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1. About Handbook

This Handbook is created to align all members, coaches and referees of DISNAC with the history and philosophy of DISNAC. We strive to work together through the already established values. Mutual understanding and respect is our top priority to ensure fair and fun sporting events. All coaches and referees are expected to read and have a thorough understanding of all sporting codes, Bylaws and guidelines.

2. Introduction of DISNAC

2.1. History of DISNAC

DISNAC is an abbreviation of Danish International Schools Network Athletics Conferences(DISNAC). This organisation has been established with other international schools within the already existing organisation DISN (Danish International School Network).

2.2. Purpose

To provide opportunities for student-athletes to grow and develop their competitive skills while encouraging a safe, fun, social and intercultural network for international students in Denmark.

2.3. Vision and values

DISNAC endeavours to positively impact our students' physical, social and emotional well-being. We strive to use our sports events to unite, challenge, and inspire the next generation to create meaningful change.

By providing a diverse range of sporting events DISNAC aims to instil the following values

Dedicated

Inclusive

Sportspersonlike

Noble

Accountable

3. General Rules

3.1. DISNAC members

- Mandatory participation at the meetings twice a year
- Each member is encouraged to host at least one event per year
- Clarity on the number of teams the host school can accommodate
- Notify the host school how many teams you intend to bring at least 3 weeks before the tournament
- Host schools get the first choice of adding more teams before attending schools
- Expenses are paid by the host school and split equally amongst all participating schools (based on the number of teams/students entered)

3.2. New members

- Hosts an event starting in the second year within the organisation
- Responsible for knowing and understanding the rules for tournaments that one attends

3.3. Fair play and general rules of the events

- One player can not play in 2 different teams in the same tournament unless “special situation”
- Ref and Coaches meet before gameplay starts (but any modifications in rules or irregular goal or field dimensions need to be communicated by the host school in advance - not during the day of the event.)
- Coaches will acknowledge each other and referees before and after gameplay.
- Only respectful talk to the referees.
- Players will shake hands formally before a match and informally after the final whistle
- No booing, sarcastic or negative chants, only positive cheering and encouragement.
- No watches or jewellery are to be worn during the competition. Unless special significance and no danger is caused by the wearing of it.
- Equal playing time for each player is strongly encouraged
- Foul language or offensive gestures towards players or spectators result in sitting out for the rest of the game; towards the referee or coaches is automatic ejection with an additional game ban
- All games must start on-time.

3.4. Chair

- New Chairman is elected every 2 years - the current chair is Aga, CIS, 2024-26
- Organising bi-annual DISNAC meetings
- Maintaining/delegating maintenance of DISNAC website and handbook
- Fielding enquiries from DISNAC ADs
- Liaising with DISN board
- Previous Chairs - Tiki, RYG, 2022-24, Todor/Gil, CIS, 2020-22; Petr SJR/ESC 2018-20

3.5. Meeting Schedule and Hosts

OIS - March 2024	ISJ - September 2023
RYG - March 2023	ISIB - September 2022
Online - March 2022	OIS - September 2021

3.6. DISNAC Age groups

U12 means 12 and under as of September 1st of that school calendar year.

U14 means 14 and under as of September 1st of that school calendar year.

U16 means 16 and under as of September 1st of that school calendar year.

3.7. School kit colours

School	Main colours	School	Main colours
OIS	Light blue/ white	CIS	Navy blue/ white
SJR	Orange/black	RYG	Purple top and black shorts (secondary school), Purple top or burgundy top and black shorts (primary school)

EIS	Red and Black	NIS	Royal Blue / White
IKAST (ISIB)	Blue	ISH	Royal blue & white
ISJ	White	ESC	

3.8. Trophies and Medals

- In an effort to play our part in sustainability, DISNAC will not be awarding any medals.
- Trophies will only be awarded to the team that finishes first in each age category. The same trophy will be used at the next tournament - the travelling trophy.
- Values award - this is voted for by participating schools and awarded to one school.
 - A voting form will be passed to all coaches and is to be handed back to the organiser at the end of the final match.
 - When handing in the votes, a comment about one of the DISNAC values is expected to be linked.

4. DISNAC Sport Specific ByLaws and Guidelines

4.1. DISNAC ByLaws and guidelines for Volleyball.

Age Groups : U14-U16

Genders: Boys and Girls

Court: Regulation size X3

Height of the Net:

n. U12 MINI-VOLLEYBALL RULES

1. Team: 4x4 with optional max of 2x players on sidelines included in circulation rotation on serve point. Most schools will send a squad of 12 (2x teams potentially at different levels). If a school enters a mixed team, there must always be at least three girls on the court at any time.
2. Equipment: Molten® Volleyball "V5M2000-L 220g; net height 2m00.
3. Court size: Badminton Court
4. Levels of ability:

