

**National
Community Games
Activities Rules**



**Community
Games**

All Participants must be over the age of 6 on the 31st July in the year of National Competition. All ages mentioned are relevant to the 31st July in the year of National competition.

Updated April 9th 2014

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In all Community Games activities, to comply with the intention of the motion carried, the term - Boy or Boys infers the Male Gender only - Girl or Girls infers the Female Gender only - Mixed infers both genders.

Age Guidelines

- **Under 16:** Competitors born on or before 31 July 1998 are overage
- **Under 15:** Competitors born on or before 31 July 1999 are overage
- **Under 14:** Competitors born on or before 31 July 2000 are overage
- **Under 13:** Competitors born on or before 31 July 2001 are overage
- **Under 12:** Competitors born on or before 31 July 2002 are overage
- **Under 11:** Competitors born on or before 31 July 2003 are overage
- **Under 10:** Competitors born on or before 31 July 2004 are overage
- **Under 9:** Competitors born on or before 31 July 2005 are overage
- **Under 8:** Competitors born on or before 31 July 2006 are overage

Note: Please also check activity rules. In some events competitors must also be over a certain age.

National Rule at National Festival level a competitor can only take part in one team event, one individual event PLUS a swimming squad or athletics relay event. (All Cross Country competitions, Marathon, Mixed distance relays are classified as Team Events at National Festival).

At National Festival all under 8 participants will receive a participation year medal. U9 to U16 participants at National Festival will receive a National Festival Participation year pin.

1st/2nd/3rd/4th placing's will continue to receive medals.

In Exceptional Circumstances a maximum of two individual team members may be replaced on teams qualified for the National Festival. Applications for replacements will only be considered where the original team panel form has been completed in full. The County Secretary must supply valid reasons for the replacement to be granted no later than 48 hours prior to the event at the National Festival. A three person Panel will adjudicate on all applications.

Participation Replacement Forms will be available through the County Secretaries and on the Community Games Website.

ART

Event Type - Individual Event

Age Category - U8 over 6, U10 over 8, U12 over 10, U14 over 12, U16 over 14

Panel Details – Boys / Girls

The use of aerosols (spray paint etc.) in Art competitions is not allowed

Maximum Time allowed is 3 Hours

1. An exhibit must have a Community Games theme.
2. A competitor will enter only one exhibit at each level of competition.
3. An exhibit may be a painting or a drawing or a collage or a cartoon.
4. At Area and County level the title of each exhibit must be clearly marked on the front of the exhibit.
5. The name address, date of birth and signature of the competitor must be on the back. At National Festival, only the age group and county number will appear on the back.
6. A supervised competition must be held at both area and county level.
7. At the National Festival Art competition under the supervision of the adjudicators competitors will be required to paint, draw, sketch or collage –
 - (a) U8s & U10s his/her own choice of any community games theme.
 - (b) U12, U14 & U16 one only of 4 (four) taken from a list of 10 (ten) community games activities made available to counties by end of October of the previous year. The 4 (four) will be drawn 15 minutes prior to commencement of competition in the venue.
8. There will be adjudication at all stages of the competition. The panel of adjudicators will not be less than three.

Adjudication will be based on: -

 - Observation of Events
 - Creativity and Originality
 - Natural Ability
9. Competition at Community games Festival will be adjudicated on supervised work only.
10. All exhibits at the National Festival will be the property of the Community Games. Prize-winning exhibits at National Festival will be returned and made available for exhibition in the counties.
11. Maximum size of an exhibit in the Art competition will be 60cm x 70cm
12. Competitors will use their own choice of paper in accordance with Rule 11.
13. All papers must be scrutinised prior to the commencement of competition and if any paper is deemed to be prepared, the competitor will be automatically disqualified.
14. Visual aids i.e. photographs, newspaper cuttings, transfers, objects etc., will not be permitted and adjudicators will request the removal of any item they consider as helping the competitor.
15. Materials for a collage are permitted.

ATHLETICS TRACK EVENTS (Individual Events)

Boys & Girls U/8 years **Over 6** 60M & 80M

Boys & Girls U/10 years **Over 8** 100M & 200M

Boys & Girls U/10 years **Over 8** 60m Hurdles

Boys & Girls U/12 years **Over 10** 100M & 600M

Boys & Girls U/14 years **Over 12** 100M & 800M

Boys & Girls U/14 years **Over 12** 80m Hurdles

Boys & Girls U/16 years **Over 14** 100M & 1500M

Boys & Girls U/16 years **Over 14** 7Km Marathon

In the U8 track events at the National Festival after the heats the first 4 competitors will go on to the semi-Final and the remainder in each heat will go on to a second competition.

Starting blocks are not permitted.

Spikes are only permitted in the U/14, U/15 and U/16.

Rules of the I.A.A.F. to apply except where amended by Community Games rules.

Competitors can compete in one individual event plus a team relay.

HURDLES U/10 Over 8 60 metres

There will be **4 hurdles 45cm high and spaced 10m apart** with a 15m run-up and 15m finish.

HURDLES U/14 Over 12 80 metres

There will be **8 hurdles 70cm high and spaced 8 metres apart** with a 12m run up and 12m finish.

1. All races may be started by the actual report of a pistol or other similar apparatus fired upwards into the air but not before all the competitors are quite still on their marks. A whistle may be used but a whistle must be used in all U/8 and U/10 events.
2. At all Community Games competitions, the words of the starter will be, in races up and including 400m – “On your marks”, “Set” and when all the competitors are still, the race will be started. In races over 400m the words will be “On your marks” and when the competitors are still, the race will be started.
3. A competitor must not touch either the start line or the ground in front of it with his hands or his feet when on his marks.
4. On the command “Set”, all competitors with the exception of U/8 and U/10 will without delay assume their full and Festival set position. Failure to comply with this command after a reasonable time will constitute a false start.
5. If a competitor leaves his mark with hand or foot after the words “On your marks” or “Set” as the case may be and before the race is started it will be considered a false start.
6. Any competitor making a false start must be warned. If a competitor is responsible for two false starts he will be disqualified except in the U/ 8 and U/10 events.
7. At the National Festival the first 4 in each heat will qualify for the semi-Final and the first 4 in each semi-Final will qualify for the Final.

8. At the National Festival all qualifiers will be given discs.
9. At county Festival the area numbers must be displayed on front and back on all competitors' vests.
10. At National Festival, county numbers must be displayed front and back on all competitors' vests.
11. Track and field referees decisions at area, county or National Festival are Festival provided he has applied the rules and bye laws of the Community Games and no appeal will be accepted on such referees decisions.
12. At all Finals only equipment officially provided will be used by competitors.
13. At all Finals involving U/8 competitors, the track referee is empowered to order a re-run without disqualifying any competitor, following consultation with the starter and finish line judges.

MARATHON

Event Type – Team Event

Age Category - U16 Over 14

Panel Details: Panel of 4 Boys / Girls

All Panel Members Should Compete

1. At county level the first four (4) competitors over the finish line, will represent their county at the National Festival in both the Boys and Girls Marathon.
2. At the National Festival the marathon (boys & girls) will be **regarded as a team event** with 3 of the 4 runners to score per county. The total score per county to determine the result.
3. Prizes of 1st, 2nd, 3rd and 4th places will be awarded for both the individual and team events

RELAY RACES

Event Type - Relay Races 4 x 100M

Age Categories

Mixed U/10 Over 8 - Panel 6 (3 boys/3 girls)

Boys U/12 Over 10 - Panel 6

Girls U/12 Over 10 - Panel 6

Mixed U/13 Over 10 -Panel 6 (3 boys/3 girls)

Boys U/14 Over 12 - Panel 6

Girls U/14 Over 12 - Panel 6

Mixed U/15 Over 13 -Panel 6 (3 boys/3 girls)

Boys U/16 Over 14 – Panel 6

Girls U16 Over 14 – Panel 6

Relay Race 4 X 200M - Mixed U16 Over 14 – Panel of 6 (3 Boys and 3 Girls)

All Panel Members Present at National Festival Should Participate.

Lines will be drawn across each lane to mark the stages (100m) to denote the scratch line.

1. Lines will be drawn 10m before and after the scratch line to denote the take-over zone within which lines the baton must be passed.
2. Members of a team other than the first runner may commence running not more than 10m outside the take-over zone. A distinctive mark will be made in each lane to denote the extended limit.
3. A competitor may mark or place a check mark within his own lane.

4. The baton must be carried in the hand throughout the race. If dropped it must be recovered by the athlete who dropped it.
5. Competitors after handing over the baton must remain in their own lanes until the course is clear to avoid obstructions to other competitors. Should any competitor impede a member of another team at the finish of a stage he will cause disqualification of this team.
6. Relays are team events with a registered panel submitted. No substitution is allowed.
7. Subject to rule 9, any member of the panel may run any leg of the relay at any stage of the competition. No member may run two legs of a race.
8. In the semi-Festival and Festival of relays at National level, an open draw will be made for lanes at which a manager from each team involved will have the right to be present and witness the draw.
9. In U10, U13, U15 & U16 mixed relay 2 boys and 2 girls to run.

ATHLETICS- FIELD EVENTS NOTE: All FIELD Events: At National Festival: following the order of county numbers, competitors will have three throws/attempts at the event. After each throw/attempt, the competitor goes to the back of the line to maintain the sequence. The top eight competitors will then proceed to the next round where they will have three further throws. Their distances/heights from the first round are carried forward to this final stage.

At County Level: the county executive will decide the format for field events but competitors must be notified of the format before the competition commences, for example three attempts only or a second round with three additional attempts.

BALL THROW

Event Type - Individual Event

Age Category - U12 **Over 10**

Panel Details – Boys / Girls

Ball Size: Standard 4

1. The runway will be marked by two parallel lines 4m apart with a 90 degree sector emanating from the corner points. The throw will be made from behind an arc which joins the two parallel lines which is derived from a point 2m back, all measurements will be taken as follows, the tape will be pulled through the centre point of the arc and measured at the dissection of the arc.
2. The competitor may throw the ball from a standing position or use the run up technique.
3. The competitor must throw the ball over arm.
4. An under arm, side arm or any other technique will be deemed a foul throw.
5. If a competitor touches any part of the scratch line or ground beyond with any part of his body, it is deemed a foul.
6. A valid throw is signalled by a white flag being raised in the throwing area and a throw shall be measured. If a red flag is raised this signals a foul and the throw is not measured.
7. A throw is complete when the ball stops rolling and must be measured at that point.

JAVELIN

Event Type - Individual Event

Age Category - U14 **Over 12**

Panel Details – Boys / Girls

Junior Javelin 500g is used

1. The runway will be marked by two parallel lines 4 meters apart. The throw will be made from behind the arc of a circle drawn with a radius of 8 metres.
2. The Javelin must be held at the grip.
3. No throw will be valid in which the metal head does not strike the ground before any other part of the Javelin or when the competitor touches the arc with any part of his body or limbs. The competitor may cross either of the parallel lines provided he does not go beyond the end of the parallel lines.
4. At no time after preparing the throw, until the Javelin has been discharged into the air may the competitor turn completely around so that his back is to the throwing arc.
5. The Javelin must be thrown over the shoulder or the upper part of the throwing arm and must not be slung or hurled.
6. All throws to be valid must fall within the inner edge of lines marking the sector set out on the ground extending for a distance of 90 metres. The lines extend from the centre of the circle of which the arc is part, through the points at which the arc joins the lines marking the runway. The end of the radius lines should be marked with sector flags.
7. At the National Festival the Javelin officially provided will be used, competitors may use their own Javelins, subject to inspection by the track referee, and it must be made available to all the other competitors.
8. All measurements will be made immediately after a valid throw.

DISCUS

Event Type - Individual Event

Age Category - U16 **Over 14**

Panel Details: Boys / Girls

1. The throw will be made from a circle 2.5 meters in diameter.
2. The throw must fall within a 34.92 degrees sector.
3. When the throw is complete the competitor must leave from the rear half of the circle.
4. The weight of the discus will be 1 kg.
5. At all Finals only the discus officially provided will be used by competitors.
6. All measurements will be made immediately after a valid throw.

Note: To obtain a 34.92 degree sector, mark an isosceles triangle from the centre of the circle with two equal sides of 10m and a base of 6m.

HIGH JUMP

Event Type - Individual Event

Age Category - U16 **Over 14**

Panel Details – Boys / Girls

1. The competitors must take off from one foot.

An athlete fails if:

- After the jump, the bar does not remain on the supports because of the action of the athlete whilst jumping; or
- He touches the ground including the landing area beyond the vertical plane through the nearer edge of the crossbar, either between or outside the uprights with any part of his body, without first clearing the bar. However, if when he jumps, an athlete touches the landing area with his foot and in the opinion of the Judge, no advantage is gained; the jump for that reason should not be considered a failure.

Note: To assist in the implementation of this Rule a white line 50mm wide shall be drawn (usually by adhesive tape or similar material) between points 3m outside of each upright, the nearer edge of the line being drawn along the vertical plane through the nearer edge of the crossbar.

LONG JUMP

Event Type - Individual Event

Age Category - U14 **Over 12**

Panel Details – Boys / Girls

1. The take-off will be marked by a board sunk level with the runaway and the surface of the landing area.
2. It will be counted a failure if any competitor touches the ground beyond the take-off line whether running up without jumping or in the act of jumping.
3. All jumps will be measured from the mark nearest to the take-off line in the landing area, made by any part of the body or of the clothing worn.
4. Officials must ensure that "Break Marks" are clearly visible in the take-off area.

LONG PUCK

Event Type - Individual Event

Age Category – Boys U 12 **Over 10** / Girls U14 **Over 12**

Panel Details – Boys / Girls

Ball Size: Standard 4

1. In the long puck the competitor commences his puck by striking the ball from his hand with his hurley from within a defined sector.
2. The competitor will have 3 attempts. **At National Festival each competitor will take their Puck as per county number and after each attempt they will go to the end of the line so that the Puck will be taking in sequence as per county number.**
3. The puck may be taken from a running or standing position.
4. The puck must be taken from behind a single line which will be 1.25m in length and all measurements will be made from the centre point of this line to where the ball stops rolling.
5. Should a competitor in taking a puck, crosses the line either before or after striking the ball and before the ball has landed then that puck will be declared a foul.
6. Failure to make contact with the ball using the hurley will be considered an attempt and will be declared a foul, i.e. “a fresh air”.
7. All Competitors will compete in sequence; one puck at a time and all pucks will be marked immediately after a valid puck.
8. When all pucks have been taken the 8 Competitors with the longest pucks will compete in a Festival “puck off” and will carry into the Final “puck off” their longest pucks.
9. Each of the 8 Finalist will receive a further 3 pucks in their original sequence.
10. Qualifiers from area or county preliminary competitions will not carry forward measurements to the area or county Final.
11. In the event of a tie at the end of the competition, a further 3 pucks will be taken by the competitors involved, in order to determine a Final result.

