FOBISIA

ESTABLISHED IN 1988

The Federation of British International Schools in Asia

‘The Friendly Games’

The FOBISIA Games Handbook

Primary Games

March 2023 Edition

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1. General Information

1.1. General Information

To provide the children with an appropriate level of competition, schools are placed into performance related groups. Schools can select to compete in either a Larger Team Group bringing 40 students, or a Smaller Team Group bringing 20-24 students.

No school will be defined as an overall winner of the Games.

Groupings will be reviewed on an annual basis, in consultation with the PE & Sport Executive Committee, Head of School Sports Liaison and FOBISIA Student Events Executive.

1.2. Teams

Eligibility:

Selections for Primary FOBISIA Games should prioritise U10 and U11 age children (predominantly Y5 and Y6)

Year	Under 10	Under 11
2022-23	Students representing their school at U10 level must have been born on or after **1st August 2012**	Students representing their school at U11 level must have been born on or after **1st July 2011**
2023-24	born on or after **1st August 2013**	born on or after **1st July 2012**
2024-25	born on or after **1st August 2014**	born on or after **1st July 2013**
2025-26	born on or after **1st August 2015**	born on or after **1st July 2014**

Secondary students are not permitted to participate in the Primary Games.

Competition Format:

Schools in the Larger Team Groups of 40 students need to:

- Select 10 x U10 Boys and Girls & 10 x U11 Boys and Girls
- A full squad consists of 40 students.

Day 1 - Swimming and Athletics

- Age group based (exception in swimming where there are a small number of open events).

Day 2 - Tee Ball

- 5 Boys and 5 Girls mixed age group teams
- 4 teams per school
- Teams to be ranked from A to D by ability

Day 3 - Football

- 7 a-side football
- Separate Boys and Girls tournaments
- 2 x squads of 10 per gender
- Mixed year group A & B squads

Schools in the Smaller Team Groups of 20-24 students:

- Students must be U11 (based on the rules above) and in primary school. We recommend students in years 5 and 6, but if required, for numbers, year 4 students can be invited.
- A minimum of 20 (10 boys minimum and 10 girls minimum) and maximum of 24 students (12 boys and 12 girls maximum)
- This would enable Boys and Girls A Team football, and A and B Tee ball teams. Athletics and swimming would still adhere to individual entry quotas.

Day 1 - Swimming and Athletics

- Events are not split by age group

Day 2 - Tee Ball

- 5 Boys and 5 Girls mixed age group teams
- 2 teams per school
- Teams to be ranked from A to B by ability

Day 3 - Football

- 7 a-side football
- Separate Boys and Girls tournaments
- 1 x squad of 10 per gender
- Mixed year group squads

NB Should participating Schools have incomplete teams, they are permitted to 'borrow' players from other schools in order to make up numbers. They will not, however, be considered competitive in terms of medals, unless otherwise agreed within the group and with the FOBISIA Event Manager. Should they not wish to borrow players but rather to play 'short-handed', those teams playing against these teams should not be expected to play with fewer players to ensure equally sized teams.

1.3. Competition Formats

Primary FOBISIA is a mixed age group team competition organised for children competing in football & tee-ball (U11). Swimming and athletics will be age group based (U10 and U11) for large teams of 40 students, but U11 for small teams of 20-24 students.

- In athletics and swimming students compete in single gender competition, with exception of the shuttle relay in athletics and tyre relay in swimming.
- Tee-ball is played with mixed gender ability based teams.
- Football is played as single gender ability based teams.

The following formats will be adopted based on the number of participating schools:

8 schools:	7 schools:	6 schools:	5 schools:
2 groups of 4. Round Robins in group followed by play-off games & finals. This equates to 5 games per team.	Round Robin to create league placings. There will be no finals/semi finals. This equates to 6 games per team.	Round Robin to create league placings. There will be no finals/semi finals. This equates to 5 games per team.	Round Robin to create league placings followed by the final and Bronze Medal Match. This equates to a maximum of 5 games per team.

1.4. Awards

In athletics and swimming, medals will be awarded to the first three finishers in A, B and C races.
In both athletics and swimming points will be scored for A, B and C races.

- This scoring system will change depending on the number of teams competing.

Team Trophies will be awarded as follows:

- 1st, 2nd & 3rd place in swimming & athletics. This is a combined boys/girls award.
- 1st, 2nd & 3rd place in all categories of football & tee ball.

Medals:
Participation medals are awarded to all participants.

- Individual Events - In athletics and swimming medals will be presented for the first three places.
- Team Games - In football and tee ball, medals will be presented for first, second and third place in all categories of competition.
- Medals are awarded for the Shuttle Relay in athletics and Tyre Relay in swimming although no points are scored.

Ties in Athletics and Swimming:
If two athletes share a place in an athletics or swimming event, the following places and points are given.

- If two athletes come in 1st place, they each get the full points for 1st position and a gold medal. The athlete who places next takes the points and medal for 3rd place.
- If two athletes share 2nd place, they each get a silver medal and each receive the full points for 2nd place. The next athlete will take 4th position and points.
- If two athletes share 3rd place, they each get a bronze medal and the full points for 3rd place each. The next athlete will receive 5th place and points for 5th.

2. Event Listings

Schools will enter three competitors, A, B and C (with A being the stronger competitor) in individual events for both swimming and athletics.
If schools don't have a full squad, event quotas still apply. Schools can select which events are entered but athletes must compete at the highest level of competition ie. If only one athlete is entered for High Jump, they would be the A competitor.

