins	7	12	12.30pm	1.15pm
				1.20pm	2.05pm
Hockey	20mins	6	12	12.30pm	12.50pm
				12.55pm	1.15pm
				1.20pm	1.40pm
				1.45pm	2.05pm
5/6 Football -7 aside	20mins	7	10	12.30pm	12.50pm
				12.55pm	1.15pm
				1.20pm	1.40pm
				1.45pm	2.05pm
7/8 Football - 9 aside	20mins	9	12	12.30pm	12.50pm
				12.55pm	1.15pm
				1.20pm	1.40pm
				1.45pm	2.05pm
Ki-o-Rahi	40mins	7	12	12.30pm	1.15pm
				1.20pm	2.05pm
Table Tennis	30mins max	2	2	12.30pm	1.00pm
				1.00pm	1.30pm
				1.30pm	2.00pm
Gardening Club	90mins max	0	45	12.30pm	2.00pm
Bowls	45mins	2	2	12.30pm	1.15pm
				1.20pm	2.05pm
Circus	45mins	0	40	12.30pm	1.15pm
				1.20pm	2.05pm
Capture The Flag	20mins	15	20	12.30pm	12.50pm
				12.55pm	1.15pm
				1.20pm	1.40pm
				1.45pm	2.05pm

Sport Outlines

Hockey



Venue:

Rawhiti Domain – top grounds, in front of the Eastern Hub.

Game duration:

2x 10 minute halves. No half time break- quick change over at half time.
Each team will have two games per week.

Team and Game Conditions:

Field Size:

Both year groups will play on 25m x 55m field approximately.

Teams:

- Mixed Teams with a minimum of 2 girls on the field at any one time.
- Teams comprising of all girls may also enter this competition.
- A maximum of six players per team, with reserves allowed to interchange freely throughout the game.
- There shall be 2 forwards, 2 mid fielders, 2 backs with no goalies or kicking backs.

Field Marking and Equipment (The sidelines and goal lines):

- Standard (3.66m) goals at centre of goal lines.
- Scoring circles 9m radius – marked on sideline.
- Centre line on field.
- Free hit marks on the sidelines goal lines 9m from each back line.

Equipment:

- **Mouthguards and shinpads are compulsory.**
- Stick Size: Players should be discouraged from using sticks longer than their hip height – 32” long sticks are recommended.

Umpiring:

- Two umpires are recommended but by mutual agreement one umpire may suffice.
- All umpires to supply own whistle.

Rule Changes:

The rules of the game of hockey shall apply except that:

1. Lifting the ball above knee height or a ball that is dangerous regardless of height will be penalised under dangerous play provisions.
2. At the time of a free hit being taken no other player may be within three metres of the ball.
3. The obstruction rule (deliberate use of the body to push another player off the ball) will be penalised by awarding a free hit to the opposing team.
4. Feet: this will be penalised only when the ball is deliberately kicked or blocked. Balls
5. There will be **NO** penalty corners. Infringements inside the circle will be awarded with a free hit 9 metres from the backline (as marked on the sideline) at the point where the infringement occurs.
6. When the ball goes over the goal line, a free hit is awarded to the team that did not hit it out at a point opposite where the ball went out.
7. When games are one sided, agreement should be made to ensure a more even contest and the game result is then taken as a win with 10 goals max.
8. There is an auto pass rule at this age level, but the ball must be stopped before the auto pass is carried out.



Venues:

- Rawhiti Domain Court (1), Rawhiti School Courts (3), Avonside Girls High School (5).

Buses will collect the Avonside and Rawhiti School Netball students and return them to the domain after play. Please let the Cluster coordinator and bus driver know if your team is intending to walk to your venue.

Please note the toilets at Rawhiti are in the School Hall. Toilets at Avonside are located in the PE Block (there will be a Avonside representative in Hi-Vis to direct).

Game Duration:

- 7aside: Games will be 4 x 10 minutes with 1 minute quarter and 2 minute half time breaks.
- 6aside: Games will be 4 x 10 minutes with 1 minute quarter and 2 minute half time breaks.

7 aside - Year 7 and 8 Teams

Team and Game Conditions:

Court Size:

Full Netball Court.

Teams:

- Teams shall have a maximum of 12 players.
- Teams can be mixed.
- No more than 3 boys to be on court at any one time with one in each area – i.e. one in the defence circle, one in the attack circle, one in mid court.

Equipment:

- All teams must wear regulation bibs – i.e. positions named.
- Size 5 Ball required.

Umpiring:

- **Each team** is to provide an umpire to dual control the game with the umpire from the other team.
- All umpires umpire to their right.
- All umpires to supply own whistle.