An Out of Bounds Area is defined at the National Festival.

SHOT PUTT

Event Type - Individual Event

Age Category – U14 **Over 12**

Panel Details - Boys / Girls

The weight of the shot will be 2.72kg

1. The putt will be made from a circle 2.135 meters in diameter. The throw must fall within a 34.92 degree sector.
2. The shot will be putted from the shoulder with one hand only. From the time the competitor takes a stance in the circle to commence a putt, the shot will touch or be in close proximity to the chin and the hand will not be dropped below this position during the act of putting. The shot must not be brought behind the line of the shoulder.
3. All measurements will be made immediately after a valid putt.
4. When a competitor has completed his putt he must leave from the rear half of the circle.

At the Festival only the shot officially provided will be used by competitors.

TRIPLE JUMP

Event Type - Individual Event

Age Category – Boys U16 **Over 14**

Panel Details – Boys / Girls

1. The Triple Jump shall consist of a hop, a step and a jump in that order.
2. The hop shall be made so that an athlete lands first on the same foot as that from which he has taken off; in the step he shall land on the other foot, from which, subsequently, the jump is performed. It shall not be considered a failure if an athlete, while jumping, touches the ground with the “sleeping” leg. 5m take off Board (Short Board) to be used where possible

BADMINTON

Event Type - Team Event

Age Category - U15 Over 12

Panel Details - Panel of 6 Boys / Panel of 6 Girls (Separate Competitions)

All Panel members Present at National Festival Should Compete

Cork Based medium plastic shuttles only may be used

1. All matches will be played in accordance to the International Badminton Federation rules except where amended by Community Games Rules.
 2. A team of 4 must field at commencement of match otherwise the team is disqualified.
 3. The format of the match will be two Singles & one Double. A player may only play in one Singles or the Doubles.
 4. **Each Match will consist of the best of 3 games of 21 points.**
 5. The co-ordinator must be given in writing before the match the order in which members of each team will play. The order may be changed for subsequent matches.
 6. The umpire's decision in all games will be Final.
 7. The umpire will be the sole judge as to when a new shuttle will be introduced to play.
- All Players must wear appropriate dress.

BASKETBALL

Event Type - Team Event

Age Category – Mixed U11 **Over 9** Boys & Girls U13 **Over 10**

Panel Details - Mixed U11 **Over 9** (Panel of 10 - 5 boys + 5 girls)

Boys & Girls U13 **Over 10** (Panel of 10 Boys / Panel of 10 Girls)

Ball Sizes: U11 – Size 5, U13 – Size 6

All Panel members Present at National Festival MUST Compete.

1. Misconduct Persistent fouling – The referee will have serious regard for personal fouls.
Such as pulling an opponent, jersey pulling, vulgar or abusive language etc. and after a warning a player will be sent off the court after the next such offence. A player who is sent off shall not be allowed to take any further part in that game or in the following game that his team participates in.
2. All matches will be played according to the rules of the Basketball Association of Ireland except where amended by Community Games Rules.
3. For Mixed U11's a match will consist of 4 Quarters of 7 minutes each, with an Interval after the 2nd Quarter of 5 minutes. There will be breaks of 2 minutes between 1st and 2nd Quarters and likewise a 2 minute break between 3rd and 4th Quarters. There will be an overtime of 3 minutes where necessary.
4. For Mixed U11 years, a minimum of 2 of either gender to be on the court at all times during play.
5. For U13's a match will consist of 4 Quarters of 7 minutes each, with an Interval after the 2nd Quarter of 5 minutes. There will be breaks of 2 minutes between 1st and 2nd Quarters and likewise a 2 minute break between 3rd and 4th Quarters. There will be an overtime of 3 minutes where necessary.
6. For U11 and U13 1 time-out is allowed to each team in 1st, 2nd, 3rd quarters and 2 timeouts in the 4th quarter. One timeout will be given to each team during each period of extra time. No carry over (clock stopped during time-out).
7. For Mixed U11's No Full court press allowed. Players must return to the back court after a score or when the referee has stopped the game for a violation or a foul.
8. For U13's Full court press is allowed only in the 4th quarter. You cannot press if your team is winning by 15 points or more
9. Defensive - Man to Man Defence mandatory for all competitions up to and including U13
10. Three (3) point score is allowed
11. When fouls are committed prior to end of each Quarter such free shots as are warranted by the foul must be allowed. When the final shot is taken play ends and the score at the end of play determines the result of the match.
12. Drawn matches will be decided as follows:
3 minutes extra time must be played. If there is no result, further periods of 3 minutes time must be played until there is a result.
13. Alternate possession is to be used instead of jump ball with the exception of the initial jump ball to commence the match.

CAMOGIE

Event Type - Team Event

Age Category - U14 **Over 10**

Panel Details: Panel of 16 Girls (12+4Substitutes)

Ball Size: Standard 4

Protective gear such as shin guards, gum shields and hand protection may be used.

All Panel members Present at National Festival MUST Compete

1. Misconduct

Persistent fouling – The referee will have serious regard for personal fouls such as pulling an opponent, jersey pulling, vulgar or abusive language etc. and after a warning a player will be sent off the field after the next such offence. A player who is sent off shall not be allowed to take any further part in that game or in the following game that his team participates in

2. All players must wear protective headgear. Players not wearing protective headgear will not be allowed field by either the co-ordinator or referee or official in charge. If during a match a player discards her headgear, refusal to replace it will be a sending off offence. The player cannot be substituted. Continued discarding of headgear will be deemed a refusal.

3. The playing rules of the Camogie Association will apply except where amended by the Community Games rules.

4. The game will be 25 minutes each half.

5. The game will be 12 players a side. A team must field a minimum of 10 players at the commencement of the game. Failure to do so will result in disqualification. A team may compete with a minimum of 10 players.

6. Shorts may be worn.

7. Measurements of the playing field at National Festival will be:-

Length 95m x 50m: wide.

Goals: 4.5m wide x 2.2m high.

Markings:-10m, 13m, 15m, 20m, 40m and midfield.

("65" becomes "40")

Parallelogram to be marked out.

8. Camogie Draws

In the event of a draw at the end of normal time 10 minutes per half, extra time will be played. If the sides are still level at the end of extra time 5 different players of each team will alternately take a 15m free. Three players from the opposing team may stand on the goal line. If a player fails to rise the ball she may hit it on the ground but may not attempt to rise it again. No player from the same team as the free taker may interfere with play. Goals and points will decide the result. If the sides are still level at the end of **5 frees per team**, 5 different players from each team will then alternately take a 15m free and so on until a result is arrived at.

CHES

Event Type - Team Event

Age Category - U16 & U12 All Boys, All Girls, Mixed

Panel Details: Panel of 7 (5 Players + 2 Substitutes)

All Panel members Present at National Festival Should Participate

1. Rules as defined in "Laws of Chess" as laid down by F.I.D.E. will apply, except where amended by Community Games rules.
2. Rule of "Touch and Move" will be strictly enforced.
3. **A team will consist of 5 players numbered 1 to 5 selected in order of playing strength. One Player to act as captain. The declared Strength order cannot be changed; players will always play in Strength order and substitutes will always play on the lowest boards, also in descending order.**
4. Teams will report to the playing venue at least 15 minutes before the time scheduled for the commencement of play so that normal formalities may be completed.
5. The co-ordinator must be given in writing at least 5 minutes before the scheduled commencement of play the order in which members of each team will play.
 - a) Each game won, scores 1 point, each draw half a point, each loss 0.
 - b) Before each match, opposing captains will draw for colours.Alternate players on each team will have the same colours.
6.
 - a) Maximum playing time will be three hours with each player being allocated one and half-hours for all his moves. "Allegro" moves will apply only to the last quarter hour of each player's time.
 - b) A chess clock will be used where possible but must be used at National Festival.
7. Allegro Chess.
 - a) Where a game has not already been decided by checkmate, resignation stalemate, or other form of draw, the player whose allotted time expires first loses unless the material remaining to the opponent is insufficient to secure a victory. In these circumstances the game is declared a draw.
 - b) In Allegro Chess tournaments, illegal moves lead to an immediate loss.
8. Prompting by onlookers will lead to the disqualification of the player involved.
9. Any dispute must be brought to the attention of the co-ordinator immediately - not at the conclusion of play.
10. The referee's decision will be Final.
11. The National Festival will be played on a knockout system i.e. two semi-Final, play off and Final.
12. Each team must be accompanied by a team manager. It will be part of his function to ensure that each team brings three "Staunton" type chess sets and suitable boards to each match venue. These sets should be of a reasonable size with 70mm King.
13. It will be the function of the co-ordinator to ensure that adequate boards, sets and clocks are available for National Festival.
14. **In the event of the game point tie break not deciding the winner, the following shall be applied:**

A re-count of all game points for the tied teams discounting the board 5 scores.

A re-count of all game points for the tied teams discounting the board 4 scores.

The result of the match between the tied teams, if they played each other.

A re-count of all game points for the tied teams discounting the board 3 scores.

A re-count of all game points for the tied teams discounting the board 2 scores.

CHOIR

Event Type - Team Event

Age Category - U13 /U16

Panel Details: Panel of 10 to 20 Voices All Boys, All Girls, Mixed

All Panel Members Present at National Festival Must Participate

1. Own choice of 2 or 3 songs
2. The duration of the performance must not exceed 12 minutes.
3. There will be a minimum of three (3) adjudicators at area, county and provincial level. **At National Festival a minimum of three (3) adjudicators will adjudicate.**
4. One accompanist is allowed who may be an accompanying adult or a member of the choir panel. If accompanist or conductor is U/13 or U/16 he will be considered as part of the panel, max. 20. If not U/13 or U/16, one person over 16 and U/18 may be used as accompanist or conductor. Those over 18 will be considered as team managers.
5. One conductor is also allowed as per rule 4
6. Judging Criteria: - Marks
 - a) Clarity of text pronunciation.. 20
 - b) Tone 20
 - c) Accuracy of rhythm15
 - d) Phrasing and breathing 15
 - e) Discipline on stage 10
 - f) Choice of Songs10
 - g) Overall entertainment 10
7. No tape recorders or pre-recorded or pre-programmed music or sounds will be permitted.
8. Marks for Choir will be given out when announcing results of competition.

CROSS COUNTRY

Event Type - Team Events

Age Category - U13 **Over 11**

Panel Details: Panel of 10 (5 Boys and 5 Girls)

All Panel Members Present at National Festival Should Compete

Counties may enter one team in each event.

No Spikes allowed

1. A Minimum of 4 Boys and 4 Girls must be entered on a team. Distance 1,200m
2. Score of first 4 Boys & 4 Girls of each team over the finish line to count to decide the placing.
3. **Semi-Finals and Final or Straight Final as decided by Activities Director (Health and Safety).**
4. Team must qualify through semi-final to compete in Final **subject to Rule 3.**
5. The first four boys and first four girls in the U/13 mixed Final will be awarded individual medals.

U/12 Over 10 Mixed Distance Relays Boys and Girls (Distances - 400 & 600 Meters) No spikes allowed

Panel of 6 – Team of 4 to run

Note: The county Panel should be made up of the first 3 competitors duly qualified in order of finish at the County Finals Competition in the 400 Meters event and the 600 Meters Event.

1. Separate Competition for Boys and Girls
2. The Race will be run over a Cross Country Course in the following order –
 - a. 1st Runner – 600 meters 2nd Runner – 400 meters
 - b. 3rd Runner – 600 meters 4th Runner – 400 meters
3. A Runner may only run in one leg of the race
4. The Number of Heats will depend on the number of entries with a selected number of teams from each heat to qualify for the Final.

U/14 Over 12 Mixed Distance Relays Boys and Girls (Distances - 600 & 800 Meters) No spikes allowed

Panel of 6 – Team of 4 to run

Note: The county Panel should be made up of the first 3 competitors duly qualified in order of finish at the County Finals Competition in the 600 Meters event and the 800 Meters Event.

1. Separate Competition for Boys and Girls
2. The Race will be run over a Cross Country Course in the following order –
 - a. 1st Runner – 800 meters 2nd Runner – 600 meters

b. 3rd Runner – 800 meters

4th Runner – 600 meters

3. A Runner may only run in one leg of the race
4. The Number of Heats will depend on the number of entries with a selected number of teams from each heat to qualify for the Final.

CYCLING ON GRASS

Event Type – Individual

Age category - U14 Over 12 / U12 Over 10

Panel Details – Boys / Girls

Protective headgear must be worn by all competitors, at all levels of competition

Cyclists will use their own bikes. Subject to approval of the Activities Committee

1. The distance will be 2km on grass.
2. A fixed gear of the participant's choice to be allowed.
3. This event at the National Finals to be run on the "Hot Point" system.
4. Two "Hot Points" on laps 2, 3, 4 & 5
5. (No "Hot Point" on lap 1) Points (marks) to be awarded to the first six past the "Hot Point" as follows 6, 5, 4, 3, 2, 1, except on the last "Hot Point"(Finish) which will be 10, 7, 5, 3, 2, 1. The competitors with the highest points will be placed 1st, 2nd, 3rd & 4th. In the event of a tie at "Hot Points" place points to be added and divided between the competitors involved i.e. a tie between two competitors for first place at a "Hot Point" marks $6 + 5 = 11$ divided by 2 = 5.5 each.
6. In the event of a tie to determine final placing "Hot Point" marks in reverse (count back) order will determine winner. In the National Finals where there are only 16 or less competitors the first 4 be taken from two heats and those 8 go into a straight finals. A push start must be from a stationary position. Failure to comply will be deemed a false start. A further false start committed by any member of the start line will incur a disqualification.