2.1. Athletics

The latest World Athletics rules can be accessed here.
Athletes may enter a maximum of 6 and a minimum of 3 events, inclusive of the shuttle relay.
Within the individual athletes maximum quota of 6 events, they may enter a maximum of 3 track (not including the shuttle relay) and 2 field events or 3 field and 2 track (not including shuttle relay) events.

U10 Overview
(applicable to Large Team Groups of 40 students only)
Track: 60m, 100m, 200m, 800m, 4x100m Relay, Shuttle Relay
High Jump, Long Jump, Standing Triple Jump, Discus Throw - orthodox grip (750g), Turbo Javelin (300g), Shot Put (1kg)

U11 Overview
(applicable to Large Team Group of 40 students AND Small Team Groups of 20-24 students)
Field: 60m, 100m, 200m, 800m, 4x100m Relay, Shuttle Relay
High Jump, Long Jump, Standing Triple Jump, Discus Throw - orthodox grip (750g), Turbo Javelin (300g), Shot Put (1kg)

Athletic Events for all schools - **For Large Team Groups of 40 students these are separate for U10 and U11 students** - **For Small Team Groups of 20-24 students these are for U11 only**	
Track Events 800m A, B, C 200m A, B, C 100m A, B, C 60m A,B,C 4x100m A only Shuttle Relay A & B	**Field Events** Long Jump A, B & C High Jump A & B Standing Triple Jump, A, B & C Javelin A, B & C Shot Put A, B & C Discus A, B &C

Small Team Groups of 20-24 Students

U11 is the only age classification. Only A, B (& C competitors where team size allows).

If there is only 1 competitor for an event, they will be the A competitor. (C events have been added as agreed at HoPE Meeting, 2018)

Athletics Format for Small Team (20-24 Student) Groups:			
Track Events:		**Field Events:**	
U11 Girls	800m A, B, C	**U11 Girls**	Long Jump A, B, C
U11 Boys	800m A, B, C	**U11 Boys**	Long Jump A, B, C
U11 Girls	200m A, B, C	**U11 Girls**	High Jump A, B
U11 Boys	200m A, B, C	**U11 Boys**	High Jump A, B
U11 Girls	100m A, B, C	**U11 Girls**	Standing Triple Jump, A, B, C
U11 Boys	100m A, B, C	**U11 Boys**	Standing Triple Jump, A, B, C
U11 Girls	60m A, B, C	**U11 Girls**	Javelin A, B, C
U11 Boys	60m A, B, C	**U11 Boys**	Javelin A, B, C
U11 Girls	4x100m Relay	**U11 Girls**	Shot Put A, B, C
U11 Boys	4x100m Relay	**U11 Boys**	Shot Put A, B, C
U11 Girls & Boys	Shuttle A x10 students	**U11 Girls**	Discus A, B, C
U11 Girls & Boys	Shuttle B x10 students	**U11 Boys**	Discus A, B, C

Athletics Format for Large Team (40 Student) Groups:			
Track Events:		**Field Events:**	
U10 Girls	800m A, B, C	**U10 Girls**	Long Jump A, B, C
U11 Girls	800m A, B, C	**U11 Girls**	Long Jump A, B, C
U10 Boys	800m A, B, C	**U10 Boys**	Long Jump A, B, C
U11 Boys	800m A, B, C	**U11 Boys**	Long Jump A, B, C
U10 Girls	200m A, B, C	**U10 Girls**	High Jump A, B
U11 Girls	200m A, B, C	**U11 Girls**	High Jump A, B
U10 Boys	200m A, B, C	**U10 Boys**	High Jump A, B
U11 Boys	200m A, B, C	**U11 Boys**	High Jump A, B
U10 Girls	100m A, B, C	**U10 Girls**	Standing Triple Jump A, B, C
U11 Girls	100m A, B, C	**U11 Girls**	Standing Triple Jump A, B, C
U10 Boys	100m A, B, C	**U10 Boys**	Standing Triple Jump A, B, C
U11 Boys	100m A, B, C	**U11 Boys**	Standing Triple Jump A, B, C
U10 Girls	60m A, B, C	**U10 Girls**	Javelin A, B, C

U11 Girls	60m A, B, C	**U11 Girls**	Javelin A, B, C
U10 Boys	60m A, B, C	**U10 Boys**	Javelin A, B, C
U11 Boys	60m A, B, C	**U11 Boys**	Javelin A, B, C
U10 Girls	4x100m Relay	**U10 Girls**	Shot Put A, B, C
U11 Girls	4x100m Relay	**U11 Girls**	Shot Put A, B, C
U10 Boys	4x100m Relay	**U10 Boys**	Shot Put A, B, C
U11 Boys	4x100m Relay	**U11 Boys**	Shot Put A, B, C
U10 Girls & Boys	Shuttle A x10 students	**U10 Girls**	Discus A, B, C
U10 Girls & Boys	Shuttle B x10 students	**U11 Girls**	Discus A, B, C
U11 Girls & Boys	Shuttle A x10 students	**U10 Boys**	Discus A, B, C
U11 Girls & Boys	Shuttle B x10 students	**U11 Boys**	Discus A, B, C

2.1.1. Scoring System for events:

6 Schools Competitions						
	1st	**2nd**	**3rd**	**4th**	**5th**	**6th**
A Events	18pts	17pts	16pts	15pts	14pts	13pts
B Events	12pts	11pts	10pts	9pts	8pts	7pts
C Events	6pts	5pts	4pts	3pts	2pts	1pt
Relays	Relays are no longer double points, just normal A points awarded.					