Rules:

Please remind players:

- No jewellery – this includes NO taped earrings.
- No cycle pants.
- Short nails.
- Correct footwear.
- International rules apply.

6 aside – Year 5 and 6 Teams

Team and Game Conditions:

Court Size:

Full Courts (some modified).

Teams:

- Teams shall have a maximum of 10 players (8 is preferable).
- Mixed teams: maximum of 2 males on court at any one time.

- Only 6 players on court at any one time: 2x centre, 2 x defence, 2 x attack (the bibs shall have A, C and D).

Equipment:

- All teams must wear regulation bibs – A x2/Cx2/D x2
- Size 4 Ball.

Umpiring:

- **Each team** is to provide an umpire to dual control the game with the umpire from the other team.
- All umpires umpire to their right.
- All umpires to supply own whistle.

Rules:

Scoring:

1. Shots at goal maybe taken anywhere within the teams goal circle by the 2 attacks.

Centre Pass:

1. Paper/Scissors/Rock to determine which teams has the first pass at each quarter start.
2. After a goal is scored the non-scoring team shall have the centre pass.
3. One centre in possession of the ball shall stand wholly within the centre circle and the opposing centre standing within the centre third. The other two centres stand on the side-line in the centre third. These two centres can enter the court once the first pass has been made and they can enter anywhere they like. The centres in each team take alternative centre passes.

Throw in:

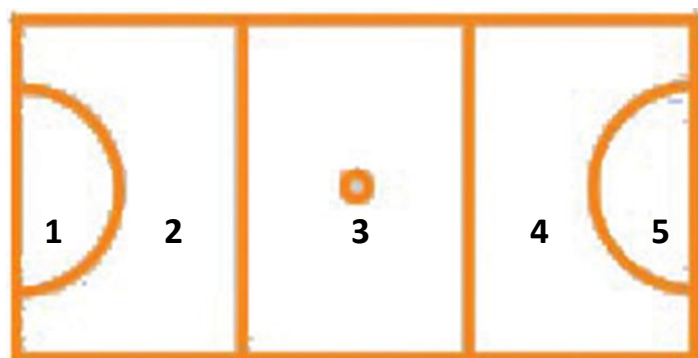
Players take turns- e.g. if it is a defence throw in- in the goal third- one defender throws in and the other defender takes the next throw in.

All other international rules apply.

Please remind players:

- No jewellery – this includes NO taped earrings.
- No cycle pants.
- Short nails.
- Correct footwear.

Positional areas:



Position	Playing Areas				
	1	2	3	4	5
Attack (2)	1	2	3		
Centre (2)		2	3	4	
Defence (2)			3	4	5



Venue:

Rawhiti Fields.

Game duration:

2x 10 minute halves. No half time break- quick change over at half time.
Each team will have two games per week.

Team and Game Conditions:

Field Size:

7 a-side (years 5 & 6):

- Pitches shall be marked and presented with appropriate size goals wherever possible.
- Where pitches are required to be marked out with cones, the following sizes apply: Minimum size 45m x 30m, maximum size 55m x 35m.

9 a-side (years 7 & 8):

- Pitches will be marked and presented with appropriate sized goals wherever possible.
- Where pitches are required to be marked out with cones, the following sizes apply: Minimum size 64m x 45m, maximum size 70m x 50m.

Teams:

7 & 9 a-side:

- Teams may be mixed.
- There is no requirement regarding the number of any one gender.

Equipment:

- Each team must provide a match ball.
- Balls – size 4 for years 5, 6, 7 & 8.
- **Shinpads are compulsory.**

Referees:

- Each team must provide a referee who will referee half the game each unless mutually agreed otherwise.
- All umpires to supply own whistle.

Rules:

1. Players not involved in the game must wear a top or jersey over their team shirt so as not to confuse teams on the field or the referee.

All the normal rules of football shall apply except for the following:

1. Deliberate offside will be penalised.
2. The coach can be on the field to assist or referee (not both).
3. Teams shall contain 1 goal keeper who may kick from the ground at goal kicks from the edge of penalty box or from their hands when play is still live, and 6 outfield players on the field at any one time.
4. Players may interchange provided the referee is notified and the ball is out of play.
5. Rolling subs may be used.

9 a-side (years 7 & 8):

FIFA rules, plus rolling subs.



Table Tennis

Venue:

Youth Alive Trust

Buses will collect the Table Tennis students from Rawhiti Domain and return them to the domain at the end of play.