	Serve	Max # Serves	First Ball	Second Ball	Third Ball
Level I Must Play 3 hits	underarm	3x consecutive	Catch & pass	Played	Played
Level III does not need to play 3 hits	Overhand possible	3x consecutive	Played	Played	Played (spike optional)

Level I (beginner)

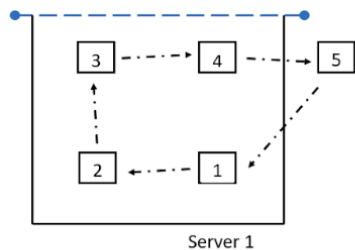
Level II (intermediate)

Level III - normal volleyball, 4x4 on badminton court

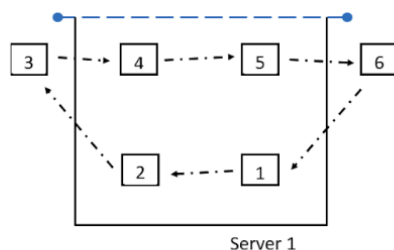
Level I and II: Rally - a team must play the ball 3x before sending it back over the net.

Length of Game - best of three sets scored to 25pts with at least a 2pt lead and 3rd set to 15pts. Or max of time 60min.

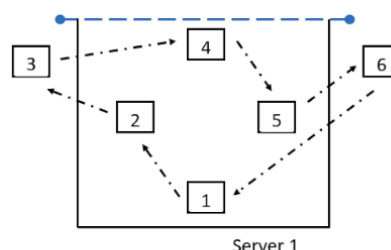
Serving/Rotation Order - the serving/rotation order cannot be changed during a set.



e.g.A 5 - player square



e.g.B 6 - player square



e.g.C 6 - player diamond

Positions - a team can set-up as a square or diamond format.

Pass - can be underarm or overhand volleyball technique. The ball cannot be thrown (one hand) or carried.

Catch & Pass - must be smooth and uninterrupted movement of the arms. Pivot step can be taken.

Net - A player may not touch any part of the opponent's side of the court. As there maybe no center line on many courts, err in this case in keeping/teaching the players to stay away from the net.

Referee's - not needed. Teams will scorekeep their own games with flip-scorecard.

Server - may only play 3 consecutive serves. After 3 serves the serving team must rotate server. This continues until a side-out is reached, when the serve goes to the opposition. A net serve is allowed.

If the ball touches the ceiling then a "let" (replay point) is played.

Girls U14	2:05
Girls U16	2:15
Boys U14	2:10
Boys U16	2:24

***Possibility of combining 2 age groups (except U16 Boys) on one court, meeting net heights in the middle**

Ball: Mikasa MVA330

Numbers of players: 6 a side

Game length: 30 mins for each fixture (2 sets of 15 min each half. Each set counts toward the final. Third set for fun if time permits)

Group stage: U14B and U16G play a double round robin with final; U14G and U16B play each team with final

Tournament Ties: In the event of a TWO or THREE-TEAM TIE at the end: Overall point difference for all games that are official (not friendly sets) shall be counted.

Example:

OIS 15 – 9 EIS, OIS 15 – 5 EIS,
OIS 12 – 15 NGG, OIS 15 – 13 NGG
(Overall Point difference for OIS is +15)

Rules on the court

- Must win by 2 points
- First serve goes to the first team listed in the schedule
- Roll the ball under the net when play is stopped
- Stay in position until serve is made
- One step inside the court is allowed for service
- First serve must be received (No spike or block)
- Do not touch the net or step on middle line under the net
- Rolling substitutes, players should wait on the line for substitution
- The play continues if the ball skims off the net during serve
- Only three touches per side
- If the ball hits the roof or walls, 1 point is awarded to the other team
- Indoor footwear needed inside the gym

4.2. DISNAC Bylaws/guidelines for Secondary Football

U12 - 9 vs 9, Size 4 Ball

U14 - 8 vs 8, Size 5 Ball

U16 - 8 vs 8, Size 5 Ball

Goal sizes: All age groups use – 5m x 2m

Game length: 2 x 12 minutes (1 min half time) running time

Rules on pitch

- If a penalty or area box is not marked distinctly, a judgement from the referee should be lenient, first with a caution, then a second caution then a booking.

- The free kick wall will stand no closer than 5 metres/steps for any age group.
- Unlimited substitutions allowed on the fly
- No off-sides during games
- No scoring from behind the halfway line.
- All players should wear football shoes and protective shin guards
- Otherwise, normal FIFA rules & regulations

Point System:

3 points shall be awarded for a win, 1 point for a draw and 0 points for a loss during the competition

At all age levels, a maximum of +3 goals per game will count towards a team's goal difference.

At all age levels, a maximum of +3 goals per game will count towards a team's "goals scored" total.

Example: A score of 6-2 will be officially recorded as 5-2.