DEBATING

Event Type - Team Event

Age Category - U16

Panel Details: Mixed Panel of 4 (2 Boys and 2 Girls)

1. Captain and 2 others to speak for each team.
2. The format for debates in the competition is three speakers a side with only two teams in each debate, a Chairperson and a Timekeeper with two Adjudicators.
3. Speaking time for speeches: Minimum for all speakers is 1 minute. For Captains opening and closing speeches, 2 min maximum. All remaining teammates have 1½ min maximum. A clap will be given when 30 seconds of the allotted time is left for the speaker to alert them to the time
4. It is the role of the Captain to inform the adjudicators of the names of their speakers, the order they will be speaking in and the topics each will be covering.
5. Speakers may use cue cards to refer to their notes but are not to rely solely upon them.
6. Captain of Proposing Team speaks first, then Captain of Opposing Team.
Second speaker from Team A, then second speaker from Team B and so on until all speakers have made their speech. The Captains and only the Captains, then make their closing speech each.
7. Teams and their supporters should treat their opponents, their peers and the venue with respect. Speakers who resort to sarcasm, personal attacks or criticism will be marked down.
8. Time Penalties: Those participants who go over their allocated time will be marked down.
9. Interruptions –any form of interruption during a speaker's contribution is not permitted.
10. Marks are to be awarded for content and presentation. Each to be graded out of 5 giving an overall score of 10 per speech. Adjudicators may retire to consult on their decision.
11. The decision of the adjudicators is Final in each debate.
12. A team Manager must accompany their team to the venue and cannot partake in the debate.
13. Teams will be given the motion for the debate 30 minutes prior to the debate commencing. One coach may accompany the team during this time.
14. Electronic material is not permissible during preparation time. (Paper material handwritten & printed is permissible).
15. Marks for CONTENT based on Research, Intro, Closing Sentence, Vocabulary used and rebuttal of opposition points.
16. Marks for PRESENTATION based on Role fulfilment, Structure of Points, Voice Projection, Eye Contact, Holding their audience, appropriate tone of voice, use of the cue cards.

DRAUGHTS

Event Type - Team Event

Age Category - U10 , U12, U14

Panel Details: Panel of 7 (5 Players + 2 Substitutes) – All boys, All Girls, Mixed

All Panel Members Present at National Festival Should Participate

1. Any action which may tend to annoy or distract the attention of an opponent, such as making signs or sounds, pointing or hovering over the board, unnecessarily delaying to move a piece touched or displaying any form of unsporting behaviour is strictly forbidden. One warning will be given by the referee and if the perpetrator should continue such action he will be disqualified and his opponent awarded the game.
2. While a game is in progress neither opponent may leave the room without sufficient reason or receiving the others consent or company.
3. **A team will consist of 5 players numbered 1 to 5 (with one player named as captain) selected in order of playing strength. The declared Strength order cannot be changed; players will always play in Strength order and substitutes will always play on the lowest boards, also in descending order.**
5. Teams will report to the playing venue at least 15 minutes before the time scheduled for the commencement of play so that normal formalities may be completed.
6. A match will consist of 2 games so that each player will have the first move the same number of times. One point awarded for a win and half a point for a draw.
7. Inadvertently removing, touching or disturbing from its position any piece that is not playable while in the act of jumping or making an intended move does not constitute a move and the piece or pieces will be returned to their proper position and the game continued.
8. **The standard board for draughts must be of clearly contrasting squares, with the board size not less than 37cm or more than 51cm square.**
9. The board will be placed so that the double corner of the playing squares is on the right hand side.
10. The standard pieces technically described as black and white must be clearly contrasting colours turned and round, and not less than 28mm or more than 38mm diameter.
11. The pieces will be placed on the dark squares. In printed diagrams the white squares are used.
12. The black or dark pieces will be placed on the first twelve squares of the board (numbers 1 to 12). The white or light pieces will be placed on the last twelve squares (numbers 21 to 32). Boards have numbers 1 to 32 for the purpose of recording games although the actual numbers are not written on the boards.
13. Each player will play alternatively with “black” and “white” pieces and lots will be cast for the colour only once – viz.- at the commencement of a match .The winner will have choice of “black” or “white”. In team events, only players on the opposing top boards will toss for colours and then it will be every second board, black or white as the case may be.
14. Competition will be free style in which the opening move is made by the player with the “Black” pieces.
15. A player loses when all his pieces have been taken or when he cannot move any of his remaining pieces.
16. Either player is entitled, after first advising his opponent, to arrange his own or his opponent’s pieces properly on the squares. After this adjustment has been made, however, if either player touches or arranges any piece

without advising his opponent, he will be cautioned for the first offence and will forfeit the game for any subsequent offence.

17. In the event of a clock not being in use there will be a 3-minute limit on a move. At the end of 3 minutes "Time" must be called by the person appointed for that purpose and then there is only a further minute allowed for the move to be made. If the move is not then made, the game will be deemed lost through improper delay. (If clocks are in use there will be a standard 30 moves per hour observed - less or more moves per hour can be agreed prior to commencement of play).
18. After the pieces have been arranged if the person whose turn it is to play touches one of his own playable pieces he must either play it or forfeit the game. When the piece is not playable he is penalised according to Rule 15.
19. If any part of a playable piece is played over an angle of the square on which it is stationed the play must be completed in that direction.
20. Pointing at a jump by either player is not allowed. Should a player offer a piece or pieces to be jumped by his opponent and the opponent fails to jump the said piece or pieces e.g. by moving another piece then the player has the right to compel his opponent to jump the piece or pieces offered and move back any piece moved instead of taking the jump. (The only exception to Rule 19) If there exists more than one way to jump the player takes his choice.
21. A capturing play, as well as an ordinary one is completed whenever the hand is withdrawn from the piece played even though two or more pieces should have been taken.
22. The "Huff" has been abolished. All jumps must be completed and all jumped pieces must be removed from the board.
23. When a piece reaches for the first time the squares on the extreme opposite line of the board it becomes a king and can be moved backwards or forward as the limits of the board permit (though not in the same play) and must be crowned by the opponent by placing a piece on top of it. If crowning the piece is neglected play is put back until the piece is crowned.
24. A draw occurs when neither of the players can force a win. When a position is reached where a player has two kings only and the opponent has three kings or more kings plus one piece or pieces then the player with the most material is required to complete the win in forty of his moves to be counted from the point at which notice was given. Failure to achieve this will result in a draw. Should a player with two kings lose a king at any point during the count then the player with the extra material is required to complete the win.
25. When a position is reached when one player has one king only and the opponent has two kings or more kings plus a piece or pieces then the player with the extra material must complete the win in 24 of his own moves or relinquish the game as a draw.
26. All spectators and managers must be seated at least 3m from the competitors or as directed by the referee and any spectator or manager giving assistance either by sign, sound or remark on any of the games whether playing or pending will be ordered from the room with play discontinued until such offending parties retire.
27. When teams are tied at the end of a match the result will be determined as follows:-
 - A re-count of all game points for the tied teams discounting the board 5 scores.
 - A re-count of all game points for the tied teams discounting the board 4 scores.
 - The result of the match between the tied teams, if they played each other.
 - A re-count of all game points for the tied teams discounting the board 3 scores.
 - A re-count of all game points for the tied teams discounting the board 2 scores.

28. A player in breach of any rule must submit to the appropriate penalty. His opponent is equally bound to exact same.
29. All competitions at National Festival will be run on a knock out basis, two semi-finals and a Final.

DUATHLON

Event Type - Individual Event

Age Category - U15 **Over 13**

Panel Details: Boys / Girls

1400m Run/8000m Cycle/1400m Run

Distances are in Kilometres from the start and are approximate.

Race numbers must be worn on the front and back during the entire race.

The Course

Run

The 1st run is a 1400m loop within the venue which will return the competitors to the Transition area.

Transition

You will be directed into transition from the 1st run, you must put your helmet on before touching your bike, you must obey marshals here and everywhere else on the course. You cannot mount your bike until after you cross the line at the exit of transition area.

On leaving the transition area competitors will be joining the main road; there will be marshals at every junction. Normal rules of the road apply. The roads are open to traffic.

Cycle (Helmets are Compulsory)

Competitors will exit transition and follow marshal's directions. The cycle is an 8km loop from the Transition area out onto public road and back to the transition area again. Drafting is not allowed in duathlon. Crossing the white line in the centre of the road with live traffic, will mean immediate disqualification.

Transition

On re-entry to the transition competitors must dismount before the transition area, rack their bike properly, fallen bikes, or those obstructing other racking points must be positioned correctly before leaving transition. Competitors must not remove their helmet until they have re racked their bike.

(Time penalties will incur for any indiscretion of the above).

2nd Run

The 2nd run will follow the same route as the 1st 1400 Metres.

FUTSAL

Event Type - Team Event

Age Category –Boys U13 **Over 10** / Girls U13 **Over 10**

Panel Details: Panel of 8 (5 Players + 3 Substitutes)

All Panel Members Present at National Festival Must Compete

A Futsal Ball Size 4 will be used (Designed to give a restricted bounce)

1. Misconduct, Persistent fouling – The referee will have serious regard for personal fouls.

Such as pulling an opponent, jersey pulling, vulgar or abusive language etc. and after a warning a player will be sent off the field after the next such offence.

A player who is sent off shall not be allowed to take any further part in that game or in the following game that his team participates in. A player red carded can be substituted after two minutes of play, if a team reduced to three or four players concedes a goal within those two minutes they may bring on an extra player, but only if their opponents had more players on the pitch at that time.

2. Dress - Players must wear rubber or soft-shoes and shin guards. Players shall wear numbers at least 150mm high on their backs.
3. If a team is reduced to less than 4 players, a walkover will be given.

4. Duration of the Games

The duration of the game shall be two equal periods of 15 minutes, subject to the following:-

- a. Allowance shall be made in either period for time lost through stop pages as decided by the Referee.
- b. Time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period in either half. At half time, the interval shall not exceed 2 minutes except by consent of the referee.

5. Playing Area may be indoor (Use of sidewalls is NOT permitted) or outdoor and pitch markings as follows:

- a. The playing area will depend on the facilities available. However, where possible, every effort should be made to provide measurements of at least 25m.x 15m. Markings will depend on the floor area.
- b. Goals are 3m long by 2m high. The goal area shall consist of two number quarter circles with a 6m radius taken from each of the goal uprights and joined together by a 3m straight line (or reduced according to the floor area).
- c. Corners will be marked with a 25cm radius.

6. Centre Mark. A suitable mark should be made in the exact centre of the playing area. The game commences with a kick off from the centre mark. A circle 3m in radius should surround the centre mark. A goal can be scored from kick-off.

7. Penalties. Penalty kicks shall be taken from a penalty spot marked 6m from the goal line. The goalkeeper cannot move until the ball is kicked. Another free kick spot is marked 10m from the goal line.

8. Free Kicks

- a. Direct free kicks are awarded for e.g. kicking, tripping, charging, striking, pushing, holding, slide tackling (except the goalkeeper within his area), deliberate handball and dissent. Other free kicks are indirect. When a free kick has been awarded all players from the opposing team must be at least 5m from the spot where the free kick shall be taken (failure to do so will warrant a yellow card). Any free kick awarded less than 5m from the goal area shall be brought back to a spot 5m from the goal area.
- b. When a team has accumulated five fouls in any one half of the game, every subsequent foul by that team in that half is penalized by a direct free kick from the 10m mark unless the foul was closer than 10m from the goal. The defending team is not allowed to form a defensive wall for these free kicks.

9. Score Keeper

An independent scorekeeper may be appointed to assist the referee. The scorekeeper may also act as an observer to ensure teams adhere to the correct substitution procedure (see 13 below).

10. Drawn Games

- a. In the event of scores being level at the end of normal time, extra time of two periods of 3 minutes will be played. If the scores are still level after extra time is played, a penalty shoot-out with the best of five penalties will apply (i.e. five penalties per team), and if then still level, sudden death penalties will apply.
- b. All players and substitutes are eligible to participate in a penalty shoot-out or in a “sudden death” penalty shoot-out, subject to rule 12.
- c. A list containing the rotation of penalty takers must be given to the referee after extra time is played (if a team finishes with only 4 eligible penalty takers their opponents must reduce their penalty takers to 4).

Failure to comply with the above will result in the loss of the game.
- d. The Goalkeeper may be changed with an outfield player or any eligible substitute for a penalty shoot-out etc, but cannot be changed during the penalty shootout unless he is injured.

11. Ball in & out of play

- a. When the ball goes out of play over the sideline, a kick in is awarded. The ball must be placed on the line. Players have 4 seconds (after the referees whistle) to kick the ball back into play or they will surrender the kick in to the other team. The kicker cannot touch the ball again until it has being played by another player. Opposing players must be 5m from the ball when being kicked in. Goals cannot be scored direct from a kick-in.
- b. When the ball goes out of play at the end line, the goalkeeper shall throw using an underarm throw and not kick the ball back into play. A goal cannot be scored directly from a throw in. **Goalkeepers must throw the ball, using an underarm throw, back into play within 4 seconds of receiving it or concede a free kick from the 10m spot to the opposing team.**
- c. Normal corner kick rules apply (kick must be taken within 4 seconds after the referees whistle) – opponents must be 5 m from the ball.

12. Substitutions

Each team can name up to three substitutes and can make unlimited substitutions at any time. The substitutions must be made through a designated zone or area. However, if a player enters the pitch before a

player being substituted has left the pitch, the player entering the pitch will be cautioned and his team shall concede a free kick from the centre mark.

13. Goalkeeper returning the ball into play:

- a. As outlined above (11b) **Goalkeeper must throw (using an underarm throw) (not kick)** the ball back into play, but in the event of a back pass or kick in by a team mate he must kick the ball back into play.
- b. Once the goalkeeper has cleared the ball from his goal area he can not touch the ball again until the ball has passed beyond the half way line or has been touched by an opposing player.
- c. For any infringement of a) or b) above, a free kick 2m outside the goal area is awarded.

14. Playing the game within the goal area

Any player is allowed in the goal area. The goalkeeper may also leave the goal area at any time and enter any area of the pitch he chooses. However, he is only allowed handle the ball within his own goal area.

15. Timeouts

Each team is allowed a one minute timeout in each half. Players will remain on the pitch and coaches are not allowed on the pitch during the time out. No timeouts in extra time.

Gaelic Football

Event Type - Team Event

Age Category - U10 **Over 7**

Panel Details - **Panel of 16 (Team of 11+ 5 Substitutes) All Boys, All Girls or Mixed.**

All Panel members Present at National Festival MUST Compete

Rolling substitutions will be the method used.