Team and Game Conditions:

Teams:

- Teams of two.
- Gender is non-specific.
- Doubles matches only.

Games/Rules:

1. Teams will play best of 3 sets for a win. Sets up to 11 points per set. At 10 points all winners must win by 2 clear points (limited to 30 minutes in total- a bell/whistle will sound at the end of 30 minutes).
2. Players will change ends after each set. Change of service every 2 points except at 10 all when service changes every point.
3. For all doubles, players need to have alternative hits on their side of the table and serve to opposite sides of the table from the right hand half of the table. Serves must be completed behind the baseline of the table – no reaching over the table during service. The hand must be above the table, with the ball thrown up a minimum of 16cm after leaving the palm.
4. Net ball means the point gets played again.

If your game finishes within the 30 minute allocated time, please feel free to hand in your score card and then continue to play in a friendly/practice manner.

Equipment:

ECSRI will supply bats and balls for each game. Students can bring their own bats/balls if preferred.

Referees:

Students will umpire when not playing.

Postponements:

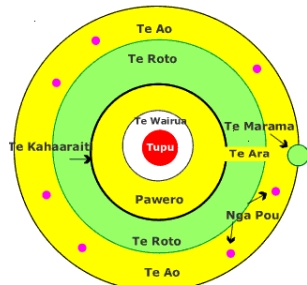
- Will be made by the Cluster Coordinator as set out in the overall winter sport instructions.
- Even though these games are indoors, they will be postponed when the outdoor sports are postponed.

**Venue:**

Rawhiti Domain – New Brighton Catholic Fields.

Game Duration:

4 x 10 minute quarters with 1 minute break in between quarters.

Team and Game Conditions:**Field Size:****Teams:**

- 8 players per team on the field, as many subs as you want on the sideline.
- At least 3 females on the field at all times.

Equipment:

Supplied by ECSRI. Schools may choose to bring their own Ki and ripper tags.

Umpiring:

Each team to provide an umpire to ensure play is run smoothly:

- 1 x watching game.
- 1 x scorer.
- All umpires to supply own whistle.

Rules:

- Ripper tag rules: 1 tag ripped- pass immediately and cannot score. 2 tags ripped-turnover.
 - Girls score double points.
 - 3 second hold rule.
1. Play is started from te Marama, with a jump ball.
 2. Kioma attempt to pass the ki to a team mate who touches a pou (for a potential point), then can touch more pou to accumulate more potential points, or run it through te roto, then place the ki on/or over the Pawero line to convert all pou touches into points on the scorecard (this is the only time they can enter te roto).
 3. Kioma cannot go through, over or enter te ara to score.
 4. If a Kioma player is "ripped" in te roto while trying to score, it is a hand over. If they run into te roto and run or pass the ki back out without being touched they retain possession, but the pou touches are recounted.
 5. If Kioma scores, play restarts with a jump ball from te marama.
 6. Out of bounds, last team in possession hand over to other team.
 7. Taniwha scores by hitting the tupu with the ki and play carries on.
 8. Jump shots may be allowed if the taniwha player jumps from te roto and releases the ki before landing in Pawero. They must leave immediately and not affect play or Kioma gain possession.
 9. Players in possession must be moving or they have 3 seconds to pass or shot or hand it over.
 10. Players may get the ki from other zones as long as part of their body stays in their legal zone. Taniwha may take jump shots at the tupu as long as the ball is released before they touch the ground (some lwi play no entering other zones or penalties may occur. This is called the Turangawaewae rule).

Gardening Club

Propagating Young Gardeners



Eastern Community
Sport and Recreation
Incorporated

Venue:

New Brighton Community Garden.

Programme:

Students will arrive at the New Brighton Community Garden on a weekly basis and undergo the following activities/ programme:

- Gardening (propagating seedlings and planting)
- Art/Craft (make a bird feeder and a hand scrub with herbs from the garden)
- Cooking, (pumpkin pancakes and apple roses)
- Electric garden

Equipment:

- To be supplied by the community garden, schools/students are asked to bring devices on their "Electric Garden rotation".
- Students to bring own gumboots and jacket.

Students are to be accompanied by an adult down to Gardening Club. It is important for Schools to inform the adult attending the gardening club if students are not there on the day.



Bowls

Venue:

Rawhiti Indoor Court (Eastern Hub).

Game Duration:

35-minute games, with 5-minute brief and 5-minute debrief.

Team and Game Conditions:

Field size:

Modified bowling mats: 1.8 x 6.5m.

Teams:

- Teams of two (pairs)
- Gender is non-specific
- Pair matches only

Equipment

Canterbury Bowls to supply bowls and mats for each game.