Tiebreak Procedure:

In the event of a **TWO-TEAM TIE** the following steps are to be followed (in order) to determine which team advances to the next stage of the competition or finishes in the higher place:

- 1). Result of the mutual game.
- 2). Goal difference from all games. (Goals scored minus goals allowed to a maximum of +3 goals per game)
- 3). Highest goals for, from all games.
- 4). Least goals against, from all games.
- 5). 3 penalties per team shootout.
- 6). Sudden-death penalty shootout.

In the event of a **THREE-TEAM TIE** the following steps are to be followed (in order) to determine which team advances to the next stage of the competition or finishes in the higher place:

1. Points total from the mutual games involving the three teams.
2. Goal difference\$ from mutual games. (Goals scored minus goals allowed to a maximum of +3 goals per game)
3. Least goals allowed from mutual games.

4. Goal difference from all group games. (Goals scored minus goals allowed to a maximum of +3 goals per game)

5. Least goals allowed from all group games.

6. Three-way penalty shoot-out with every team taking 4 penalties against the other 2 teams i.e. a total of 8 penalties per team.

** As soon as one team is awarded first place using the above three-team tie procedure (i.e. leaving two teams tied for position), the procedure reverts to the two-team tie procedure listed above in order to decide places two and three **

4.3. DISNAC Bylaws/guidelines for Primary Football

Rules are as above unless otherwise stated

Ball size - size 4

size 3 for U8

Age groups: U8

U8 – 5 a side (Indoors – appropriate indoor shoes needed)

Example of match time: 13-minute matches

U10 – 6 a side (outdoors – small bubble cleats or indoor football shoes, no cleats)

While at NGG)

A side and B side (competitive/Recreational)

Example of match time: 15 minutes for B side, 20 minutes for A side

Rules on the pitch

- No slide tackles (results in direct free kick), If slide tackle happens inside penalty area, a direct free kick results outside box
- If the penalty or area box is not marked distinctly, a judgement from the referee should be lenient. First with a caution then a second caution then a booking.
- No scoring from your own half

- Free kick wall will stand no closer than 5 metres for any age group. The shot must be backed up if the wall enters the 6-yard box.
- If a team is up by three goals, a player from the opposing team will be added.

Tie break rules - See above in 4.2 senior football

4.4. DISNAC Bylaws/guidelines for Secondary Basketball

Age groups: U12, U14, U16

5 a side

Size of team: Maximum 10 and minimum 7 (requests can be made to tournament director on a per-school basis)

Game length: 12-minute halves with running time – with 2 minute half time

Rules on the court

- Possibly 4 a side for U12 if playing on a smaller court
- The game starts with a jump ball and then an alternate possession arrow is used.
- No defence in the backcourt - defence must retreat behind halfway before engaging in defensive actions
- No timeouts
- Unlimited substitutes
- Substitution is only allowed when the ball is out of bounds
- Offensive Fouls – loss of possession
- Defensive Fouls – ball out of bounds to offensive teams. No shooting fouls i.e. free throws with running clock
- 1 automatic point for defensive foul during layup or shot - defence inbounds the ball like from under the hoop, unless shot goes in then it is 3-point play and change of possession
- No zonal defence allowed for all levels.
- Overtime starts with jump ball and 1st team to score wins (i.e. team can win on defensive foul)
- Team fouls - 8 per half
- Individual Fouls - 4 per game before disqualification
- Any and other Danish Grand Prix Basketball Rules

Basket Heights & ball size

U12 Girls	8 Foot	Size 5 ball
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U12 Boys	8 Foot	Size 5 ball
U14 Girls	8 Foot	Size 6 ball
U14 Boys	10 Foot	Size 7 ball
U16 Girls	10 Foot	Size 6 ball
U16 Boys	10 Foot	Size 7 ball

Tournament scoring Procedure

- 1) 3 points for a win and 1 point for a loss in the group stage
- 2) Tie-breaker is based Head to head game or in case of a 3-team tie then the following rules are to be applied in order:
 - a) Point differential - a maximum of +20 points per game will count towards a team's points differential total (for example the score of 34-10 is officially recorded as 30-10)
 - b) Most points scored
 - c) Least points conceded
 - d) 3 free throws per team shootout.
 - e) Sudden-death free throw shootout

4.5.DISNAC Bylaws/guidelines for Primary Basketball

Under 8s

- 4v4
- No travelling.
- 2 points a basket.
- No double dribbling.
- Scores are written down and the children can see them on display but there is no points system and no tournament system.

Under 10s

- Smaller courts in size-5 v 5 on the courts. The courts should be marked out properly with lines, including free throw line and 2/3 point zones.
- Two teams of maximum 7 players
- Teams may make as many substitutions as they like.

Duration

- The game consists of one 10 minute period.

Scoring - All Baskets are worth 2 points

Moving the ball

- The ball may either be passed from one player to another, or dribbled by a player from one point to another (bounced while walking or running).
- Before passing or shooting the ball, a player may take two steps (without dribbling).
- Once a player has stopped dribbling, he may not start to dribble again.