7 Schools Competitions							
	1st	**2nd**	**3rd**	**4th**	**5th**	**6th**	**7th**
A Events	21pts	20pts	19pts	18pts	17pts	16pts	15pts
B Events	14pts	13pts	12pts	11pts	10pts	9pts	8pts
C Events	7pts	6pts	5pts	4pts	3pts	2pts	1pt
Relays	Relays are no longer double points, just normal A points awarded.						

8 Schools Competitions								
	1st	**2nd**	**3rd**	**4th**	**5th**	**6th**	**7th**	**8th**
A Events	24pts	23pts	22pts	21pts	20pts	19pts	18pts	17pts
B Events	16pts	15pts	14pts	13pts	12pts	11pts	10pts	9pts
C Events	8pts	7pts	6pts	5pts	4pts	3pts	2pts	1pt
Relays	Relays are no longer double points, just normal A points awarded.							

- If competitors are entered in both a track and a field event or in more than one field event taking place simultaneously, the judges may allow them to participate in an order different from that decided upon prior to the competition. High jump must, however, take precedence.
- In throwing or jumping for distance no competitor is allowed to have more than one attempt recorded in any one round of the competition.
- In the field events each competitor may be allowed up to three practice attempts and in all the events except high jump they will be allowed three attempts which go towards their best and final result.
- Once the competition has begun, competitors are not permitted to use the runways or take-off areas for practice or warm up purposes, nor are they permitted to use throwing sites for practice trials, with or without implements.

Disqualifications: If any athlete, not just those in medal positions, is disqualified, they will receive the lowest score for that event. (HOPE, September, 2019)

2.1.2. Exceptions to World Athletics Competition rules - The Track

All events will take place under World Athletics Competition rules with the following exceptions:
Shuttle Relay

- The 50m shuttle relay will consist of 5 boys and 5 girls from each team in A and B ability ranked mixed teams. The team will run up and down the 50m straight in a shuttle style. The baton will be handed over to the next person round an upright pole.
- The receiving runner will be standing waiting to receive the baton with their arm round the back of the pole.
- The incoming runner will put the baton into their hand and the runner will then take the baton round the back of the pole before running on.

2.1.3. Exceptions to World Athletics Competition rules - The Field

All events will take place under IAAF Competition rules with the following exceptions:
With the exception of the high jump all athletes will receive three attempts at field events.

Standing Triple Jump

- Athletes can start with their lead leg up to the line or may take a 1 step approach
- Athletes use a one-step approach and takeoff with their toe up to, but not on the take-off line.
- The order of jumps is hop, step and jump.
- Measurement is made from the rearmost part of the body touching the ground.

Shot Put - 1kg

- The shot shall touch or be in close proximity to the chin and the hand shall not be dropped below this position during the action of putting nor should the shot be brought behind the line of the shoulders.
- Measurement is made from the point of landing closest to the circle from where the shot is ‘put’

Turbo Javelin - 300g

Eveque Turbo Javelin - 70cm - 300g: stockist: Findel International

- A run up will be allowed with no restrictions. Competitors must not step on to or over the throwing line or the attempt will be ruled as a no throw.
- The measurement will be taken from where the tip of the javelin first lands (within the allocated vector) and back to the line.
- If the javelin lands tail first, this throw will not be recorded. If it lands flat this throw will be counted.
- The javelin will also not be recorded if it does not land in the designated throwing area.
- The javelin must be thrown with an overhead action.

Discus: 750g *(HoPE, September, 2018)*

750g Rubber Discus stockists: Hart Sport Australia & Findel International

- Basic standing throw with no spin.
- Competitors must not step on to or over the throwing line or the attempt will be ruled as a no throw.
- Measurement taken from where the discus first lands.
- The discus will also not be recorded if it does not land in the designated throwing area.
- Orthodox grip must be used *(HoPE September, 2018)*

High Jump

- The height of the bar will start where all competitors are capable of jumping. The height the bar is raised between each round will also be geared to the ability of the competitors. The competitors shall be informed of this before the competition begins.
- Competitors have a maximum of seven jumps.
- Competitors may commence jumping at any of the heights above the minimum height and may jump at their discretion at any subsequent height.
- Elimination will be after 3 consecutive failures (although they do not have to be at the same height).
- After the competitor has won the competition and still has jumps to take, the height to which the bar is raised shall be decided after the judge of the competition has consulted the wishes of the competitor.
- Ties for first place only shall be decided by counting back. In the event of a tie, the winner will be (reference the World AthleticsHandbook)
  1) The athlete with lowest number of jumps at that height
  2) The athlete with the fewest number of failures up to and including the last height cleared.
- If there is subsequently still a tie for first place the jumpers move back to the last height which those included in the tie jumped at one attempt;
- If more than one jumper involved in the tie is successful the bar goes up until there is a result.
- If there is still a tie for first place jumper move back to the last height which those included in the tie jumped at one attempt.
- The designated high jump judge will decide whether or not a jump is valid.

2.2. Swimming

The latest FINA rules can be accessed here. All swimmers may enter a maximum of 5 events and a minimum of 2 events (including the tyre relay).

Primary FOBISIA Swimming Order of Events for Small Team Groups (20-24 Students) Format. All events are Open U11.