No formal team talks at 1st & 3rd intervals

Gum shields are Mandatory

Size 3 Football will be used

1. **Misconduct : Persistent fouling – The referee will have serious regard for personal fouls such as pulling an opponent, jersey pulling, vulgar or abusive language etc., and after a warning a player will be sent off the field after the next such offence.**
2. A player who is sent off shall not be allowed to take any further part in that game or in the following game that his team participates in
3. **The playing rules of the Gaelic Athletic Association will apply except where amended by Community Games**
4. **The game will be 4 quarters. 10 minutes per quarter.**
5. **The measurements of the playing field at the National Festival will be:**
 - **Pitch size will be 80m x 40m.**
 - **Goalpost 4.5m x 2.2m (or as available)**
 - **Marking 10m, 13m, 20m, 35m. 40m lines**

- The 50m becomes 35m
 - Parallelogram to be marked out
6. Play commences with a throw-in between 2 opposing players at midfield.
 7. The goalkeeper may advance 20m for the kick-out.
 8. A team must field minimum of 9 players at commencement of play. Failure to do so will result in disqualification. A team may compete with minimum of 9 players.
 9. The ball may be carried for 4 steps before bouncing or toe tapping it. Players are restricted to one bounce and one toe tap per possession.
 10. The side –to- side (shoulder) charge is permitted.
 11. The ball may be caught in the hands and played away by kicking it or striking with the fist.
 12. The ball may be lifted from the ground with the hands, provided the player involved is on his/her feet.
 13. The player who is fouled takes the free and when an opponent fouls the ball e.g. over carries it, the player nearest to the ball takes the free.
 14. When a free is awarded the ball is to be given, on the full, to the player taking the free kick, If this does not happen the ball is advanced 5m
 15. The opponent nearest to where the ball crosses the side-line takes the side-line kick from the hands.
 16. When a defender plays the ball over his own end line, the other team are awarded a free from the 35m line opposite to where ball crossed end line.
 17. Opposing players must be at least 5m from the player taking a free kick, side-line kick, 35m kick or a kick out. Free kicks should be no closer than 13m from the opposing end line
 18. Scoring: - 1 (one) point when ball is played over the crossbar. 3 (three) points when ball is played under the crossbar.
 19. In the event of a draw at the end of normal time, two periods of 4 minutes each of extra time will be played. If sides are still level, further extra periods of 4 minutes each will be played until a team achieves a score.
 20. This competition will be run on a “Round Robin” basis to determine winners and runners up.

GAELIC FOOTBALL GIRLS

Event Type - Team Event

Age Category - U12 **Over 9**

Panel Details - **Panel of 16 (Team of 11 + 5 Substitutes) All Girls**

All Panel members Present at National Festival MUST compete

Rolling substitutions will be the method used.

No formal team talks at 1st & 3rd intervals

Gum Shields are Mandatory

Size 3 Football will be used

1. **Misconduct: Persistent fouling – The referee will have serious regard for personal fouls, such as pulling an opponent, jersey pulling, vulgar or abusive language etc., and after a warning a player will be sent off the field after the next such offence.**
2. **A player who is sent off shall not be allowed to take any further part in that game or in the following game that his team participates in**
3. **The playing rules of the Ladies Gaelic Football Association will apply expect where amended by Community Games Rules.**
4. **The game will be 4 quarters. 10 minutes per quarter.**
5. **A team must field minimum of 9 players at commencement of play. Failure to do so will result in disqualification. A team may compete with minimum of 9 players.**
6. **The measurements of the playing field at the National Festival will be:**
 - **Pitch size will be 80m x 40m.**
 - **Goalpost 4.5m x 2.2m (or as available).**
 - **Pitch Marking: - 10m, 13m, 20m, 35m and midfield.**
 - **The 50m will become 35m**
 - **Parallelogram to be marked out**
7. **Play commences with a throw-in between 2 opposing players at midfield.**
8. **The ball may be carried for 4 steps before bouncing or toe tapping it. Players are restricted to one bounce and one toe tap per possession.**
9. **The goalkeeper may advance 20m for the kick-out.**
10. **Deliberate “Body Contact” is not allowed**

11. The ball may be caught in the hands and played away by kicking it or striking with the fist.
12. The ball may be lifted from the ground with the hands, provided the player involved is on her feet. The ball must not be dragged along the ground.
13. The player who is fouled takes the free and when an opponent fouls the ball e.g. over carries it, the player nearest to the ball takes the free.
14. When a free is awarded the ball is to be given, on the full, to the player taking the free kick, If this does not happen the ball is advanced 5m.
15. The opponent nearest to where the ball crosses the side-line takes the side-line kick from the hands.
16. When a defender plays the ball over her own end line, the other team are awarded a free from the 35m line opposite to where the ball crossed the end line
17. Opposing players must be at least 5m from the player taking a free kick, side-line kick, 35m kick or a kick out. Free kicks should be no closer than 13m from the opposing endline
18. Scoring:-
 - 1 (one) point when ball is played over the crossbar.
 - 3 (three) points when ball is played under the crossbar.
19. In the event of a draw at the end of normal time, two periods of 5 minutes each of extra time will be played. If sides are still level, further extra periods of 5 minutes each will be played until a team achieves a score.

GYMNASTICS

Boys & Girls

Event Type - Individual

Age Category – U9 (07), U11 (09), U13 (011), U15 (013)

Judging procedures:

In no instance will more than first, second, third and fourth prize be awarded for any single age group competition. In the case of a tie the head judge's marking will be utilised to determine the final placing. In the instance of a tie still prevailing, a further competition with the same routine will be used to determine placings.

Boys U/ 9 – FLOORWORK ONLY

Cartwheel left half turn, forward roll, high jump with half turn to stand. backward roll straddled, backward roll tucked to stand. Forward roll to back lying, raise legs and trunk to inverted shoulder stand. Roll forward to stand. Short run, dive forward roll straddled jump to stand.

Boys U/11 – FLOORWORK ONLY

Step forward on right foot, skip, place left foot forward and cartwheel left, one quarter left turn dive forward roll, straddled jump to stand. Backward roll, straddled to low straddled stand. Headstand (2 secs). Forward roll high jump with half turn to stand. Short run, round off high jump.

Boys U/13 – FLOORWORK ONLY

Step right, skip, place left foot forward and cartwheel left, one quarter left turn, dive forward roll to stand, kick to momentary handstand. Lower one leg to ground and half turn to stand, feet together. Cartwheel left. Step on left foot,

one quarter right turn, join right foot to left, backward roll, straddled, backward roll tucked to stand. Short run, dive forward roll, straddled jump to stand.

Boys U/15 – FLOORWORK

Step right, skip, and place left foot forward and cartwheel left, one quarter left turn, dive forward roll to stand. Kick to momentary handstand. Lower one leg to ground and half turn to stand feet together. Cartwheel left, step on left foot, one quarter right turn, join right foot to left, backward roll straddled, backward roll tucked to squat position. High jump with half turn. Step forward into arabesque.

Half turn to stand, feet together. Short run, dive forward roll straddled jump to stand. Vault:Squat. Height: 1 metre.

Girls U/9 – FLOORWORK ONLY

Feet together, arms sideways at shoulder level. Four skipping steps, forward, right, left, right, left. Lift right leg high and cartwheel right one quarter left turn. Join left foot to right, bend to crouch and backward roll straddled, backward roll tucked to back lying, push to bridge. Lower to back lying, raise legs to vertical, bend left knee and roll forward, kick to handstand. Forward roll to stand feet together, arms reaching forward and opening sideways.

FINISH: - Two steps forward, left then right, left leg stretched backwards, toes on ground, arms moving to right, arms low and forward in front of body and left arm backward, overhead, arms round head turned to right.

Girls U/11 – FLOORWORK ONLY

Stand with weight on left foot, right leg bent and behind left foot, arms raised to the left. Left arm sideways, right arm rounded in front of body. Two Pas de Basque steps starting on the right foot (right, left right, then left, right, left). Step forward on right foot with one quarter turn to right, lift left leg sideways and cartwheel left. One quarter left turn, forward roll tucked to back lying. Push to bridge lower to back lying. Raise to sitting, reaching forward to grasp ankles and place head on knees then backward roll tucked to stand. Step forward and kick to handstand. Forward roll to stand. FINISH: - Step sideways on right foot, placing left foot forward on toes, left arm upwards, right arm downwards and forward. Head turned to the right. *Note: - Pas de Basques steps: - Spring to side, onto right foot, weight on right foot, bring left foot behind right, bend, transfer weight to left foot, step sideways on right foot, weight on right foot. Repeat to left.*

Girls U/13 – FLOORWORK ONLY

Feet together, arms side-ways. Two jete steps, right, then left, step forward on right foot with one quarter turn to right, raise left leg side-ways and cartwheel left, half left turn, dive forward roll to back lying push to bridge, lower to back lying. Raise legs to vertical roll forward bending right leg to stand on right foot and step forward on left to arabesque, arms forward and low. Lower right leg to stand, step backwards on left and sit into backward roll joining legs together then opening to straddle then backward roll tucked to stand, arms reaching forwards and opening sideways. FINISH:- Two steps forward, left then right, left leg stretched backwards, toes on ground, arms moving to right arm low and forward in front of body and left arm backward, overhead, arms rounded. Head turned to right.

Girls U/15 – FLOORWORK

Feet together, arms side-ways. Two jete steps, right then left. Step forward on right foot, place hands on floor and swing left leg the right to momentary handstand. Lower left then right leg to stand. Step backwards on right foot arms forward and sit into backward roll, joining legs together then opening to straddle. Backward roll tucked to stand. Two Pas de Basque steps, left, then right. Step forward on left foot, skip. Place right foot forward and cartwheel right. One quarter right turn, dive forward roll straddle (hollowed) to stand. Step forward into arabesque balance, half turn to stand feet together.

FINISH: - Step forward on right foot, on toes, close left foot behind right. Step forward on right foot, place left foot forward on toes, with knee bent, raising left arm upwards and backwards, right arm down and forwards with a flick of the wrists. Head turned to the right.

VAULT: Squat. Height: 1 Metre.

RULES

1. Routines as outlined must be followed in National Finals Competitions. This rule to be applied at discretion of organisers in Area and County competitions.
2. All routines maybe reversed as a whole but not in part.
3. Competitions will be decided on set work only.
4. No Music.
5. No time Limit.
6. Two attempts at vault allowed. Highest scoring vault to count.
7. Dress:

Girls - shorts and shirt, or leotard.

Boys–shorts and singlet or T-shirt.

HANDBALL– ONE-WALL

Boys U13 Over 9 & Girls U13 Over 9

The playing rules of Comhairle Liathroid Laimhe na hEireann shall apply except where amended by the Community Games Rules and Bye Laws.

Panel to consist of six – four to play and two substitutes.

All Panel members Present at National Festival Should Compete

One Wall Ball to be used.

One-Wall alley to be used.

1. The wall shall be 20 feet wide from the outside edge of one sideline to the outside edge of the other sideline, and 16 feet high, including any top line.
2. The floor shall be 20 feet wide from the outside edges of the sidelines. It shall be 34 feet from the wall to the outside edge of the long line. The sidelines should extend at least 3 feet beyond the long line. There should also be a minimum of at least 6 feet, but ideally 20 feet, of floor beyond each sideline as well as 16 feet beyond the long line to allow for playing space.
3. The short line runs parallel to the wall with the back edge of the line 16 feet from the wall.
4. There shall be service markers, lines of at least 6 inches in length extending inward from the sidelines, parallel to the short and long lines and located midway between them. The imaginary extension of these lines across the court indicates the service line.
5. The serving zone is the floor area inside and including the short, service and sidelines.
6. The receiving zone is the floor area beyond the short line, inside and including the side and long lines.
7. The playing zone is the floor area between the front wall and the outside edges of the side and long lines.

8. The top edge of the wall, if any, is not part of the court. A ball striking the top edge is an out.
9. A ball that's hits a spectator before hitting the wall shall be considered an out.
10. All matches to follow the same order:
11. Singles, Doubles, Singles.
12. Matches will be as follows:-
 - Singles – 2 games of 10 minute duration each
 - Doubles – 3 games of 10 minute duration each
 - Singles – 2 games of 10 minute duration each
13. All seven games must be played and the aggregate score decides the winner
14. 2 minutes rest between games
15. No time out by players
16. Time out at the referee's discretion and the clock is stopped
17. **Drawn matches**
 In the event of a draw each team chooses any double pair for an additional 10 minutes.
 The team with the most aces win. If level after extra game of doubles then Sudden Death first "Ace" winner.

HANDWRITING

Event Type - Individual Event

Age Category - U10

Panel Details – Boys / Girls

1. A competitor will enter only one piece at each level of competition.
2. The competition will last one hour.
3. At Area and County level, the name, address, County, date of birth and signature of the competitor must be on the back of the entry.
4. At National Festival, only the age group and county number will appear on the back.
5. A supervised competition must be held at county and National level.
6. At the National Festival Handwriting competition under the supervision of the adjudicators, a competitor will be required in their own handwriting, to copy a piece of text. This could be an extract from a newspaper, a

poem or an extract from a book etc. This piece of text will be given out to all participants before the start of the competition. It should be between 100-150 words in length.

7. At the National Festival Handwriting Community competition competitors must use the materials that the adjudicator supplies. Competitors are not permitted to bring any pens, pencils, erasers or sharpeners into the competition.
 - a. **Paper type: single A4 sheet paper ruled. An example of this will be available on the website. Up to a maximum of two sheets of paper, writing on one side only, may be used for the handwriting piece.**
 - b. Pencil size HB or equivalent.
 - c. The panel of adjudicators will not be less than three.
8. Competition at Community Games Festival will be adjudicated on supervised work only.

Adjudication will be based on: -

- a. correct letter formation
 - b. Neatness - uniform letter size, uniform distance between words
 - c. Legibility
 - d. Fluency: style and flair
 - e. Completion of piece
 - f. Punctuation
9. All entries at the National Festival will be the property of the Community Games.

Prize-winning entries at National Festival will be returned.

Visual aids (apart from prescription spectacles) will not be permitted and adjudicators will request the removal of any item they consider giving advantage to the competitor.”

HARDCOURT TENNIS

Event Type - Team Event

Age Category – U13 Over 10 Mixed

Panel Details - A Panel will consist of 10 (5 Boys and 5 Girls)

All Panel members Present at National Festival Should Participate

1. Hard-court Tennis will be played according to the rules of the I.L.T.A. except where amended by Community Games Rules.
2. A team will consist of 3 boys and 3 girls. A team must field 6 players at the commencement of the match. Failure to do so will result in disqualification.
3. All games will be the best of 3 sets and all 3 sets may be played.
4. The format of a match will be - girl’s doubles, mixed doubles, boys doubles in that order.
5. The boys or girls playing in the doubles must not play in the mixed doubles.
6. The referee must be given in writing before the match, the order in which members of each team will play. The order may be changed for a subsequent match.