Umpires:

Students to umpire when not playing. Coaches will be available to help with scoring if needed.

Rules:

Week 1-2 will be learning/friendly matches. Week 3-8 will be round robin competition format with a mixture of traditional and target games.

1. All game will be played in the spirit of "Fair Play". To mark this all players will shake hands before and after the game.
2. All games will be played as pairs, with two bowls per participant per end.
3. 35 minutes with ten minutes between games. A bell/whistle will sound at the start and end of play. Teams are to complete the end they have started once the end of play bell sounds.
4. Paper/Scissors/Rock will decide who starts the game.
5. The aim is to get as many bowls as close to the jack as possible on each end.
6. **Scoring-** the team that has the closest bowl(s) to the jack before the oppositions closest bowl(s) is/are to the jack, will win the end and 1 point (maximum 4 points).
 - a. To measure the distance of bowls use your feet, or measuring stick.
 - b. If players are unsure of which bowl is closest, please ask for a coach.
7. If bowls go outside of the marked area, the bowl is out and needs to be removed from the outside area.
8. If the bowl lands on the edge of the mat then the bowl is still in.
9. If the bowl rolls outside the mat and rolls back in before it stops then the bowl still counts.
10. The jack is to be placed on allocated markers.
11. Be careful with the bowls, they can harm court and toes if dropped.

Postponement:

- Will be made by the Cluster Coordinator as set out in the overall winter sport instructions.
- Even though these games are indoors, they will be postponed when the outdoor sports are postponed.



Circus Club

Venue:

Christchurch Circus Trust, Roy Stokes Hall.

Buses will collect the Circus students/adults from Rawhiti Domain and return them to the domain at the end of the day.

Duration:

45minute sessions.

Programme:

This eight-week circus programme will give children the opportunity to try out and develop skills in a variety of circus disciplines. We will focus on 2 -3 circus areas each week. We will repeat these areas the following week to enable students to develop confidence and build on these skills learnt. There will be an aim for students to select and focus on particular skill areas.

Week 1 and 2: Partner acrobatics and toss juggling.

Week 3 and 4: Trapeze and Balancing Globe and tight wire.

Week 5 and 6: Rola Bola, Hula and Diabolo and gymnastics

Week 7and 8: Aerial hammock and and Diabolo or toss juggling or Hula

**Venue:**

Rawhiti fields.

Both year groups will play on 30m x 50m field approximately.

Game duration:

2x10minute halves. No half time break- quick change over at half time.

Each team will have two games per week.

Teams:

- Mixed teams with a minimum of 2 girls on the field at one time.
- If teams do not meet the minimum ratio, points will be deducted from overall score (e.g. 1 point for each girl missing).
- 15 players a side.
- Rolling subs allowed, as long as substituting for a player in their own half (e.g. hasn't been ripped) and is at least 10m back from the half way point.

Equipment

- Soft balls at each end of field in base/safe zone, supplied by ECSRI.
- 4 Cones at each end in a square signaling the 'base/safe zone'.
- Ripper tags

Referee

- Each team is to supply a referee to ensure the game is run smoothly.
- All referees to supply own whistle.

Rules

The aim of the game is to retrieve the ball from your opposition's base and bring it back to your teams own base without being ripped.

A point is scored when a team brings the opposition's ball back to their own base. Once a point is scored play is restarted, all players back on their half and balls back to each base.

1. Your own team's half (territory) of the field is safe for your team (unless you are the player that has the ball- see rule 4 below).
2. If a player is ripped in the oppositions half they must sit down until rescued. The sitting player can be rescued by another teammate who hasn't been ripped, by linking arms with the player and retreating back to their team's own half. Once the two players have linked arms, they are safe to retreat (and cannot be ripped) and once back in the half they can both begin playing again.
3. If player is ripped with the ball, the player sits down and the ball goes back to the base.
4. Players can be ripped in their own half, ONLY if they have the ball (e.g. running back to base to score).
5. If the ball touches the ground (dropped, not caught on the fall), the ball goes back to base.
6. Players can move (throw, kick) the ball to a team mate in their own half but if dropped the ball goes back to the start.
7. Players cannot directly kick the ball from their safe zone (base) into their own half.
8. Players who have made it to the opposition's base to collect the ball are in a 'safe zone' and will be safe from taggers until they choose to move out of the zone (with or without the ball).
9. Defending players cannot 'goose guard' the base/safe zone, they must be 2 meters away from the safe zone.
10. Defending players (both teams) cannot 'goose guard' the half way point, players must be 2 meters away from the half way line (unless making a move).