FOBISIA Primary Swimming - Order of Events				
Swimming Format - Smaller Team Groups (20-24 Student) Groups				
Event No.	**Age Cat.**	**Gender:**	**Div:**	**Event:**
1	U11	Boys	A	4 x 25m Medley Relay
2	U11	Girls	A	4 x 25m Medley Relay
3	U11	Boys	A	100m IM
4	U11	Girls	A	100m IM
5	U11	Girls	A	25m Free
6	U11	Girls	B	25m Free
***7**	U11	Girls	C	25m Free
8	U11	Boys	A	25m Free
9	U11	Boys	B	25m Free
***10**	U11	Boys	C	25m Free
11	U11	Girls	A	25m Breast
12	U11	Girls	B	25m Breast
***13**	U11	Girls	C	25m Breast
14	U11	Boys	A	25m Breast
15	U11	Boys	B	25m Breast
***16**	U11	Boys	C	25m Breast
17	U11	Girls	A	25m Back
18	U11	Girls	B	25m Back
***19**	U11	Girls	C	25m Back
20	U11	Boys	A	25m Back
21	U11	Boys	B	25m Back
***22**	U11	Boys	C	25m Back
23	U11	Girls	A	25m Butterfly
24	U11	Boys	A	25m Butterfly
25	U11	Girls	A	50m Free

***26**	U11	Girls	B	50m Free
27	U11	Boys	A	50m Free
***28**	U11	Boys	B	50m Free
29	U11	Girls	A	50m Breast
***30**	U11	Girls	B	50m Breast
31	U11	Boys	A	50m Breast
***32**	U11	Boys	B	50m Breast
33	U11	Girls	A	50m Back
***34**	U11	Girls	B	50m Back
35	U11	Boys	A	50m Back
***36**	U11	Boys	B	50m Back
37	U11	Boys	A	4 x 25m Free Relay
38	U11	Girls	A	4 x 25m Free Relay
39	U11	5 boys, 5 girls	A	10 x 25m Tyre Relay
40	U11	5 boys, 5 girls	B	10 x 25m Tyre Relay

(*New events from 2019, as agreed at HoPE, 2018)

Primary FOBISIA Games Swimming Order of Events for Large Team Groups (40 Students) Format. Events are divided by age, U10 and U11 with some exceptions ('Open' Age Category)

FOBISIA Primary Swimming - Order of Events				
Swimming Format - Large Team (40 Student) Groups				
Event No.	**Age Cat.**	**Gender:**	**Div:**	**Event:**
1	U10	Boys	A	4x50m Medley Relay
2	U10	Girls	A	4x50m Medley Relay
3	U11	Boys	A	4x50m Medley Relay
4	U11	Girls	A	4x50m Medley Relay
5	Open	Boys	A	100m IM
6	Open	Boys	B	100m IM
7	Open	Boys	C	100m IM
8	Open	Girls	A	100m IM
9	Open	Girls	B	100m IM
10	Open	Girls	C	100m IM
11	U10	Boys	C	25m Free

12	U11	Boys	C	25m Free
13	U10	Girls	C	25m Free
14	U11	Girls	C	25m Free
15	U10	Boys	A	50m Free
16	U10	Boys	B	50m Free
17	U11	Boys	A	50m Free
18	U11	Boys	B	50m Free
19	U10	Girls	A	50m Free
20	U10	Girls	B	50m Free
21	U11	Girls	A	50m Free
22	U11	Girls	B	50m Free
23	U10	Boys	C	25m Breast
24	U11	Boys	C	25m Breast
25	U10	Girls	C	25m Breast
26	U11	Girls	C	25m Breast
27	U10	Boys	A	50m Breast
28	U10	Boys	B	50m Breast
29	U11	Boys	A	50m Breast
30	U11	Boys	B	50m Breast
31	U10	Girls	A	50m Breast
32	U10	Girls	B	50m Breast
33	U11	Girls	A	50m Breast
34	U11	Girls	B	50m Breast
35	U10	Boys	C	25m Back
36	U11	Boys	C	25m Back
37	U10	Girls	C	25m Back
38	U11	Girls	C	25m Back
39	U10	Boys	A	50m Back
40	U10	Boys	B	50m Back
41	U11	Boys	A	50m Back
42	U11	Boys	B	50m Back
43	U10	Girls	A	50m Back
44	U10	Girls	B	50m Back
45	U11	Girls	A	50m Back

46	U11	Girls	B	50m Back
47	U10	Boys	C	25m Butterfly
48	U11	Boys	C	25m Butterfly
49	U10	Girls	C	25m Butterfly
50	U11	Girls	C	25m Butterfly
51	U10	Boys	A	50m Butterfly
52	U10	Boys	B	50m Butterfly
53	U11	Boys	A	50m Butterfly
54	U11	Boys	B	50m Butterfly
55	U10	Girls	A	50m Butterfly
56	U10	Girls	B	50m Butterfly
57	U11	Girls	A	50m Butterfly
58	U11	Girls	B	50m Butterfly
59	U10	Boys	B	4x25m Free Relay
60	U10	Girls	B	4x25m Free Relay
61	U11	Boys	B	4x25m Free Relay
62	U11	Girls	B	4x25m Free Relay
63	U10	Boys	A	4x50m Free Relay
64	U10	Girls	A	4x50m Free Relay
65	U11	Boys	A	4x50m Free Relay
66	U11	Girls	A	4x50m Free Relay
67	Open	Mixed	A	10x25m Tyre Relay
68	Open	Mixed	B	10x25m Tyre Relay