Fouls

- A personal foul occurs when there is illegal contact between two opponents. A player who makes more than five personal fouls is excluded from the game.

Tournament Scoring:

- Teams receive 3 points for a win and 1 for a draw.
- The team with the most points at the end wins the tournament. In the result of a tie, use the tie breaking system from 4.4 Senior basketball

4.6.DISNAC Bylaws/guidelines for Track and Field Athletics

Disciplines: Throw (discus throw, shot put), Jump (Long jump, High jump), Runs (100m, 200m, 400m, 800m and 4x100m mixed relay race)

Age group: Under 12, Under 14, Under 16

Gender: boys and girls compete separately only 4x100 mixed relay is mixed gender

Athletes participation: Athletes can take part only in 3 activities (1 throw, 1 jump, 1 run)

DAF norms for the Athletics equipment			
<u>Girls</u>	<u>U12</u>	<u>U14</u>	<u>U16</u>
Discus	750g	750g	750g
Shot Put	2kg	2kg	3kg

<u>Boys</u>	<u>U12</u>	<u>U14</u>	<u>U16</u>
Discus	750g	750g	1kg
Shot Put	2kg	3kg	4kg

Ceremony: Gold, silver, and bronze medals for each event (each gender and each age group) will be awarded throughout the event.

Rules on the track or field

4.6.1. Throws – Shot put, Discus throw

Technique:

Students can use the style they trained in school without stepping over.

3 attempts

Instruction:

For shot put and discus, the student at the front of the line tells their name and school to the student or Teacher with the clipboard. The thrower will receive an arm up signal to get ready. When the arm is dropped, the student will begin. Please inform your students that once the throw/put has been made, they must exit from the back of the small throwing area, go around and retrieve the disc/shot, bring it back and gently place it on the ground next to the throwing area.

4.6.2. Jumps – Long jump, High jump

Technique:

- See weight categories for throws on the table above
- Students can use the style they trained in school
- Long jump - When a student steps over the line, the number of centimetres over will be subtracted (approx.)
- High Jump - They can ask staff to adjust to their desired height for personal success.
- Each student gets 3 attempts

Instruction:

In long jump, the students line up along the running path on a U-turn shape to the starting position and will receive an arm up signal to get ready. When the arm is dropped, the jumper can begin. After the jumper lands, he/she immediately exits the sand pit and tells the student or teacher with the clipboard their school and name (e.g. run... jump... exit sandpit... call out, 'OIS - Jonathon Hershey'). The measurement will then be called out and recorded. (Long jump is split into two running paths going in opposite directions to allow for 2 jumpers at a time.)

4.6.3. Runs - 100m, 200m, 400m, 800m

Technique:

Students can use the style they trained in the school

Runners need to stay in own lane to avoid being disqualified

800m runners can merge at 100m (400m runners stay in lanes)

Video finish for all runs

Instruction:

The start of a race will begin with runners taking their position (in the starting blocks) in front of the starting line. The starting order given by the starter are following: On your marks, Get set, Air horn or any other acoustic signal.

Originally it was - false start and you are out. We have modified it to a 3 second penalty so the runners can still race and record a score for an award. We will try to avoid re-dos (for time purposes) unless there are technical issues on the video finish.

Regarding the 100 m race (with multiple heats), the first-place athletes in each heat go through to the final, plus the best time runners to make 8 finalists. In a 1 heat race, the first 4 athletes qualify for the final. In the other races, the best three times are awarded medals.

4.6.4 Mixed relay race

2 boys – 2 girls (1 runner per age group U12, U14, U16) the 4th runner must not be of the same gender as the other from the age group.

For the 4x100m mixed relay, athletes they must run, hand off and then rest in their lane until the race is over (or until all other runners have passed) for safety reasons.

4.7.DISNAC Bylaws/guidelines for Touch Rugby

Simplified rules, based on DRU's 'Fast5 Touch Rugby'

Pitch: 40m x 20m (approx.).

The Ball: U10 - U14: Size 4

Number of Players: 5 players, 3 rolling subs (8 players - one team)

U10 – each school one team (mixed)

U12 – each school one team (mixed)

U15 – each school two teams (boys and girls)

Game Length: 2 x 5 minute halves, 2 min half time.

Scoring: A try is awarded 5 points.

Kick-offs and Restarts (after a try): Tap kicks from the centre of the pitch (tap-kick is when the ball is in on the floor and touched with one foot, ball has to be passed to a teammate).

Rules on the field

- Defenders back 5 metres (in line with the ref).
- Attacking player when touched, either passes immediately restarts with a tap kick, then pass.
- 6 touches (instead of tackles, non-aggressive, below shoulder, can be one-handed), then the defending team gets the ball ('turnover') and starts with a kick tap.
- If attackers knock the ball forward or pass forward: turnover.
- If the pass is not caught or dropped, but goes backwards, play on (any player from either team can pick the ball up).
- If the ball goes off the side of the pitch ('in touch'), the team who did not touch it last get possession and restarts with a tap kick in line with where the ball went out.