7. Coaching during a match either vocally or by signal will incur disqualification.

Hurling

Event Type - Team Event

Age Category - U11 **Over 8**

Panel Details - **Panel of 16 (11 players + 5 Substitutes – All Boys)**

All Panel members Present at National Festival MUST compete

Rolling Substitutions will be the method used.

Gum Shields are recommended

Ball Size will be a No.3

Misconduct: Persistent fouling – The referee will have serious regard for personal fouls such as pulling an opponent, jersey pulling, vulgar or abusive language etc., and after a warning a player will be sent off the field after the next such offence. A player who is sent off shall not be allowed to take any further part in that game or in the following game that his team participates in

1. All players must wear protective headgear. Players not wearing protective headgear will not be allowed on the field by the co-ordinator, referee or official in charge. If during a match a player discards his headgear, refusal to replace it will be a sending off offence. The player cannot be substituted.
 - a. Continued discarding of headgear will be deemed a refusal.
2. The playing rules of the Gaelic Athletic Association will apply except where amended by Community Games Rules.
3. The game will be 20 minutes each half.
4. A team must field a minimum of 9 players at the commencement of the game. Failure to do so will result in disqualification. A team may compete with a minimum of 9 players.
5. Measurements of the playing field at the National Festival will be:-
 - i. Length 95m x 50m wide
 - ii. Goals 4.5m wide x 2.2m high.
 - iii. The 65m becomes 40m.
 - iv. Markings:-13m, 20m, 40m and midfield line.
 - v. Parallelogram to be marked out
6. Solo running with the sliotar on the Hurley is not permitted.
7. Side to Side (shoulder) charge is permitted.

8. A player who catches the sliotar may take four steps with it in his hand before playing it away.
9. Players may play the sliotar on the ground, may lift and strike the sliotar (without taking it into the hand) or may strike it from the hand after a "clean" catch.
10. The player who is fouled takes the free lifting and striking the ball-without taking it in his hand-or by striking it on the ground.
11. When a player fouls the sliotar e.g. over carries it, the opponent nearest to the sliotar takes the free puck.
12. When a free is awarded, the sliotar is to be given, on the full, to the player taking the free puck. If this is not happens the ball is advanced 5m.
13. When a team plays the sliotar over the side-line, the opponent nearest to where the sliotar crosses the line takes the side-line puck from the ground.
14. When a team plays the sliotar over its own end line, the other team are awarded a free puck from the 40m line opposite to where the sliotar crossed the end line.
15. Opposing players to be at least 10m from the player taking the free puck, Side-line puck or puck out. Free pucks should be no closer than 20m from the opposing end line.
16. **Players are not permitted** to kick the sliotar but if the ball strikes the foot or leg of a player this does not constitute a foul.
17. This competition will be run on a "Round Robin" basis to determine the winners and runners up

Hurling Draws

In the event of a draw at the end of normal time 5 minutes per half extra will be played. If the sides are still level at the end of extra time 5 different players on each team will alternately take a **20m free**. 3 players from the opposing team may stand on the goal line. If a player fails to raise the ball he may hit it on the ground but may not attempt to raise it again. No player from the same team as the free taker may interfere with play. Goals and points will decide the result. If the sides are still level at the end of 5 frees per team, 5 different players from each team will then alternately take a 20m free and so on until a result is arrived at.

INDOOR SOCCER

Event Type - Team Event

Age Category – (Boys & Girls U10 **Over 8** and Boys & Girls U13 **Over 10**)

Panel Details - Panel of 8 (5 players + 3 Substitutes – Boys and Girls)

All Panel members Present at National Festival MUST compete

Size 4 Football to be used

1. **Misconduct: Persistent fouling** – The referee will have serious regard for personal fouls, such as pulling an opponent, jersey pulling, vulgar or abusive language etc., and after a warning a player will be sent off the field after the next such offence. A player who is sent off shall not be allowed to take any further part in that game or in the following game that his team participates in
2. The panel shall consist of 8 (5 players and 3 substitutes). A minimum of 4 players must start and finish a game, less than 4 players a walkover will be given. In the event of a team having 2 or more players sent off in a game, that team will be eliminated from the competition.
3. The duration of the game shall be two periods of 10 minutes for U10s & two periods of 15 minutes for U13s subject to the following:
 - Allowance shall be made in either period for time lost through stoppages as decided by the referee.
 - Time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period in either half. At half time, the interval shall not exceed 2 minutes except by consent of the referee.
4. Indoor Playing Area
 - a. The playing area will depend on the facilities available. However, where possible, every effort should be made to provide measurements 30m.x 18m. Floor markings will depend on the floor area.
 - b. The goal area shall be 6.7m.and 4.5m.arc or reduced according to the floor area.
 - c. The goals shall be 5m long x 1.2m.high.
5. Dress. Players must wear rubber or soft-shoes and shin guards. Players shall wear numbers at least 150mm high on their backs.
6. A suitable mark should be made in the exact centre of the playing area on which the ball is dropped to commence a game. The centre mark should be surrounded by a circle 1m in radius. Kick-off is taken from the centre mark. A goal can be scored from kick-off.
7. A penalty kick shall be taken 5m from the goal line. It must be taken from a standing position and the goalkeeper cannot move until the ball is kicked.
8. All free kicks are deemed to be direct free kicks. When a free kick has been awarded all players from the opposing team must be at least 2 metres from the spot where the free kick shall be taken. Any free kick awarded less than 2 metres from the goal area shall be brought back to a spot 2 metres from the goal area.
9. An independent scorekeeper may be appointed to assist the referee.
10. In the event of scores being level at the end of normal time, extra time of two periods of 3 minutes will be played. If the scores are still level after extra time is played, a penalty shootout with the best of five penalties will apply (i.e. five penalties per team) (if a team finishes with only 4 eligible penalty takers their opponents must reduce their penalty takers to 4) and if then still level, sudden death penalties will apply. Only the players

participating on the “field of play” after the end of extra time are eligible to participate in the penalty shoot-out or in a “sudden death” penalty shoot-out. A list containing the rotation of penalty takers must be given to the referee after extra time is played. Failure to comply with the above list will result in the loss of the game. The Goal-keeper may be changed with an outfield player who has finished the game on the court for a penalty shoot-out etc., but cannot be changed during the penalty shoot-out etc.

11. Ball in & out of play.
 - a. Where sidewalls are in use the ball shall be in play at all times from the start of the game unless the ball rises above 1.2m. (to be marked on the wall if possible). Any infringement, a direct free kick is awarded.
 - b. Where sidewalls are not in use, when the ball goes out of play, a member of the opposing team shall kick the ball into play.
 - c. End wall will always be in play.
12. Substitutions may be made on a continuous basis provided play has stopped and with the permission of the referee.
13. Goal keeper returning the ball into play.
 - a. After taking possession of the ball the goalkeeper must immediately return the ball into play with an under arm throw and it must be kept below 1.2m.
 - b. If the keeper saves the ball with his foot he may kick or roll the ball back into play.
 - c. After receiving the ball from a back pass the keeper must kick the ball back into play.
 - d. Any high block is an infringement
 - e. For any infringement of the above a free kick 2m outside the goal area is awarded.
14. Playing the game within the goal area.
 - a. Only the defending goalkeeper is allowed to play the ball within the goal area.
 - b. If the goalkeeper leaves the goal area he is then treated as any other player.
 - c. A defender may enter the goal area providing he is not interfering with the play. If a defender interferes with play in the goal area, a penalty kick shall be awarded against him, In the event of an infringement by a forward in the goal area a free kick shall be awarded from 2m outside the goal area.
15. All goals must be scored from outside the goal area.
16. Only the referee and players are allowed in the playing area while the game is in progress.

JUDO

Event Type - Individual Event with Provincial Elimination.

Age Category - U16

Panel Details: Boys / Girls Up to:25 Kgs , 30 Kgs , 35Kgs, 40 Kgs, 45Kgs, 50Kgs, 55Kgs, Open

1. All competitions will be under International Judo Federation Rules except where amended by Community Games rules.
2. The competition will be on a knockout basis with repechage.
3. Contests will be of 3-minute duration.
4. Strangles and arm locks are not permitted.
5. The score will be displayed after each fight.
6. All competitors must weigh in at each competition level before being permitted to fight. The weigh-in must take place on the day of the competition. In area and county competitions the competitor must weigh in to his correct category. In the provincial competition the competitor will be allowed a tolerance of 0.5kg and at National Festival a tolerance of 1 kg will be allowed.

MODEL-MAKING

Event Type - Individual Event

Age Category - U10 , U12 , U14 , U16

Panel Details - Boys / Girls

The use of aerosols (spray paint etc.) is not allowed

1. An exhibit must have a Community Games theme.
2. A competitor must enter one exhibit at each level of competition.
3. Any materials may be used.
4. A supervised competition must be held at both area and county level.
5. The title of each exhibit must be clearly marked on the front of the exhibit. The name, address, area, date of birth and signature of the competitor must be displayed with the model. At National Festival, only the age group and county number will be displayed with the model.
6. The competitor who will represent his county at the National Festival will, under the supervision of the adjudicators, be required to create his own personal choice of model in accordance with Rule 1. Time allotted will be 3 hours.
7. The competitor will be required to bring along his unprepared materials. All materials and equipment will be scrutinised by two officials prior to the commencement of competition and if deemed to be prepared, the

competitor will be instructed to withdraw all such materials. Refusal or failure to do so will automatically cause disqualification.

8. An unprepared base for the model will be permitted but shop purchased ready-made items such as miniature dolls, bicycles, nest etc., will not be permitted.
9. There will be adjudication at all stages of the competition. The panel of adjudicators will be not less than 3.
10. Adjudication will be based on: -
 - Observation of events.
 - Creativity and originality.
 - Natural ability.
11. Competition at Community Games Festival will be adjudicated on supervised work only.
12. All exhibits at the National Festival will be the property of the Community Games. Prize-winning exhibits at the National Festival will be returned and made available for exhibition in Counties.
13. Maximum size of an exhibit will be 60cm x 60cm x 60cm

PITCH AND PUTT

Event Type - Team Event

Age Category – Boys U16 **Over 10** (18 Hole Stroke Play) /Girls U16 **Over 10** (18 Hole Stroke Play)

Panel Details – Panel will consist of 5

All Panel Members Present at National Festival Must Compete

1. The playing rules of the Pitch and Putt Union of Ireland apply, except where amended by Community Games Rules.
2. The panel returning the lowest aggregate score for the best three cards shall be the winner.
3. Where a tie occurs the 4th best card to count and if a tie still occurs the 5th card to count. If a tie still occurs on use of all 5 cards, the lowest scorer in each team will play “Sudden Death”.
4. A player will have 2 clubs, (one of which must be a putter), balls, tees, pen or pencil.
5. The “Honour” is decided at the 1st hole by a draw and thereafter the “Honour” is taken by the winner at each hole.
6. No competitor may mark his own card. Errors should be clearly seen, not deleted, and initialled by the marker.

NOTE: DEFINITION

A marker is a scorekeeper who is appointed by the co-ordinator to record a competitor’s score. He may be a fellow competitor. He is not a referee, therefore may not make decisions on the course, may not lift a ball or mark its position, nor may he remove flagstick.

7. The committee will impose the standard penalty on all players who, without reasonable cause, lose 2 clear holes on the match in front of them or hold up two matches behind them.
8. A ball must be declared lost if it is not found or identified by the player within 5 minutes after the players have begun to search for it.
9. A hazard is any bunker or water hazard. Bare patches, scrapes, roads, tracks or paths, are not hazards.
10. At National Festival an open draw will be made prior to competition date and a “Shot Gun” or “Whistle” start will be used.

NOTE : DEFINITION

A “shot gun”/whistle start is a time saving exercise where competitors occupy all the tee-boxes on the course 1 – 18 and at a given signal commence their round. (i.e. instead of commencing at 1 and progressing through to finish at 18, players may commence at 2 through to 1, or through to 6 etc.

11. Scores will not be displayed until competition is fully completed.
12. A “Stroke” shall be counted as soon as down swing commences, therefore all “Fresh Air” strokes must be counted and recorded.
13. Individual competition to be run in conjunction with team competition at National Festival only among those who have qualified for the team Festival. The player returning the lowest aggregate score over 18 holes (boys) and 18 holes (girls) shall be declared the individual winners.
14. Only those authorised by co-ordinator will be allowed on the course during competition.

PROJECT

Event Type - Team Event
Age Category - U11 , U13 , U16
Panel Details – Maximum of 4, Minimum of 2 All Boys /All Girls or Mixed
All Panel members Present at National Festival Must Compete

1. One area team for each age group may be entered from each county.
2. Projects may be supported in their presentation by any suitable means **(Except Electronic Media)**
3. Maximum exhibition space is 2m high by 2m wide **(or as available)**. A table of 61cm by 61cm may be used.
Floor space must not be used for exhibits.
4. During judging a team must be represented by a member of the panel.
5. Judging Criteria:
 - Research – range, depth& quality 30 Marks
 - Originality – unique approach 20 Marks
 - Presentation – quality of presentation 20 Marks
 - Knowledge of topic - 30 Marks

QUIZ

Event Type - Team Event

Age Category – Boys/ Girls/Mixed U14

Panel Details – Panel of 6 (4 Players + 2 Substitute)

All Panel members Present at National Festival MUST Compete

Panel 6 – 4 to compete at any one time. A maximum of two substitutions may be made. Substitutions may be made at the end of any round. The Coordinator must be informed of substitutions.

1. One area team may be entered from each county.
2. The Competition will consist of two sessions, each of 80 questions 8 rounds of 10 questions in each session. 9 Questions on General Knowledge and one question in each round will be from the Community Games Rulebook.
3. Queries will be accepted by officials from one member of the seated team only.
4. In the event of a tie, one round of five questions will be asked, followed by sudden death questions if required.
5. Spectators or team managers must not approach or assist a team in any manner. Any such infringement will result in disqualification of the team.
6. The Quizmaster's decision in all rounds concerning Questions/Answers will be Final.