2.2.1. Scoring System for events

6 Schools Competitions						
	1st	**2nd**	**3rd**	**4th**	**5th**	**6th**
A Events	18pts	17pts	16pts	15pts	14pts	13pts
B Events	12pts	11pts	10pts	9pts	8pts	7pts
C Events	6pts	5pts	4pts	3pts	2pts	1pt
Relays	Large Team Groups: Relays are normal points of A and B value. (No double points) Small Team Groups: Relays are for normal points of A value (No double points)					

7 Schools Competitions							
	1st	2nd	3rd	4th	5th	6th	7th
A Events	21pts	20pts	19pts	18pts	17pts	16pts	15pts
B Events	14pts	13pts	12pts	11pts	10pts	9pts	8pts
C Events	7pts	6pts	5pts	4pts	3pts	2pts	1pt
Relays	Large Team Groups: Relays are normal points of A and B value. (No double points) Small Team Groups: Relays are for normal points of A value (No double points)						

8 Schools Competitions								
	1st	2nd	3rd	4th	5th	6th	7th	8th
A Events	24pts	23pts	22pts	21pts	20pts	19pts	18pts	17pts
B Events	16pts	15pts	14pts	13pts	12pts	11pts	10pts	9pts
C Events	8pts	7pts	6pts	5pts	4pts	3pts	2pts	1pt
Relays	Large Team Groups: Relays are normal points of A and B value. (No double points) Small Team Groups: Relays are for normal points of A value (No double points)							

Note: where schools can only field one competitor for an event, this swimmer will be the 'A' swimmer

2.2.2. Interpretation of FINA Rules

- Strokes - FINA Basic Rules (FOBISIA interpretation for non medal placings)
- Starts - FINA Basic Rules (FOBISIA interpretation for non medal placings)
- Turns - FINA Basic Rules (FOBISIA interpretation for non medal placings)
- Finishing - FINA Basic Rules (FOBISIA interpretation for non medal placings)

FINA RULES - FOBISIA competitions will follow FINA Laws regarding the above areas of the sport. 4 STROKES - FINA Rules apply in terms of the nature of the strokes.

Rules of the strokes and start/turn/finish of the strokes of FINA

2.2.3. Strokes

FINA Rules apply to below explanations of the strokes:

Freestyle:

- The swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.
- Some part of the swimmer must touch the wall upon completion of each length and at the finish.
- Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn.

Backstroke:

- At the signal for starting and after turning the swimmer shall push off and swim upon his/her back throughout the race except when executing a turn.
- The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal.
- Some part of the swimmer must break the surface of the water throughout the race.
- It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn.
- However, recent developments and trends, swimmers and coaches have developed a “Fish Action” (Fly kick on a swimmer's side!) same distance applies and passing through 90°! (This would be deemed as swimming on their front and thus not backstroke)
- Upon the finish of the race the swimmer must touch the wall while on the back.

Breaststroke:

- From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time.
- All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.
- After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged.
- The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward kick is not permitted except breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.
- At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level.

Butterfly:

- From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Underwater kicking on the side is allowed. It is not permitted to roll onto the back at any time.
- Both arms shall be brought forward together over the water and brought backward simultaneously throughout the race.
- All up and down movements of the legs must be simultaneous.
- The legs or the feet need to be on the same level, but they shall not alternate in relation to each other. A breaststroke kick is not permitted.
- At the start and turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him/her to the surface.
- It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and each turn.
- At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level.
- Medley Swimming:
    - Individual Medley - The swimmer covers the four swimming styles in the following

order: Butterfly, Backstroke, Breaststroke and Freestyle.
    - Medley Relay - Swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.
- FOBISIA Interpretation – Strokes Meet officials will use discretion when disqualifying swimmers.
- FINA Rules apply to ALL swimmers.
    - e.g. “Screw” leg kick on breaststroke
    - e.g. Arms not clearing the water level on butterfly

2.2.4. Starts

False Starts All races shall have a 2 start ruling. On a first false start, all swimmers are called back. On the second start, the race continues and any swimmers who have performed a false start will be disqualified.

All front/prone strokes

- Swimmers are to start from the side of the pool (starting block, side of the pool or in the water).
- The same applies to relay events e.g. Freestyle.

Backstroke starts

- Swimmers have to start in the water.
- 15 meters maximum underwater before surfacing.

Relay starts

- Starts apply according to entering the water as stated before.

Freestyle relays - forward dive

Medley relays - will start in the water with the backstroke leg first and backstroke start rules applying

2.2.5. Relay takeovers

Relay swimmers must not dive (feet leave starting block) before the incoming swimmer (on their team) in the water has touched the end of the pool in their lane.

2.2.6. The race

Individual:

- A swimmer swimming over the course alone shall cover the whole distance to qualify.
- A swimmer must finish the race in the same lane in which he/she started.
- In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool (If the host pool has a shallow end).
- Pulling on the lane rope is not allowed.
- Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender.

Relay:

- There shall be four swimmers on each relay team.
- In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.

- Any relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.
- The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once.
- Any swimmer having finished his/her race, or his/her distance in a relay event, must leave the pool as soon as possible without obstructing another swimmer who has not yet finished his/her race.