- Consistent foul play, may result in the player being sent to the sin bin for 2 minutes (so 4 v 5).
- Quick starts after a touch, with the ref's agreement, are allowed, in U14 in order to give more flow to the games as this age group is likely to be more familiar with Touch Rugby. (In all other age groups, we will stick to the defending team going back 5 metres before the refs allow a re-start with a tap kick as these kids are still learning the basic rules of the game.)

T1 Rugby rules for u15 should be placed here

4.8.DISNAC Bylaws/guidelines for Primary Cross country

Age groups: The boys and the girls race separately in the following age categories: Under 7, Under 9 and Under 11.

Course and distances: The U9 and U12 races have a start and a finish at the stadium. The U7 races start at the cricket ground and finish at the stadium. Route maps will be sent to all participating schools ahead of the event and hard copies will be provided to each coach on the day. The distances are as follows: 500 m, 1000 m, 1500m.

Heats: There are 6 heats at the event, and it runs continuously without any break (heat 2 will start immediately after the last runner from heat 1 will reach the finish line

Heat	Age	Gender	Distance
1	Under 7	Girls	500 m
2	Under 7	Boys	500 m
3	Under 9	Girls	1000 m
4	Under 9	Boys	1000 m
5	Under 11	Girls	1500 m
6	Under 11	Boys	1500 m

Rules in the pool

- There is no start redo. It is the coaches/students responsibility to be ready at the starting line in the right heat. Each heat is announced through speakers ahead and starts with sirens.
- Time is taken only for the first 5 swimmers in each heat.

- No spectators on the pool edge. Spectators can be in the stands and along the finish line.
- Athletes in each heat start all together on the starting line in the standing position.
- The signal “**on your mark**”: is used to tell runners to get into position for the start of a race. **The starting signal** is the megaphone’s sirens.
- Swimmers are not allowed to have headphones during the race.

Awards

Medals: The first 3 finishers in each age/gender group are awarded a gold, silver and bronze medal.

Trophies: The school that gathers the most points in each age group will be rewarded with a trophy. The points are given according to the point system.

Point system: The first 5 finishers in each age/gender category win points for their school according to this scheme below.

Place	Points
1 st	9
2 nd	7
3 rd	5
4 th	3
5 th	1

A running list of finishers will be kept along with a running total of points. The score will not be divulged before the awards ceremony to heighten the suspense.

4.9. DISNAC Bylaws/guidelines for Secondary Cross Country

Age groups: The boys and the girls race separately in the following age categories: Under 13, Under 15, and Under 17.

Course and distances: All courses are a circuit with a finish line in the amphitheatre. The maps of the track will be available ahead and hard copies will be given at the spot to each coach. The distances are the following: U12 - 2 km, U14 - 3 km, U16 - 4 km.

Heats: There are 6 heats at the event, and it runs continuously without any break (heat 2 will start immediately after the last runner from heat 1 will reach the finish line).

Heat	Age	Gender	Distance
1	Under 13	Girls	2 km
2	Under 13	Boys	2 km
3	Under 15	Girls	3 km
4	Under 15	Boys	3 km
5	Under 17	Girls	4 km
6	Under 17	Boys	4 km

Personal-biking front runner: Each heat is guided with a biker the rides in front of the first runner for the whole course.

Rules on the trail

- There is no start redo. It is the coaches/students responsibility to be ready at the starting line in the right heat. Each heat is announced through speakers ahead and starts with sirens.
- Time is taken only for the first 3 runners in each heat.
- No spectators on the track. Spectators can be in the finish area and along the finish line.
- Athletes in each heat start all together on the starting line in the standing position.
- The signal “**on your mark**”: is used to tell runners to get into position for the start of a race. **The starting signal** is the megaphone’s sirens.
- Runners are not allowed to have headphones during the race.

Awards

Medals: The first 3 finishers in each age/gender group are awarded a gold, silver and bronze medal.

Trophies: The school that gathers the most points in each age group will be rewarded with a trophy. The points are given according to the point system.

Point system: The first 5 finishers in each age/gender category win points for their school according to this scheme below.

Place	Points
-------	--------

1st	9
2nd	7
3rd	5
4th	3
5th	1

A running list of finishers will be kept along with a running total of points. The score will not be divulged before the awards ceremony to heighten the suspense.

4.10 DISNAC Bylaws/guidelines for Mountain Biking

Age Group: Students must be at least 10 years of age or be deemed sufficiently capable on a bicycle to participate.

Course and difficulty: The trails should provide a wide range of challenges so as to cater to as wide a group of riders as possible. Trails should loop back to a trailhead that can act as a basecamp from where rider first aid station, repair centre, lunch tables and toilets should be easily accessed.