ROUNDERS

Event Type - Team Event

Age Category – Boys U13 **Over 10** / Girls U13 **Over 10**

Panel Size – 12 (9 players and 3 Substitutes)

All Panel members Present at National Festival Should Compete

The size of the ball will be:-No. 4 sliotar

1. **Misconduct: Persistent fouling – The referee will have serious regard for personal fouls, jersey pulling, vulgar or abusive language etc., and after a warning a player will be sent off the field after the next such offence. . A player who is sent off shall not be allowed to take any further part in that game or in the following game that his team participates in.**
2. Rounders will be played according to the Irish Rounders Association Handbook (Cumann Cluiche Corr na hÉireann) except where amended by Community Games Rules
3. The game will consist of 5 innings.
4. If both sides are equal at the end of 5 innings then each side will play one innings until a result is reached. If after one innings both of the teams are still equal then a further innings each and so on will continue until there is a result.
5. In the competition the bowling distance will be **9m**.

6. The pitchers leading foot must be in contact with the stand (mat) and not in front of it at the time the ball is released.
7. The pitcher may not start his run from behind the ten (10) meter mark.

THROW BALL ROUNDERS

Event Type - Team Event

Age Category – Mixed U11 **Over 9**

Panel Size – 12 (6 Boys and 6 Girls) 4 Boys and 4 Girls to play

All Panel members Present at National Festival Should Compete

1. **Misconduct: Persistent fouling – The referee will have serious regard for personal fouls, such as pulling an opponent, vulgar or abusive language etc., and after a warning a player will be sent off the field after the next such offence. . A player who is sent off shall not be allowed to take any further part in that game or in the following game that his team participates in.**
2. The game will be played according to the Community Games Rules and will be of 4 Innings duration. The ball to be used will be “Tennis Ball”.
3. Each team will number their players in boy / girl (or girl /boy) sequence 1 to 12.
4. The referee will toss to decide on which team will throw and which team will Field.
5. The team manager will provide a list of of their players 1 – 12 to the referee prior to start of game and no listed player can be omitted from the Throwing order except in the case of sickness or injury.
6. A team can commence with minimum of 3 boys & 3 girls.
7. 4 substitutions may be made during the game. (boy for boy, girl for girl) Substitutions can be made at any time, to a maximum of 4, with the permission of the referee.
8. The playing area will be 40m square with “Foul” area of 10m x 40m at the right & left of Home Base, the “Foul” Line will run at 90deg angle from Home Base to edge of Playing area. The Base areas will be painted on the ground.
9. Spectators and team management (and subs) will stay outside of Play area and Foul area.
10. Members of throwing team will remain outside throwing area until called by referee.
11. 60cm x 60cm non slip mats (e.g. carpet material) will be placed at each base. Base 1 will be 15m from Home base at right angle along Foul Line. Base 2 will be 15m distance at Right angle from Base 1. Base 3 will be 15m distance at Right angle from Base 2 and 15m from Home Base. The Bases will complete a 15m Square area.

12. Running shoes or football boots may be worn. Spiked footwear will not be allowed.
13. The game will commence when the referee calls "Play Ball".
14. Each thrower shall be entitled to take three throws before being required to leave Home Base. The Throwers must throw from a standing position whilst his leading foot is in contact with
 - a. Home Base and not in front of it when the ball is released. The ball must be thrown in a forward direction towards the Field of Play.
15. The ball must enter the field of play before touching Foul ground or be properly fielded by a fielder to be in play.
16. A Foul Ball is a Dead Ball, no runners may advance, the thrower may not run, no outs can be made and no runs can be made. If the thrower throws and does not run, Runners on bases may not run and occupy next base unless it is the third good throw, or there is a catch. Runners may not leave the base until the ball is in play.
17. It is permissible for the Fielding team to change the team positions at any time.
18. If a thrower throws a ball and it first touches Foul Ground he is not entitled to leave Home Base. A ball thrown sideways and landing on Foul ground will be a foul ball and on the throwers third good ball, the thrower will be declared out.
19. Fielders, other than the Home Base minder, must not stand in Foul Ground area when ball is being thrown
NB: Home Base minder is the only player legally entitled to stand in Foul Ground and catch the ball at all times
20. If a thrower having thrown the ball, leaves Home base on a first or second throw and continues on for more than 4 paces, he must continue to 1st base.
 - a. He may not return to Home base. When a thrower leaves Home base each runner on a base may advance to the next and succeeding bases.
21. The thrower is deemed to have left Home base if contact is broken with base by either foot or any part of the body. If a thrower leaves Home base on the first or second throw he may return to Home base if has taken less than 5 paces and will be entitled to throw again.
22. One run is scored each time a runner touches Home base after occupying all other bases in turn. No runs may be scored while the Thrower is still at Home base.
23. A thrower is deemed to be "out" if the ball is caught directly by a fielder, or he is touched by the fielder holding the ball, or the base that he is running to is tagged by a fielder holding the ball and he touches the base or he has fouled the ball. A runner can return to previous base if not occupied or tagged. A runner is not out if he is in contact with the base when touched by the fielder with the ball. If a base is occupied it may not be tagged.
24. The Ball may not be thrown at the runner by the fielder.
25. All runners must run straight lines between bases and may not deviate but if it is possible to avoid contact by either sliding under or jumping over a fielder, then the runner may do so without penalty. If contact is made in any way, even accidentally, with the fielder holding the ball, the runner is out. If a fielder is waiting with the ball he should try to make contact with runner only by hand or by light touch, In any case the runner cannot claim obstruction.

26. Base play must be decisive and referees/umpires faced with split decision must allow that the fielder was not fast enough to win decision and the runner is declared in.
27. A team is out when 3 of throwing team are declared out. No further scores can be made. It will be necessary for the ball to be sent to Home base in order for the base to be tagged and further scoring is impossible, to end the play and the teams reverse roles. If it is thrower number 4 who is last thrower out then thrower number 5 will throw first when team return as throwing team (2nd Innings)
28. The team with most runs scored at the end of 4 Innings are declared the winners. If teams are level after 4 Innings, the following method will be used to decide the winner.
 - a. The team that wins 3 of the 4 innings. If no winner=
 - b. An extra innings will be played and the Referee will toss to decide who goes first. Innings will start with thrower number 1. Substitution will be allowed as it is deemed to be a new game.

MINI RUGBY RULES

Event Type - Team Event

Age Category – Boys U11 **Over 9** All Boys / All Girls or Mixed

Panel Size – 12 (8 players and 4 Substitutes)

Wearing of glasses/sports goggles not allowed

All Panel members Present at National Festival MUST Compete

A team has to have a Minimum of 8 players to Participate in this competition

Rules as per IRFU Mini 2 Rules – Please go to IRFU website to download a copy of their current Rules for Mini 2.

<http://www.irishrugby.ie/agegrades/minirugby/>

RUGBY TAG

Event Type - Team Event

Age Category – Mixed U11 **Over 8** / Mixed U14 **Over 11**

Panel Size – 12 (Team 7 +5 Substitutes - Minimum of 2 Girls on Field at all times)

All Panel members Present at National Festival MUST Compete

Size 4 Ball will be used

Wearing of Glasses / Sports Goggles NOT allowed

All teams must wear numbered tops

1. Substitutions: Players can rotate on and off as many times as require during the match.
2. The duration of the Match will be 15 minutes each half. In the event of draw, extra time (5 minutes a side) is played. In the case of it still being a draw after extra time, sudden death (first team to score a try wins) is played.
3. Pitch size where possible will be:
 - (a) Under 11 will be 40m wide x 60m in length.
 - (b) Under 14 will be 60m wide & 80m long.
4. Method of scoring
 - a. A try shall be worth 1 point.
 - b. After a try has been scored the game restarts from the centre of the field with a tap and pass, by the non-scoring team.

Note: When playing on hard surfaces a try is scored by players merely running over the goal line with the ball. The definition of the surface will be at the discretion of the referee.
5. Passing
 - a) No forward passes are allowed and will be penalised by a tap and pass being given to the non-offending team. A forward pass is any pass where the ball travels in the direction of the opponent's goal line. Note: - A pass directly sideways is allowed.
6. The "Tackle" (Tag)
 - a. Only the player with the ball can be tagged and a tag is simply the removal by a defender of one of the two tags from the ball carrier. Ball carriers can run or dodge potential taggers. Ball carriers cannot fend off or guard or shield their tags in any way.

Note: -Defenders should keep their head to the side or behind the ball carriers body for safety.

 - b. The defender holds the tag above their head and shouts tag for all to hear. They must step back at least 1m from the ball carrier allowing space from them to pass.
 - c. Defenders are not allowed to snatch the ball from the player's hand.
 - d. Once tagged the player in possession of the ball must attempt to stop as soon as possible and pass the ball within 3 seconds of being tagged.
 - e. Immediately after the pass has been made the defender must then present the tag back to the tackled player. The defender can take no further part in the game until they have returned the tag.

Note: Giving the tag back simulates time taken up by defenders when tackling in full contact rugby and stops defenders being unrealistically active in some forms of touch rugby. It also maintains space for the attacking team.

- f. Players must receive back their tags as no player can take any further part in the game without both tag properly in place on their belt.

Note: There should be no tags on the playing surface at any time.

7. Tap and pass

- a. A tap and pass is used to start the game (from the centre of the field) or to restart it at the place where the ball went out of play or where the infringement took place.

Note: If an infringement takes place over the goal line or within 5m of the goal line, then a tap and pass should be awarded to the non-offending team 5m out from the goal line to create some space.

- b. At a tap and pass the ball is held in two hands and on the instruction "PLAY" By the referee the player taps the ball with his foot and passes the ball to a team mate.
- c. The player making a tap and pass must pass the ball and not just pick it up and run themselves.
- d. The ball must be passed through the air and not taken from the hands of the first player.
- e. To ensure safe practice the receiver of a tap and pass should start from no more than 2m behind the passer.
- f. The opposition cannot start moving forward until the player has tapped the ball.
- g. At a tap and pass the opposition must be 10m back.

8. Ball out of play

If the ball or carrier goes out of play a tap and pass is given to the other team from the sideline.

9. Each team has 5 tags to score, on the 6th tag, possession changes (a turn over).

10. That the ball must be carried in two hands at all times.

11. The Sin bin.

Players can sin binned for 5 minutes for the following:

- Deliberate aggressive fouling of any kind.
- Continuous fouling or unsporting behaviour.

12. Sending Off:

A player may be sent off for the following:

- Striking or kicking an opponent
- **Verbal abuse or use of bad language towards opponents or officials**
- A player who is sent off shall not be allowed to take any further part in that game or in the following game that his team participates in

13. A player in the act of scoring is allowed one step after being tagged to score.

14. Tags worn one on each hip must be no shorter than 12 inches.

15. In the event of draw, extra time (5 minutes a side) is played. In the case of it still being a draw after extra time, sudden death (first team to score a try wins) is played.

HYBRID RUGBY

Event Type - Team Event

Age Category – U16 **Over 13** All Girls

Panel Size – 12 (7 players + 5 Substitutes)

Wearing of glasses/sports goggles not allowed

All Panel members present at National Festival MUST Compete

Size 5 Ball

1. When a try is scored the game is restarted by a free pass from the centre of the pitch by the non-scoring Team. A penalty try will be awarded if a try would probably have been scored but for foul play by the defending team.

2. Teams:

Hybrid Rugby is played between teams of 7 players, 7 players from each team should start the game. A team must have a minimum of 6 players at start of game.

3. Pitch Size:

- The maximum pitch size is 60 meters by 40 meters, plus 5ms in goal area.
- Smaller sized pitches may be used with any adjoining pitch no closer than 6 metres.

Duration: 15 minutes each way.

4. Passing:

The ball can only be passed sideways or backwards through the air, not handed to another player. If the ball is handed to another player or knocked forward, then a free pass is awarded to the non-offending side, unless advantage occurs to the non-offending side. In order to keep the game flowing referees should play advantage wherever possible.

5. Free Pass:

A free pass is used:

1. To start the match at the beginning of each half from the centre of the pitch
2. When there has been foul play
3. Where the ball has been ripped from an opponent
4. Where more than one person joins the contact.

At a free pass, the opposition must be 7 metres back from the mark. They cannot start moving forward until the ball leaves the hand of the passer. At the free pass, the player must start with the ball in both hands and, when instructed by the referee who will call

6. "PLAY", pass the ball backwards through the air to a member of her team. No player may run until the pass is made. The Player taking the free pass must pass the ball when the referee calls "PLAY"
7. The Tackle:

- Only the ball carrier can be tackled. The ball carrier can run and dodge potential tacklers but cannot fend off using their hands (handoff) or the ball. The ball cannot be pulled out of the carriers hands at any time.
- Standard tackle and offside rules apply

8. Prohibited Play:

1. No contact above shoulder level
2. No line outs
3. No kicking
4. No hand off /fend off (a hand off being the placing of an open hand by the ball carrier against an opponents face or body while a fend off is an out stretched arm by the ball carrier towards an opponent to discourage that person making a tackle.
5. No more than the tackler, tackled player plus one from each team in contact.

9. Scrums:

The scrum will be made up of three players from each team. (A prop on either side of a hooker) they will be the nearest three players from either side, with the fourth nearest the scrum half.

- The scrum will be uncontested
- Opponents cannot strike for the ball
- Opponents bind half a metre apart
- The referee will talk the players through the engagement process
- If the scrum collapses the whistle is blown without delay and the appropriate penalty is awarded or the scrum reset.
- If a player is persistently involved in collapsing or illegal binding they must be replaced
- If a player's lack of technique is a danger then must be replaced.
- The back line must remain 5 metres behind the scrum
- If the scrum is awarded inside the 5 metre line, the scrum is taken from the middle of the 5 metre line.

The scrum half should hold the ball in two hands and put the ball into the scrum insuring the ball is not fed directly to her team.