2.2.7. Turns

- All turns require contact as this indicates successful completion of each lap.
- Failure to execute turns properly will result in a DQ (disqualification).
- Turn judges have to properly notify the start judge of the violation then to warrant if it is a 'DQ'able violation of the rules.
- Swimmer and coach need to be notified immediately after the race so that swimmers and coaches are not left in the dark with unexplained DQ.'s

2.2.8. Finishes

- Butterfly and Breaststroke finishes must be with both hands touching at the same time and level.
- Backstroke finishes must be on the back and can be with one hand
- Freestyle finishes (depending on the chosen stroke) tend to be one handed and on the swimmer front

FOBISIA INTERPRETATION

- FINA rules apply.
- In swimming, in all positions a swimmer can be disqualified, not just in 1st - 3rd. This means that when disqualified you receive the lowest score for that race.

Note - It is vital to appreciate that the FOBISIA Games are a multi discipline competition and as such some swimmers will NOT be well versed in competitive swimming rules. SMW needs to communicate this to officials and stroke judges and ensure that DQs are not the norm.

SMW should appoint a Meet Director to coordinate the event. The Meet Directors' decision concerning inconsistencies between placing, times and the stroke judges' decisions shall be final.

2.2.9. Exceptions to FINA rules

- All races will take place in a 25m pool.
- The pool depth should be between 1.2 - 1.95m of water.
- Backstroke flags may be placed 5m from each end wall of the pool
- Electronic, 'touch pad timing' should be used whenever possible
- Two timers will time each lane.

- Place judges will decide finishing positions for 1st, 2nd, 3rd and 4th places rather than using times. The times will be used for personal records only. Times will decide all other finishing positions.
- Lanes will be allocated well before the event on rotation, no seed times are needed.
- Starting signal is a hooter.
- In the event of a false start, a continuous siren will be activated.
- There may be NO false start rope.

2.2.10. Sitting in the Tyre Relay (Car tyre size inner tubes)

- 10 x 25m sitting in the tyre relay will consist of 10 members of the team. There will be 2 separate mixed gender relays (Open A and B) for Larger Team Groups (40 Students) and 1 mixed gender relay for Smaller Team Groups (20-24 Students)
- The tyre starts on the side of the pool. The swimmer has to place the tyre on their bottom; they lower themselves into the water and paddle using their arms and kicking their legs in order to get to the other side.
- Once the swimmer in the tyre has reached the side of the pool the swimmer can get out and the next person can then get onto the tyre and go until the race is over.
- The finish will be judged when the first tyre with swimmer on it on the last leg touches the side of the pool.
- If a swimmer for any reason falls out they must not use the lane ropes to pull themselves in order to gain an advantage but climb back into the tyre and continue the race.

2.3. Football

The latest FIFA Laws of the Game can be accessed here.

Large Team Groups of 40 students

Girls A & B Teams - 7 aside

Boys A & B Teams - 7 aside

Small Team Groups of 20-24 student

Girls A Team - 7 aside

Boys A Team - 7 aside

(PE&Sport AGM, 12/01/23)

2.3.1. Tournament Format by number of schools

8 Schools:	7 Schools:	6 Schools:	5 Schools:
2 groups of 4. Round Robins in group followed by play-off games & finals. This equates to 5 games per team.	Round Robin to create league placings. There will be no finals/semi finals. This equates to 6 games per team.	Round Robin to create league placings. There will be no finals/semi finals. This equates to 5 games per team.	Round Robin to create league placings followed by the final and Bronze Medal Match. This equates to a maximum of 5 games per team.

2.3.2. Scoring

Please note that the following information has not been changed but been reworded/ordered in line with the secondary handbook for consistency. (HoPE Executive, 21 May 2019)

To determine the overall positions in each pool the points allocated will be:
Win - 4 points, Draw - 2 points, Defeat - 1 point

In the event of a tie break the tie will be broken by:

1. Head to head result
2. Points difference (goal difference) (between tied teams)
3. Points against (between tied teams)
4. Points scored (between tied teams)

If there is still a tie:

5. Points difference (goal difference) (between all teams)
6. Points scored (between all teams)
7. Points against (between all teams)

The procedure for “breaking” a 3 way tie follows the same criteria as above

- Once a tie break has been resolved additional ties will be resolved in the same format using the same sequence of procedures beginning with the head to head result (point 1)
- There is no extra time scheduled for group/round robin games in both football.
- Scoring for football is 4 = win, 2 = draw & 1 = loss
- In the play off phase, semi final/final when a game is tied, there will be a two minute break followed by a 2 x 5 minute periods of extra time. Should the game still be tied the winner will be decided by a penalty shootout – 3 penalties, followed by sudden death.
- Play-off games in football for 5th-8th position: These games will only have extra time with no penalty shoot out. If there is no winner through this process both teams will share the placing.

2.3.3. Equipment and Facilities

- Pitch dimensions: 50 x 35m
- Penalty spot 7m
- Penalty box 8m
- Centre circles required
- Size 4 ball
- Length of games – 2 x10 mins (Max 6 Games in day)
- Goal size 5 x 2m
- Minimum of 4 pitches required
- Teams to have a matching kits in school colours with goalkeeper having a distinctly different coloured shirt – a bib may be used to facilitate this differentiation
- Correct equipment i.e. long socks, shin pads, football boots / Astro Turf shoes is a compulsory requirement

2.3.4. Exceptions to FIFA rules

- Games to be 2 x 10 mins halves with a 2 minute half time.
- There is a 5 minute gap between each game. Teams must be ready to take the pitch as soon as the previous match has concluded.
- Teams will be told which way they are kicking at start of game.
- Teams cannot score directly from a kick off.
- There is no offside
- All free kicks and corners are direct and opposition must be 5 metres away.
- Goal kicks to be taken anywhere inside the penalty area. Opposition must be 5 metres away and ball must leave penalty area for play to restart.
- A goal from a goal kick is **not** allowed
- Substitutions can be made at any time from the halfway line. Substituted player must leave the pitch before replacement goes on.
- Compulsory line up and handshake to finish.