Safety and Equipment: Participants must wear a helmet at all times when on a bike.

Appropriate shoes, gloves, elbow and lower leg protection are recommended but not required.

A bike that is fit for use, of suitable size and in working condition is also required

Event Format: The event will take the format of a jam session (riding together with the intent of developing friendships and skills) with ‘mini competitions’ held throughout the day with a focus on learning a new skill rather than being the best at the skill. These events will be announced to the athletes during the morning briefing.

The schedule: for the event shall be sent out 2 weeks prior to the day.

Riders may only be separated into event groups by skill level (beginner, intermediate, advanced) and not gender.

Prizes: There is a potential for spot prizes to be given at the end-of-day celebration at the discretion of the event organisers; these may or may not be for the mini-competition winners or done by random selection such as a raffle.

4.11 DISNAC Bylaws/guidelines for Secondary Dodgeball

HONOR CODE

Dodgeball is a self-regulated game that relies on the honour system. Knowing the rules helps alleviate any frustrations or misunderstandings on and off the court.

Referees are provided to keep the game moving, ensure player safety, rule on unclear plays and settle disputes. All ref calls are **final** and a lack of a call by a referee does not remove your obligation to abide by the honour code and take yourself out, nor does it give you permission to react in any unsportsmanlike way.

AGE GROUPS

Age groups: U12, U14, (mixed team of 6: 3 boys/ 3 girls)

Size of team: 6 with maximum 4 subs

DODGEBALL BASICS

- Teams on each side of the court throw multiple dodgeballs at each other in an effort to eliminate the other team by hitting or catching their opponents.
- Players are out if their throw is caught or if they are struck by an opponent's ball.
- A player can be "caught in" and come back into the game if one of his/her teammates catches the ball.
- A team wins when there are no opponents remaining on the other side.

TEAMS

- A roster of 6 players must have at least 3 females and 3 males.

SETTING UP

- The game begins with 6 balls on the centre line—3 on one side, 3 on the other.
- Play begins with each team lined up behind their respective back line with one foot on top of the endline and the rest of the body completely behind it.
- 15 cm dodgeballs
- Indoor event – appropriate indoor shoes needed

OPENING RUSH

- On the ref's whistle, players may "rush" or run to retrieve balls on the right-hand side of their court.
If a player runs prior to the whistle, the game is reset.
- If a team does not successfully retrieve their balls within a reasonable amount of time, **the balls are up for grabs by any player.**
- Balls retrieved must be cleared before they are considered "live."
 - To clear a ball, the player in possession of said ball must have two feet behind the attack line before it can be thrown.
 - If a player throws a ball before they have cleared the attack line, the throw cannot result in any other player being eliminated.
 - If a player is caught in the process of throwing an uncleared ball, the catch is good and the player who threw is out.

PLAYING

- **“In” Players**

- Once the game begins, players start as “in” players and use the dodgeballs to eliminate the other team by hitting them or catching their ball that was thrown, rendering them as “out” players.
- “In” players can leave the court due to injury, however they must be substituted by a teammate.
- Examples:
 - If player A throws at Player B and Player B leaves the court to avoid being hit, Player B is considered to be dodging out of bounds and is out.
 - If player A throws at Player B and Player B leaves the court to pick up a ball mid-play *and* avoid being hit, Player B is considered to be dodging out of bounds and is out.

- **“Out” or “Eliminated” Players**

- Players that are out must immediately go to the outline, dropping any balls in their possession and doing their best not to influence the remaining game.
 - Eliminated players should line up in the order by which they get to the outline, no matter who was eliminated first.
 - The first out player to come in off a catch must stand near the sideline of the court.
 - Players may roll in dodgeball on the opposite side of the court.
- If an “out” player making their way to the outline touches or is hit by a live ball, that ball is considered dead.
- “Out” players should not interfere with any action on the court and should never enter the court at any time.
- If a catch is made, the out player has approximately ~5 seconds to enter the game or risk forfeiting the right to enter.

- **Retrieving dodgeballs**

- Players may NOT only exit and re-enter the court.
- Ball will be given back by tournament helpers.

- **End of Game**

- The game ends immediately when one team has their last player eliminated or when the final end-of-game whistle blows.
- On the occasion when all remaining players on both teams are eliminated simultaneously, it will be up to the judgement of the ref to determine a winner. If there is not a clear winner, sudden death will take place.
- At the conclusion of each game, both teams should help line up the balls prior to the start of the next game.

- **End Of Match**

- The team that wins the most games in the match will be declared the winner.

- **Stopping Play**

- Refs may stop play for injuries, to call players out or to discuss a call with other refs.
- Play stops when the ref blows their whistle and steps on the court. A ball in the air will be considered dead if the ref has stopped play and stepped onto the court.

