

## Hockey

### Venue:

Rawhiti Domain – top grounds, in front of the Rugby Club.

### 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.

#### **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.
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.

## Netball

### Venues:

- Rawhiti Domain Courts (2), Beach Base Courts (2), Rawhiti School Courts (2), New Brighton Catholic School Court (1), Rawhiti Tennis Courts (modified courts) (2).

Buses will collect the Beach Base and Rawhiti School Netball students and return them to the domain after play.

### 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.
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:**

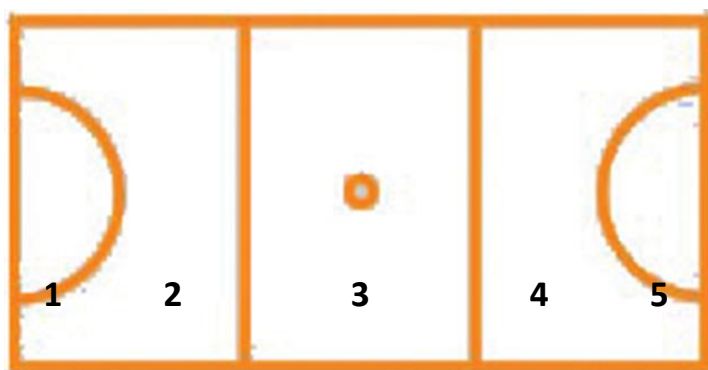
Players take turns- e.g. if it is a defence throw in- in the goal third- one defender throws in and the other defender takes the next throw in.

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				
	Attack (2)	1	2	3	
Centre (2)		2	3	4	
Defence (2)			3	4	5



## Rugby

### Venue:

- Rawhiti Domain – Rawhiti bottom ground and Thomson Park (Year 7/8).
- Thomson Park – (Year 5/6).

### 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:

- Year 5/6 and 7/8 = 10 aside.
- Teams may be mixed. No gender requirement numbers

**Mouthguards are compulsory.**

	Year 5/6	Year 7/8
<b>Ball Size:</b>	3	4
<b>Pitch Size:</b>	Half (modified)	Half (modified)
<i>Forwards/Backs:</i>	5F/5B	
<b>Substitutions:</b>	All players must play a minimum of half a game (this is to include at least two full quarters). Rolling substitutions are not permitted. Substitutions may be made at half time or approximately half way through each half when the referee will allow and signal a Substitution Break. This break should be no longer than one minute and will indicate the end of the current, and beginning of a new quarter. This Substitution Break is solely for the purpose of making substitutions – coaches are not permitted to use this break to provide coaching advice to players/teams. Non-injury substitutions can only take place at half time or these quarter time breaks. If due to a minor injury a player leaves the field during a quarter, and is cleared to later continue playing, then this player may only return at a designated substitution break, or at halftime.	
<b>Kick-off &amp; restarts:</b>	Scoring team with a drop kick or punt kick.	Normal restarts – non-scoring team with drop kick.
<b>Scrum – Players:</b>	5	
<i>Push distance:</i>	No pushing	0.5 metre
<i>Wheeling distance:</i>	No wheeling	45°
<i>Contesting:</i>	No contesting	Yes
<b>Lineout – Players: (excluding hooker)</b>	4	
<i>Contesting:</i>	Yes	
<i>Lifting:</i>	No lifting in lineouts	
<b>Penalties:</b>	Non offending team – Tap & pass. No penalty kicks at goal. Normal Laws apply.	
<b>Conversions:</b>	Drop kick or punt from in front of posts. Two points. No further out than 15m from touch line. Two points.	
<b>Tackling:</b>	Normal law applies. Correct technique and safety being paramount. Tackles must be below the nipple.	
<p><b>All Coaches involved in these games must have completed NZRU Small Blacks accreditation applicable to the level of rugby they will be coaching. This must be done before they can coach. For Course dates and further information contact the Cluster Coordinator directly.</b></p> <p><b>All players also need to be registered with the Canterbury Rugby Association. Please find attached the CRFU</b></p> <p><b>Player Registration Form at the end of this booklet. The registration form needs to be completed and sent back to the Cluster Coordinator prior to the first game.</b></p>		

No coaches on the field, 1 qualified referee per game (or 2 qualified referees may referee half a game each by mutual agreement). All umpires to supply own whistle.

## Football

### Venue:

Rawhiti (Bottom Rugby) 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 30minutes).
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 30minute allocated time, please feel free to hand in your score card and then continue to play in a friendly/practice manner.

**Equipment:**

ECSRI to supply bats and balls for each game.

**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.

## Ki O Rahi

### Venue:

Rawhiti Domain – New Brighton Catholic Fields.

### Game Duration:

4 x 5 minutes. Quick change over between quarters.  
Each team will have two games per week.

### Team and Game Conditions:

#### Field markings:

#### Teams:

- 8 players per team on the field, as many subs as you want on the side-line.
- At least 3 females on the field at all times.
- At least 3 year 5/6 on the field at all times.

#### Equipment:

Supplied by ECSRI.

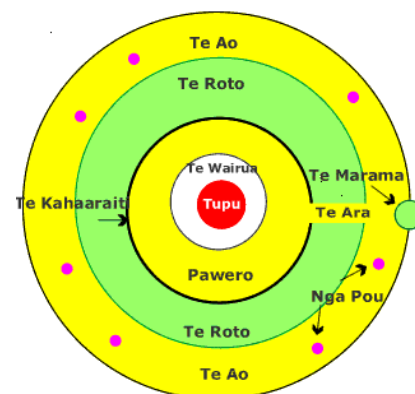
#### Umpiring:

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 board. (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**

**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:

- Learning to propagate
- Learning how to save seed and sow seed
- Some winter planting
- Learning about maintaining the garden
- Some harvesting, preparing and cooking from the garden
- Beneficial planting (awareness of good bugs and bad bugs)
- Fun garden art

**Equipment:**

- To be supplied by the community garden
- Students to bring own gumboots and jacket

Students to assemble by the “ECSRI Gardening” sign, accompanied by an adult. It is important for Schools to inform the adult attending if students are not there on the day.



## Bowls

**Venue:**

Rawhiti Indoor Court (New Brighton Rugby Club).

**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 3-10 will be round robin competition format.

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 Children from Rawhiti Domain and return them to the domain at the end of the day.

**Duration:**

45minute sessions.

**Programme:**

This 10 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: Rola Bola, Hula and Diabolo.

Week 6 and 7: Aerial hammock and Trapeze and Diabolo or toss juggling or Hula

Week 8 and 9: Balancing Globe or Rola Bola or tightwire and mini trampoline

Week 10: Tumbling acrobatics, balancing choice and juggling choice.