SKITTLES

Event Type - Team Event

Age Category – U12 **Over 9** / U14 **Over 11** / U16 **Over 13 (Playing Team of 5 Must include Minimum of 2 girls or 2 boys)** All Boys, All Girls, Mixed

Panel Details – Panel of 7 (5 Players + 2 Substitutes)

All Panel Members Present at National Festival Should compete

1. The ring is 1.5m in diameter.
2. STANDER OR SKITTLE:-
 - a. Is an oblong four sided block 10cm high and tapered from a 7.5cm sq base to a 5cm sq top. There are five standers numbered 1, 2, 3, 4 and 10.
 - b. These are placed in the RING in a cross shape about 60cm apart, with no.10 in the centre, no.1 at the bottom (nearest the player) of the cross (inside the ring), no.2 on the left, no.3 on the right and no.4 at the top of the cross.
3. THROWER (THROWING SKITTLE)
 - a. Is a cylindrical block of wood/ plastic/rubber 25 cm to 30 cm long and 5 cm to 7.5 cm diameter.
 - b. There are four “Throwers”. Each player may have their own throwers provided they conform to the above standards.
4. The throw line is marked (5m for U12, 6m for U14 & 7m for U16) from skittle number 1 and is 3m long squared at the ends with a 5cm line.
5. A foul line is marked 1m from skittle number 1.
6. Rounds:
 - a. The game is played in “ROUNDS” and there are 5 rounds in a game.
 - b. Each player throws 4 throwers in a round.
 - c. The number marked on the stander denotes the points scored, e.g. if no 4 is knocked out four points are scored, no 10 - ten points scored and so on.
 - d. For a score to count a stander must be knocked clear of the ring. If a stander is knocked out of the ring and rolls back in without striking an obstacle outside the ring it is not counted as a score, but a stander knocked back by a later skittle remains a score.
 - e. If a ring is tossed (all standers knocked out of the ring) with 3 fair skittles (or less) the ring is put up again to finish the throw.
7. Foul Throws:
 - a. Throwers landing short of or on the “foul line” do not count whatever is tossed. The player may not have the thrower back.
 - b. A throw taken when a player steps on or over the throw line is a foul throw.
 - c. Players may not follow through over the throw line.

- d. Any stander knocked with a foul throw will be deemed dead for the duration of the throw and is to be removed from the ring.
- 8. Subs can be introduced after one round.
- 9. The referee's decision is Final.

SOCCER - OUTDOOR

<p>Event Type - Team Event</p> <p>Age Category – Boys U12 Over 8 / Girls U15 Over 11</p> <p>Panel Details – Panel of 16 (11 Players + 5 Substitutes)</p> <p>All Panel members Present at National Festival MUST Compete</p> <p>Size 4 Ball will be used</p> <p>Rolling Substitutions will be the method used.</p> <p>Shin Guards MUST be worn by all Players</p>

1. **Misconduct: Persistent fouling** – The referee will have serious regard for personal fouls, such as pulling an opponent, jersey pulling, vulgar or abusive language etc., and after a warning a player will be sent off the field after the next such offence. A player who is sent off shall not be allowed to take any further part in that game or in the following game that his team participates in
2. Soccer will be played according to the Rules of the F.I.F.A. except as amended by Community Games Rules.
3. The game will be 30 minutes each half.
4. The game will be 11 players a-side. A team must field a minimum of 9 players at the commencement of the game. Failure to do so will result in disqualification.
5. Measurements of the playing field at the National Festival will be 90m long x 55m wide. Goals 6m wide x 2m high.
6. In the event of a draw at the end of normal time 10 minutes each half extra time will be played. If the teams are still level, penalties will be taken by 5 different players alternately from each team and if still level, "Sudden Death" penalties will operate with different players.

Soccer 7 a-Side

Event Type - Team Event

Age Category – Girls U12 **Over 9**

Panel Details – Panel of 12 (7 Players + 5 Substitutes)

All Panel members Present at National Festival MUST Compete

Size 4 Ball will be used

Rolling Substitutions will be the method used.

1. **Misconduct: Persistent fouling – The referee will have serious regard for personal fouls, such as pulling an opponent, jersey pulling, vulgar or abusive language etc., and after a warning a player will be sent off the field after the next such offence. A player who is sent off shall not be allowed to take any further part in that game or in the following game that his team participates in**
2. The field of play shall be rectangular.
 - * Size: Maximum Dimensions of 70 meters by 50 meters, minimum dimensions of 50 meters by 35 meters.
 - * A centre spot
 - * The goal size shall be 5 meters by 2 meters.
 - * The goal area shall be 8 meters by 20 meters.
 - * A penalty spot – 7 metres from the goal line.
3. Seven players from each team allowed on the field of play at any one time (7-aside). One player from each team must play as goalkeeper.
4. The game will be 20 minutes each half with 5 minute half time break.
5. No offside rule.
6. For free kicks the defenders shall be at least 5 meters from the ball.
7. Penalty kicks shall be taken from a mark 7 meters from the goal line.
8. Throw-in from the touch line: The opposition must retreat at least 5 meters from the ball.
9. Goal kicks are taken from the ground anywhere inside the penalty box.

SPIKEBALL

Event Type - Team Event

Age Category – Boys U14 **Over 11** / Girls U14 **Over 11**

Panel Details – Panel of 7 (4 Players + 3 Substitute)

All Panel members Present at National Festival MUST Compete

Misconduct: Persistent fouling – The referee will have serious regard for personal fouls, such as vulgar or abusive language etc., and after a warning a player will be sent off the field after the next such offence. A player who is sent off shall not be allowed to take any further part in that game or in the following game that his team participates in

1. Spike Ball will be played according to the VAI Spike Ball competition rules except where amended by Community Games Rules.
2. **A panel may consist of a maximum of 7. A team must consist of 4 players, 4 players on court and 3 substitutes. The team list numbered 1 to 7 must be submitted before the commencement of a match. Team may commence game with 5 players minimum. Failure to field 5 players will lead to disqualification.**
3. A team must rotate one position clockwise when;
 - a. Team wins back the right to serve.
 - b. After three consecutive serves by the same player.
4. Automatic substitutions occur each time a team rotates.
 - a. The player in the front right position goes off and the substitute goes on to serve from the back right position.
 - b. Substitutes are made automatically without any signal required from coach or referee.
5. Player injury: - if an injured player cannot play on, the team may continue that match with 5 players.
6. For any subsequent match an injured player can be replaced by a member from the panel.
7. **A match will consist of the best of 3 sets.**
8. Match playing time will be 10 minutes per set.
9. Each team is permitted 1 x 30 seconds Time Out per set.
10. Court Dimensions:-

The court is 6.1 meters wide by 6.7meters in length, the length is divided by a net into two half's. A doubles badminton court may be used, the outside lines being the boundary lines.Net height will be 2.10 meters. A volleyball or badminton net set to the appropriate height may be used.
11. In event of a drawn Game 3 Minutes per half extra time will be played. If still level at this stage Sudden death will apply.

SWIMMING

Boys & Girls U/8 **Over 6** 1 length Freestyle

Boys & Girls U/10 **Over 8** 1 length Freestyle

Boys & Girls U/10 **Over 8** 1 length Backstroke

Boys & Girls U/12 **Over 10** 2 lengths Freestyle

Boys & Girls U/12 **Over 10** 2 lengths Breaststroke

Boys & Girls U/12 **Over 10** 2 lengths Backstroke

Boys & Girls U/14 **Over 12** 2 lengths Freestyle

Boys & Girls U/14 **Over 12** 2 lengths Backstroke

Boys & Girls U/14 **Over 12** 2 lengths Breaststroke

Boys & Girls U/14 **Over 12** 2 lengths Butterfly

Boys & Girls U/16 **Over 14** 2 lengths Freestyle

Boys & Girls U/16 **Over 14** 2 lengths Backstroke

Boys & Girls U/16 **Over 14** 2 lengths Butterfly

Boys U/13 **Over 10** (Squad) (Panel of 6) (four to swim and two subs) 4x1 length freestyle

Girls U/13 **Over 10** (Squad) (Panel of 6) (four to swim and two subs) 4x1 length freestyle

Boys U/16 **Over 13** (Squad) (Panel of 6) (Four to swim and two subs) 4 x 50m medley: freestyle, backstroke, breaststroke, butterfly.

Girls U/16 **Over 13** (Squad) (Panel of 6) (Four to swim and two subs) 4 x 50m medley: freestyle, backstroke, breaststroke, butterfly

At the National Festival U8 competitors must be able to swim one length of the pool from the deep end. Note: At the National Festival U8 ONLY competitors after the heats the qualifiers from each heat will go on to the semi-Final and the remainder in each heat will go on to a second competition.

Length = 25 metres maximum

1. Rules of Swim Ireland to apply except where amended by Community Games rules.
2. Competitors in all events must swim within their own lanes. Any competitor wilfully impeding another competitor or in the squad competition impeding a member of another squad in any way will cause his own or his squad's disqualification.
3. Once a panel has been submitted for a squad no alternation or addition can be made. A member of the panel may compete and swim any leg of the squad at any stage of the competition. No competitor may swim two legs of the squad.
4. Races will be judged on touching the finish wall.
5. In the breaststroke races, the touch must be with both hands.
6. In the squad, the incoming swimmer must "Touch" before outgoing swimmer leaves the block.
7. The order of the start will be:

- a. "Take your marks". Then and only then will competitors mount the starting blocks.
- b. When the official starter is satisfied that all competitors are ready, he will either blow a whistle or fire a starting gun to start the race.
8. Swimmers must stay in the water at the end of a race until they are given official permission to leave.
9. Technological equipment can be used at the National Festival to assist finish judges in the determination of placing's at the finish of all swimming events.
10. One false start to be allowed in all swimming events.
11. Swimming gala referee's decisions at area, county or National Festival are Festival provided he has applied the rules and bye laws of the Community Games and no appeal will be accepted on such decisions.

TABLE TENNIS

Event Type - Team Event
Age Category – Boys U13 Over 10 / Girls U13 Over 10
Panel Details – Panel of 5 (3 Players + 2 Substitutes)
All Panel members Present at National Festival Should Participate

1. The competition will be run according to the Rules of the I.T.T.F. except where amended by Community Games Rules.
2. A panel will consist of 5(3 players plus 2 substitutes).
3. A team must field 3 players at the commencement of the match. Failure to do so will result in disqualification.
4. All games will consist of 5 sets. To win a set a player must reach 11 points and win by 2 points. If the score goes to 10 all, play will continue with service changing every point, (up to 10 all service consists of 2 points) until one player wins by 2 points.
5. The referee must be given in writing before the match commences the order in which members of each team will play. The order may be changed for subsequent matches.
6. The line out for the singles will consist of 3 players who will be numbered 1,2,3.
7. The doubles will consist of any two players from the entire panel of 5.
8. The home team will be called "A" and the visiting team will be called "B". When a match is being played at a provincial or national venue, the co-ordinator will toss a coin to decide "A" and "B".
9. **Competitors must wear a non-reflective shirt.**

The four provincial winners to play a round robin to determine the placings.(i.e. 1st,2nd,3rd & 4th)

TALENT COMPETITIONS

CULTURE CORNER

Event Type - Team Event

Age Category - U15

Panel Details: Panel of 6 (Minimum of 3) All boys, All Girls, Mixed

All Panel Members Present at National Festival Must Compete

1. Performance - Live stage presentation on the theme of 'Stories & Folklore of Ireland'.
2. The presentation must include a Narrator.
3. No pre-recorded music or sounds allowed. All aspects of the presentation to be performed on stage by the team members.
4. Duration of performance - 10 minutes.
5. Time Penalty Points- One point will be deducted for each 30 seconds or part thereof over the time limit.
6. NO PROPS ALLOWED. The use of props will result in the disqualification of the team.
7. Chairs may be used on stage to seat the performers only.
8. Costumes may be used to depict the character being played.

Judging Criteria:-

Use of Talent and Versatility 20 Marks

Interpretation of Theme 50 Marks

Overall Entertainment 30 Marks

Solo Talent

SOLO DANCE Modern & Disco

Event Type - Individual Event

Age Category – U14 Boy or Girl

1. A competitor may perform one dance not exceeding 4 minutes duration which may be accompanied by live or pre-recorded music.
2. Judging criteria:
 - Carriage & Interpretation 20 Marks
 - Timing & Rhythm 20 Marks
 - Originality 20 Marks
 - Overall Entertainment 40 Marks
3. Time Penalty Points – One point will be deducted for each 30 seconds or part thereof over the time limit.

SOLO MUSIC

Event Type - Individual Event

Age Category – U13 Boy or Girl

1. A competitor may perform to a maximum of two pieces, not exceeding 5 minutes duration.
2. All music must be performed live by the competitor. NO PRE RECORDED MUSIC ALLOWED.
3. All musical instruments must be provided by the competitor.
4. A competitor may use more than one musical instrument.
5. Judging criteria:-
 - Interpretation 20 Marks
 - Rhythm 20 Marks
 - Tone 20 Marks
 - Overall Entertainment 40 Marks
6. Time Penalty Points – One point will be deducted for each 30 seconds or part thereof over the time limit.

SOLO SINGING

Event Type - Individual Event

Age Category – U14 Boy or Girl

1. A competitor may sing to a maximum of two songs, not exceeding 5 minutes duration.
2. He may be accompanied by one accompanist or by pre-recorded music only – NO VOCALS INCLUDED.
3. Judging criteria:-
 - Tone & Clarity 20 Marks
 - Phrasing 20 Marks
 - Interpretation 20 Marks
 - Overall Entertainment 40 Marks
4. Time Penalty Points – One point will be deducted for each 30 seconds or part thereof over the time limit.

SOLO RECITATION

Event Type - Individual Event

Age Category – U12 Boy or Girl

1. A competitor may perform one only recitation not exceeding 4 minutes duration.
2. Judging criteria:-
 - Diction 20 Marks
 - Phrasing 20 Marks
 - Suitability 20 Marks
 - Overall Entertainment 40 Marks
3. Time Penalty Points – One point will be deducted for each 30 seconds

GROUP TALENT

U/14 Group Dance (Modern & Disco)

Event Type - Team Event

Age Category – U14 All Boys / All Girls / Mixed

Panel Details – Maximum 6 – Minimum of 2

All Panel members Present at National Festival MUST Compete

1. Competitors may perform one dance not exceeding 4 minutes duration which may be accompanied by live (maximum of 2 persons) or pre-recorded music.
2. Judging criteria:-
 - Carriage & Interpretation 20 Marks

- Timing & Rhythm 20 Marks
- Originality 20 Marks
- Overall Entertainment 40 Marks

3. Time Penalty Points – One point will be deducted for each 30 seconds or part thereof over the time limit.

Group Dance (Irish Contemporary)

<p>Event Type - Team Event</p> <p>Age Category – U12 All Boys / All Girls / Mixed</p> <p>Panel Details – Maximum 6 – Minimum of 2</p> <p>All Panel members Present at National Festival MUST Compete</p>
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1. Competitors may perform one dance not exceeding 4 minutes duration which may be accompanied by live (maximum of 2 persons) or pre-recorded music.
2. Judging criteria:-
 - Carriage & Interpretation 20 Marks
 - Timing & Rhythm 20 Marks
 - Originality 20 Marks
 - Overall Entertainment 40 Marks
3. Time Penalty Points – One point will be deducted for each 30 seconds or part thereof over the time limit.