- When a ref stops play, all players in the outline should remain there, and all players on the court should remain there to the best of their ability.
- Balls should not be interfered with, and the ref should do their best to return the game to the pre-timeout state of play.
- **Time**
 - Matches are 6 minutes running clock.
 - The running clock does not stop and is always running, which means the players are playing on the court for continuous 6 minutes.
 - If there is time, teams will play multiple games until time is up.
 - The teams are responsible for collecting the 6 dodgeballs and setting it up for a new game. Once the dodgeballs are in place, a new game can start. If the teams are fast at collecting the 6 dodgeballs and set up, they will play more time. Note: If you are losing, you may want to collect the dodgeballs as fast as possible.
- **No timeouts**
- **Injury**
 - When a player is clearly injured, play should stop immediately for their safety.
 - In the event of a headshot, the struck player may be given a 10-second window of safety on the court if they have been affected by getting hit. This window ends once the player resumes play or signals they are okay.
 - Players who are injured may step off the court and give his/her place to a teammate.
- **Props & Costumes**
 - No props or costumes can be used on the court to benefit a player at any time (i.e. catching). Props and/or costumes count as an extension of the player and will result in an out when hit.

BALL CONTROL & COUNTDOWN

- **Ball Control**
 - The team controlling the greater number of balls is considered to have “ball control” and has the burden to give up control.
 - *Example: If Team A has 5 balls and Team B has 1, then Team A must attack at least 2 balls to surrender control.*
 - Control occurs at any time where 4 or more balls are on one side of the court.
- **Rate of Play & Countdown**
 - Teams with ball control must attack within an approximate 10-second timeframe.
 - *Example: If the countdown starts with a team in control of 5 balls, they are only responsible for delivering 2 balls in order to turn over control. If the opposing team chooses to throw additional balls the team in control is not responsible for delivering those balls during the same countdown.*
 - Announcement of ball control and turnover will be called as such:
 - Refs will mentally take note of which team has possession and begin the 10-second count.
 - Refs will give a 10-second verbal warning plus the number of balls to attack/ turn over:
 - *Example: “10 seconds, throw 2 balls!”*

- If a team has not properly turned over possession, all play stops and all remaining balls awarded to the opposing team.
- A turnover of ball possession happens once the last ball necessary to turn over control has crossed the opposing team's clear line.
- The countdown stops immediately if possession is turned over to the opposing team before the 10-seconds ends.

SUDDEN DEATH

- **Sudden Death**
 - If the match is tied and has the same number of players at the end of 6 minutes, the match moves into a 1-minute sudden death with the remaining players on the court. The next team to lose a player by any means loses the entire match.
- **Equality of Play / Rights of Refs**
 - All players including team captains, subs and staff are bound by the calls of a ref during the game.
 - Appeals and complaints should be made outside of gameplay and should be addressed respectfully by a coach and to the event organisers - never to the ref.