Mercy Rule: There is a mercy rule to be applied once a team is leading by 5 goals, the game continues but the scoring stops. *(HoPE executive, May 2019, handbook update 21 May)*

Cards:

- 2 Yellow cards in the round robin or group stages = 1 game ban
- 1 Red card at any time = 1 game ban
- Yellow cards are wiped after the group stages or round robin

Note: To be consistent with all age groups, the above penalties can be enforced, although it is not expected at any level that these will be necessary. *(FOBISIA HoPE Executive, Updated 21 May 2019)*

2.4. Tee Ball

2.4.1. Format and fielding positions:

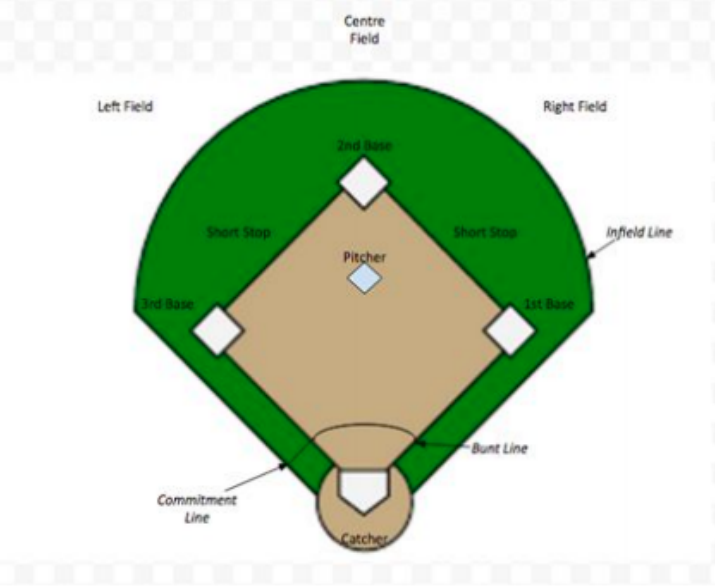
The guidelines below are based on an A team, B team, C team and D team with 10 players per team (5 boys and 5 girls) for Larger Group Teams of 40 students and A team and B team, with 10 players per team (5 boys and 5 girls) for Smaller Group Teams of 20-24 Students.

Please note: There may be other variations which will be agreed upon when schools do not have complete teams at the Games. Any variation should be agreed by the full group and communicated to SMW as early as possible.

Teams shall be made up of 10 players; 5 girls and 5 boys.

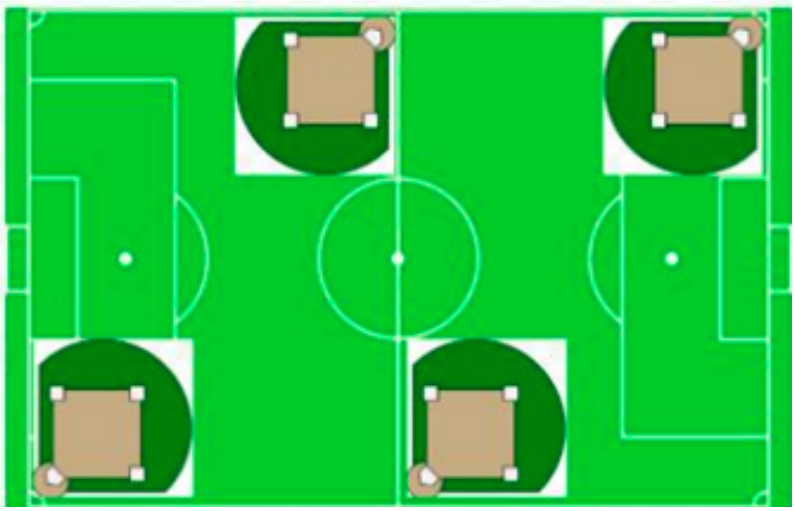
For Smaller Team Groups of 20-24 students, 5 boys and 5 girls should be named for each game with any additional students being reserves until the next game, when changes can be made..

- They should bat in alternate order e.g. Girl/Boy or Boy/Girl throughout
- The batting order cannot change between the first and second innings
- The last batter should be identified by wearing a different colour bib
- Fielders should field in orthodox positions within the ‘infield’ as illustrated below and the remaining 3 should be in the ‘outfield’ (as marked by a line 25m from the hitting tee) and not be allowed into the ‘infield’ until after the ball has been hit. Infield players can also not leave the ‘infield’ until the ball has been hit either.
- The shortstops should be within 5 metres of the running line between 1st & 2nd and 2nd & 3rd bases (i.e. they are not allowed to move back to the 25m line when strong batters step up)
- Outfielders should be in orthodox positions; Right Field/Centre Field/Left Field



2.4.2. Tee-Ball set up:

8 diamonds laid out on the football fields as follows:



2.4.3. Markings

The markings on the pitch will include the following:

- Lines of the diamond (Baselines 15m)
- Infield/Outfield Line - 25m arc from batting tee indicating outfielders limit
- Bunt line - 4.5m arc from the tee
- Commitment line will extend from the bunt line at 4.5 m from home
- Scoring line will extend from the line between home and 1st base
- Dead ball line will be approximately 3.5m from the lines of the diamond b/w home & 1st and 3rd & home
- Pitcher's plate will be 14m from the tee

○ THERE WILL BE NO COACHES BOXES (Coaches are expected to stay outside of the dead ball line at all times)

○ THERE WILL BE NO BOUNDARY LINE (as long as a fair ball, all long hits remain live until time is called on the play)

○ THERE WILL BE NO BATTING BOXES

- Coaches will be allowed to stand at 1st & 3rd base on the dead ball line. There will be no coaches out on the field of play.