U/14 Group Singing

<p>Event Type - Team Event</p> <p>Age Category – U14 All Boys / All Girls / Mixed</p> <p>Panel Details – Maximum 6 – Minimum of 2</p> <p>All Panel members Present at National Festival MUST Compete</p>
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1. Competitors may perform one or two songs to a maximum duration of 5 minutes.
2. They may be accompanied by live music provided by a member or members of the group or by pre-recorded music only – No Vocals Included.
3. Conductors not allowed during the performance.
4. Judging Criteria:-
 - Tone & Clarity 20 Marks
 - Phrasing 20 Marks
 - Interpretation 20 Marks
 - Overall Entertainment 40 Marks

- Time Penalty Points – One point will be deducted for each 30 seconds or part thereof over the time limit.

U/14 Group - Drama or Comedy Sketch

Event Type - Team Event

Age Category – U14 All Boys / All Girls / Mixed

Panel Details – Maximum 6 – Minimum of 2

All Panel members Present at National Festival MUST Compete

1. Competitors may perform one Drama or Comedy Sketch to a maximum duration of 5 minutes.
2. Strictly no props allowed: the use of props will result in immediate disqualification and performance will not be judged.
3. Chairs may be used on stage to seat the performers only
4. Costumes may be used to depict the character being played
5. Judging Criteria:-
 - Suitability 20 Marks
 - Delivery 20 Marks
 - Acting Skills 20 Marks
 - Overall Entertainment 40 Marks
6. Time Penalty Points – One point will be deducted for each 30 seconds or part thereof over the time limit.

U/14 Group Music

Event Type - Team Event

Age Category – U14 All Boys / All Girls / Mixed

Panel Details – Maximum 6 – Minimum of 2

All Panel members Present at National Festival MUST Compete

1. Competitors may perform one or two pieces to a maximum duration of 5 minutes.
2. All music must be performed live by the competitors. No pre-recorded music allowed.
3. All musical instruments must be provided by the competitors.
4. Judging Criteria:-

- Interpretation 20 Marks
 - Rhythm 20 Marks
 - Tone 20 Marks
 - Overall Entertainment 40 Marks
5. Time Penalty Points – One point will be deducted for each 30 seconds or part thereof over the time limit.

SET DANCING

Event Type - Team Event

Age Category – U14

Panel Details – Panel of 10(All boys, All Girls, Mixed)

One team per county at the National Festival.

1. A panel will be made up of 10, 8 to compete.
2. Each group to 'draw' any two figures of their own selected set not exceeding 10 minutes duration which may be accompanied by live (maximum of 2 persons) or pre-recorded music.
3. Time penalty points – One point will be deducted for each 30 seconds or part thereof over the time limit.

Variety

Event Type - Team Event

Age Category – U16

Panel Details – Panel of 14(All boys, All Girls, Mixed)

All Panel members Present at National Festival MUST Compete

1. The duration of the performance will be of not less than 14 minutes and not greater than 16 minutes. Penalties for performances of less than 14 minutes or more than 16 minutes will be as follows: -
 - a. Fewer than 30 seconds Penalty 1 Mark.
 - b. Over 30 seconds Penalty 2 Marks.
 - c. Over 1 minute Penalty 4 Marks.
 - d. Over 2 minutes Penalty 6 Marks.
 - e. Over 3 minutes Penalty 10 Marks.
2. Adjudication and Marks will be as follows: -
 - a) Overall entertainment value. 30 Marks.
 - b) Use of talent and versatility. 30 Marks.
 - c) Production, presentation, movement grouping and use of stage area. 20 Marks.
 - d) Variety value. 20 Marks.
3. At the National Finals the top six teams will be recalled for a straight final. Their marks or position in the qualifying competition will not be counted or disclosed.
4. There will be at least 3 adjudicators at Area, County and Provincial level.

5. At the National Finals there will be 5 adjudicators. Where possible no two adjudicators should be from any one County. Each adjudicator will mark separately. There will be no conferring. The highest and lowest adjudicator's marks will be eliminated. The average mark of the remaining three adjudicators is the mark that will count. All penalty points will be deducted from this mark. In the event of a tie each of the 5 adjudicators must cast a valid vote to determine a position. A sixth adjudicator may be available but will only be used in case of illness or unavailability of one of the other 5 adjudicators.
6. The decision of the adjudicators will be final.
7. The adjudicators must not comment to any county until after the final.
8. No stage props allowed. The following hand props only will be allowed – walking stick, umbrella, handbag, clip board, book, hurley, ball, sports rackets and bats. Chairs provided for seating for competitors are not considered props. A team will lose 10 marks for incorrect use of props.
9. All music must be live music provided by
 - a. The members of the panel on stage.
 - b. An over 16 accompanist may be used to provide basic music to songs and dances.
10. The accompanist.
 - a. Is not permitted to play solo or virtuoso items.
 - b. Must be visible to the judges at all times – either front side stage or on floor front of stage.
 - c. Must be specifically identified to the Co-ordinator and Judges prior to each performance.
 - d. Will not be permitted to participate in any other way.
11. Note; NO synthesisers, tape recorders or pre-recorded sounds will be permitted.
12. Stage lighting only as provided by the venue will be used. Number of microphones only as provided by the venue to be used. Additional microphones may be added to the venue but must be made available to all teams.
13. A special award will be given to the variety group with the best Irish Cultural content at County and National Festival.
14. Marks for variety to be given out when announcing the results of the competition.
15. At the National Festival where there are 9 or less teams it will be a straight final.
16. There will be an extra seeded competition.

GENERAL

Team officials or competitors may not communicate with judges, referees or umpires. All complaints must be made to co-ordinator or Activities Committee within 15 minutes of result being made known. All Participants must be over the age of 6 on the 31st July in the year of National Competition.

APPEALS

as per appeals procedure. (see following pages)

N.B. All words and expressions in Community Games and Bye-Laws imputing the masculine He/Him will include the feminine She/Her PROCEDURES FOR APPEALS

1. All appeals must commence "I(We) wish to appeal---" and then set forth the rules claimed to have been infringed. In the event of an appeal not covered by a specific rule, then the case for appeal should be clearly stated with all the relevant information submitted. Only formal appeals properly lodged in time per rule will go through the appeals procedure.
2. All Appeals properly lodged, must be heard by the appropriate Appeals Committee.
3. Appeals will in the first instance, be lodged with the committee under whose jurisdiction the activity is being organised. All areas/counties participating in an event be notified if there is an appeal pending.
4. Appeals Committees will have power to impose such penalties and restrictions as they in their absolute discretion will decide.
5. A team proved illegal will be disqualified from further participation in that competition. Sanctions may be imposed against the Team Managers and against the Area and County.
6. An Individual proved illegal will be disqualified from further participation in all Community Games Activities for a period of one year from the date of the relevant Appeals Committee decision.
7. Appeals Committees will have power to award the event to such competitor or team as they will decide.
8. Area, county and Provincial Bye-Laws which have not been submitted and approved by the Board of Directors, will not be considered relevant if submitted in Appeals by Area, County or Provincial Executive Committees.
9. Dates, decided by Area, county, Province and National, for entry or completion of activities, will be regarded as part of the normal running of Community Games and will be accepted by Appeals Committee, provided that proof is furnished that notification was sent and received at the appropriate level.

10. A minimum of three Members must hear an Appeal at all levels.
11. In the absence of the Appeals Chairman, at Area, county or Provincial level, a chairman will be elected from the Appeals Committee members present and in the event of four members hearing an Appeal, the Chairman will have a casting vote.
12. Members of Appeals Committee must declare a vested interest in an Appeal and withdraw from that Appeal.
13. A member of an Appeals Committee can not hear his own Area or County Appeal, or plead a case before his own Committee.
14. An individual can only be a member of one Appeals Committee.
15. Subject to a maximum of two appeals on any issue, appeals will proceed as follows:-
 At Area Level, progressing to: Area Appeals Committee.
 County Appeals Committee. At County Level progressing to: County Appeals Committee.
 National Appeals Committee. At Provincial Level progressing to: Provincial Appeals Committee. National Appeals Committee.
 At National Level, direct to:-
 National Appeals Committee.
16. The Board of Directors will decide at its first meeting, the appropriate fees for all appeals and notify all counties within 14 days. Appeal fees will be reviewed annually.
17. Appeals in individual events at Area Level, must be signed by a parent or guardian of the individual involved or by a responsible adult, and lodged with the Area Secretary accompanied by the appropriate fee within thirty minutes after the result of the event has been officially made known.
18. Appeals against the decision of the Area Appeals Committee in individual events must be signed by the Area Secretary and lodged with the County Secretary accompanied by the appropriate fee within 48 hours after the decision has been officially made known.
19. Appeals in individual events, relays and squads at County level must be signed by the Area Manager or Area Secretary and lodged with the County Secretary accompanied by the appropriate fee within 30 minutes after the result has been officially made known.
20. Appeals against the decision of the County Appeals Committee in individual events, relays or Squads must be signed by the Area Team Manager or Area Secretary and lodged with the General Secretary of the Community Games Company accompanied by the appropriate fee within three days after the decision of the County Appeals Committee has been officially made known. Evidence of posting within the three day period will be proof of lodgement of appeal within the stipulated period.
21. Intention to appeal in individual events, relays or squads at National level will be accepted in writing accompanied by 50% of the appeal fee, signed by the County Manager or County Secretary and lodged with the Company Secretary at a designated point within 15minutes of the result being officially made known. The time of receipt of the "intention to appeal" will be noted by the recipient on behalf of the Company Secretary.
22. Appeals in individual events, relays or squads at National level must be signed by the County Manager or County Secretary and lodged with the Company Secretary at a designated point accompanied by the appropriate fee within 30 minutes of the lodging of the "Intention to appeal". (If no Intention to appeal has been lodged, then any appeal being presented should be signed by the County Manager or County Secretary and must be lodged with the Company Secretary at the designated point accompanied by the appropriate fee within 30 minutes of the result been officially made known).

23. Intention to appeal in Team Events at National Level will be accepted in writing accompanied by 50% of the appeal fee, signed by the Team Manager or County Secretary and lodged with the Company Secretary at a designated point within 15 minutes of the result being officially made known, The time of receipt of the "intention to appeal" will be noted by the recipient on behalf of the Company Secretary.
24. Appeals in Team Events at Area Level must be signed by the Team Manager and lodged with the Area Secretary accompanied by the appropriate fee within one day after the result has been officially made known.
25. Appeals against the decision of the Area Appeals Committee in team events must be signed by the Team Manager and lodged with the County Secretary accompanied by the appropriate fee within 2 days after the result has been officially made known.
26. Appeals in team events at County Level must be signed by the Area Secretary and lodged with the County Secretary accompanied by the appropriate fee within 3 days after the result has been officially made known.
27. Appeals against the decision of the County Appeals Committee in team events must be signed by the Team Manager or Area Secretary and lodged with the Company Secretary accompanied by the appropriate fee within 3 days after the decision of the County Appeals Committee has been officially made known.

Evidence of posting within the 3 days period will be proof of lodgement of appeal within the stipulated period.
28. Appeals in Team Events or Judo at provincial Level must be signed by the Team Manager or County Secretary and lodged with the Provincial Secretary accompanied by the appropriate fee within 3 days after the result has been officially made known or such shorter period as the provincial Bye-Laws so prescribe. Evidence of posting will be proof of lodgement within the stipulated period.
29. Appeals against the decision of the Provincial Appeals Committee in Team Events or Judo must be signed by the Team Manager or County Secretary and lodged in duplicate with the Company Secretary accompanied by the appropriate fee within 4 days after the result has been officially made known. Evidence of posting will be evidence of lodgement within the stipulated period.
30. Appeals in Team events at National level must be signed by the Team Manager or County Secretary and lodged with the Company Secretary at a designated point accompanied by the appropriate fee within 30 minutes of the lodging of the Intention to Appeal. (if no Intention to Appeal has been lodged, then any appeal being presented should be signed by the Team Manager or County Secretary and must be lodged with the Company Secretary at a designated point accompanied by the appropriate fee within 30 minutes of the result been officially made known.)
31. The Chairman of the Appeals Committee at each level will give the official decision of the Appeals Committee in writing to the appellant at the conclusion of the Appeal and he will forward a copy to the appropriate Secretary at which level the appeal took place.
32. The Company Secretary must be informed of all appeal decisions at County, Provincial and National level and will be so informed by the Chairman of the Appeals Committee under whose jurisdiction the appeal took place.
33. When an Appeal fails, the fee will be forfeited and so much of the outlay incurred in hearing the appeal, as will be determined by the Committee, must be discharged by the appellant within 7 days of the decision being made known. Failure to pay the outlay within the said period, will debar the appellant from further participation in the Community Games Company until paid.
34. Complaints, queries and other such issues will be investigated by the Executive Committee at which level they were submitted and a decision having been arrived at, will not progress further.
35. Two Representatives from each party involved in the Appeal will be invited to attend the hearing, both having the right to speak. They will be notified of the nature of the Appeal or the reason for disqualification.

36. The Chairman of the Appeals Committee will inform all parties involved that once the official decision is given, there will be no further comment from anybody involved in the Appeal.
37. Parties not complying with Rule 36, will be further penalised by the Board of Directors.
38. Appeals Committees may summon as many witnesses as they feel necessary.
39. Parties involved in an appeal will be interviewed separately and will remain in attendance in case of recall.
40. At Area, County or Provincial levels, the Official Result will be the time it is announced over the P.A. system, placed on a notice board or communicated by whatever means available.
41. At National level, the Official Result will be when it appears on the Official Notice board accompanied by time of posting.
42. Referees decisions on the field of play in team events are final provided he has applied the Rules and Bye-Laws of the Community Games Company and no Appeal will be accepted on such Referees decisions.
43. Athletic Track and field Referees and Swimming Gala Referees decisions are final provided he has applied the Rules and Bye-Laws of the Community Games Company and no Appeal will be accepted on such Referees decisions.
44. Appropriate expenses will be paid to the Appeals Committee only. All Appellants must cover their own expenses. Persons called under Rules 36, may be granted expenses by the relevant Appeals Committee.
45. When an appeal is successful the fee will be reimbursed immediately.

APPEAL FEES

	Individual	Team
Area	10	20
County	50	100
Provincial	100	200
Appeals at National Finals.	100	200
Appeals to National from County or Provincial	150	300

Appeals in order & properly submitted MUST be heard by the Appeals Committee and a decision given without any undue delay

Subject to annual review by the Board of Directors