2.4.4. Scoring

- Games will be two innings per side.
- During the group stages all games will be played to their conclusion so that the total point difference can be recorded.
- In knock-out games, where possible games will be played to their conclusion but if the tournament is running behind time, the games will conclude once a winner has been determined.

- If there is inclement weather that causes a time delay then a coaches meeting will be called to make a decision as to how to proceed; most likely move to one innings per game. Games completed will be scored on both innings.
- Coaches are asked to confirm the score at the end of each innings so any scoring discrepancies are cleared up immediately.

2.4.5. Scoring line

When running home there will be a cone placed mid-way from the tee to the dead ball line on the scoring line. Runners should run outside the cone (away from the tee) to avoid collisions at home. They will not be given out if they come inside this cone unless the umpire deems that it is dangerous to the catcher. Players who run home to the left of the Tee itself will still be given as out. Every runner to come 'home' safely will be awarded 1 point. *No additional points are scored for a 'home run'.*

Teams are awarded points as follows:

Win = 4 points, Draw = 2 points, Loss = 1 point

If any teams are tied on points going into the place playoffs or finals, there will be the following tie breaks.

- Head to head result
- Points difference
- Points for
- points against

Tie break:

In the semi final or final, if two teams are tied they will:

- Play an extra innings
- If still tied - 6 batters (3 boys and 3 girls) will play another innings against the opposing team's 10 fielders.

(HoPE executive updated 21 May, 2019)

2.4.6. Equipment

- The ball used will be an Easton SoftStitch Cloth 9" Incrediball "CLOTH" *(HoPE, September 2018)* Stockist:Softballbest
- There will be two bats provided per diamond – 26" and 28" bats.
- Schools must use the balls and bats provided by the organisers.

2.4.7. Basic Tee Ball Guidelines

Batting

- All batters should bat with a "full" swing with no bunting. The umpire will call a strike if not deemed a "full" swing of the bat.

- All foul balls count as strikes.
- 3 strikes and batter is out.
- A batter sliding at the base is automatically given out.
- A batter who throws the bat is automatically given out.
- A batter is permitted to move their front foot but the back foot must remain stationary throughout the swing. Any exaggerated movement with this foot will be given as a strike.
- A batter swinging before the umpire calls ‘play ball’ shall count as a strike.
- If a fielder obstructs a runner running the lines between the bases the runner shall be awarded the base they are running to.

Bunt line
If the ball lands inside the bunt line and travels across the line it will be a fair ball and play is live.

Dead Ball or Overthrow
In the event of the ball being thrown dead (thrown over the dead ball line between 1st and 2nd or 3rd and home), batters will be asked to advance to the base they are running to plus one. I.e. if they are running to second base when the ball is thrown dead (crosses the dead ball line) they will be awarded 3rd base.

Fly Ball
- When the ball is hit in the air this is called a fly ball. If a fly ball is caught, runners on the bases need to ‘tag up’ on the base they were on before deciding whether to move to the next base. If they choose to then run the play is an unforced play.
- This rule still applies on the last batter where runners on base can still ‘tag up’ before trying to get home.
- In FOBISIA Tee Ball there is no infield fly rule.

Forced and Unforced Play

- All plays to 1st base and home are forced plays.
- On a forced play the fielding team do not have to tag the runner but can be in contact with the base or the Tee (if running home) before the runner reaches the plate or home.
- Unforced plays occur when a player is not forced to run to the next base e.g. when a runner starts a play at 2nd base with no runner at 1st *(HoPE, 2019).*
- the runner at 2nd is unforced; if a batter chooses to run through 1st base to 2nd base the play becomes unforced. Runners have to be ‘tagged out’ on an unforced play; the fielder cannot simply tag the base *(HoPE, 2019).*

For example; If a player is not forced to run to the next base, this play is unforced. eg: if the batter decides to move on from 1st to 2nd; they are unforced. If the runner on 2nd moves to 3rd, they too are unforced. Runners have to be 'tagged out' on an unforced play; the fielder cannot simply tag the base.

Home Plate
Home plate will be the Tee so the catcher should have a foot on the base of the tee or make contact with the ball on the tee to get a runner out.

Injury and Replacements
This will be discussed at the coaches meeting the night before the tee ball competition.

Tagging

Tagging is permitted anywhere in the diamond except between the commitment line and the Tee. Batters can't avoid the tag and must run a straight line between the bases. *(PE&Sport Committee Mtg, 16/05/22)*

Calling Time

- When the ball is fairly hit, play proceeds normally until the umpire deems that play has concluded.
- The umpire shall then clearly call: "Time"
- When “Time” is called by the umpire all play stops.

2.4.8. Umpires

Any queries should be directed to the tournament coordinator.