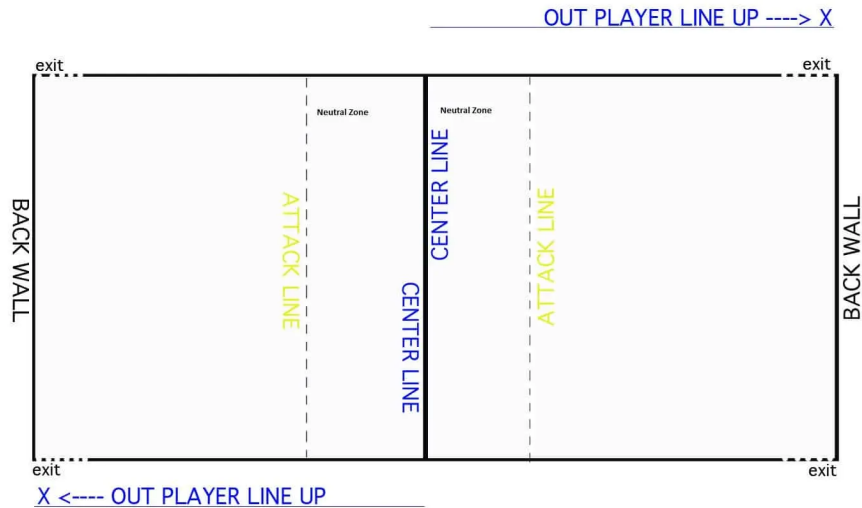
COURT LAYOUT

- **Badminton courts** will be used as Dodgeball courts

U12 teams play on court which is approximately 6mx14m

U14 teams play on a court which is approximately ~ 6mx16m
- **Court Boundaries**
 - Outer lines of the Badminton court will be used as sidelines and end lines. Serve line will be used as the attacking line (see image below).
 - The court is a large rectangle with a centre line dividing the two halves.(see image below)
 - The centre line and sidelines are considered *hard lines* and extend to the out-of-bounds area as well. Players cannot cross over hard lines.
 - If a player's feet cross the sidelines while a ball is thrown at them, they'll be called out for dodging out of bounds.
- **Court Gameplay**
 - Valid throws:
 - Throws must be made from *within* the court with both feet inbounds.
 - If a player throws from near the centre line but falls, steps or jumps over the centerline, refs must decide if the ball was thrown before the thrower touched the opposing team's court.
 - Either way the thrower is out (centerline = hard line), but the ball may be ruled dead before thrown and therefore cannot have been caught or hit opponents out.
 - If the ball was thrown before the player crossed the centerline, the throw is valid.
 - Valid catches:
 - Both feet must be inbounds to make a valid catch.
 - If a player is hit inbounds and the ball pops up out of bounds, the ball may not be caught out of bounds to save the player. The player that was hit is out.

- Exiting the court:
 - When a player is eliminated, they should raise their hand and walk out of the court as quickly as possible.



THROWING

- **Throwing – Basic**

- A thrown ball is any ball thrown by a player on the court.
- If the ball hits an opposing player in the air and is not caught, the hit player is out.
- Any throw can hit multiple people.
- The ball is considered dead and cannot cause outs once it hits the court, a wall, a ceiling, an out player or is caught.

- **Throwing – Extended**

1. A thrown ball is any ball that is controlled by a player and then propelled by the hands.
 - Kicking, striking with the body (hand, head, knee, etc.) or other non-hand related propulsion is not allowed and the ball is immediately considered dead.
 - Pinch throwing is not allowed. Pinching is defined as manipulating the ball by having rubber touch rubber inside the ball.
2. A thrown ball becomes a live ball as soon as it leaves the thrower's hands.
3. A throw may only eliminate players while it is live.
4. A player may not throw if they are "out," they may only throw while still in play.
5. A thrown ball that hits an opposing player is considered live.
 - A player is considered hit if a live ball strikes any part of their body or extension of their body, including clothing, hair, shoes, a towel tucked in the waistband, etc.
6. A throw ends if:
 - The live ball strikes a part of the court like the walls, floor, basketball hoops, or ceiling. The ball is considered dead when it hits an inanimate object.

- The live ball strikes another live or dead ball that is not in a player's possession. Both balls are dead on impact.
 - The live ball is interfered with in any way by refs, out players or spectators. This results in a dead ball.
 - The live ball is caught by an opposing player. This results in the ball becoming caught.
7. A live ball may continue to hit players until the throw ends. When the throw ends, the following can occur:
- If the ball eventually becomes caught then any and all players that were hit are still in. The thrower is out.
 - If the ball eventually becomes dead, all players that were hit are out.

CATCHING

● Catching – Basic

- If a player catches a ball thrown by an opposing player, the thrower is out of the game.
- The player at the beginning of the catcher's outline rejoins the game immediately by entering the court.

● Catching – Extended

1. A caught ball is any live ball that is caught by an opposing player that is in.
 - A catch is only good if the player is inbounds.
 - A ball is considered caught if the catcher uses their body to render it in firm control.
 - A catch must be made with both feet inbounds. Touching the sideline is acceptable but any part of the feet touching out of bounds renders a no-catch play.
 - If a player catches a ball mid-air, the ball does not become caught until the catcher's feet are inbounds.
2. When a catch is made, the lead player in the catcher's outline rejoins the game. They have a maximum of five seconds to enter the court.

DEFLECTIONS / BLOCKING

● Deflections – Basic

- When a throw strikes a ball held by an opposing player, the ball can bounce off and still get caught or hit opponents. This is considered a deflection.
- The deflection doesn't change the live/dead state of the ball.
- If a deflection causes the deflecting player to drop their ball then the deflecting player is out.

● Blocking – Basic

- A block happens when a throw strikes a ball held by an opposing player and the thrown ball is deflected into the ground.
- A ball that is deflected into the ground, wall, ceiling (or any inanimate object), out player or referee is considered dead and cannot eliminate players.

● Deflections / Blocking – Extended

- When a deflection or block causes the deflecting/blocking player to drop the ball they are holding, that player is out.

- The fumbled ball is considered dead and cannot eliminate players.
- If the fumbled ball is knocked out of a player's hands but then is caught by a teammate or recovered by the player, the player is safe.

LIVE / DEAD BALLS

- **Live vs. Dead Ball – Basic**

- A ball is considered live once:
 1. The ball has been cleared on the opening rush (two feet behind the attacking line) and...
 2. The ball has been thrown by a live player.
- A ball is dead once it hits an inanimate object (court, wall, hoop, etc.), “out” player (ref, teammates in the outline, etc.), or when a ref stops onto the court to stop play.

TIEBREAK PROCEDURE

- 1) 3 points for a win and 1 point for a loss in the group stage
- 2) Tie-breaker is a head to head game (sudden death - the first team that eliminates one player wins) until a winner is found.
- 3)

Reference:

Most rules were retrieved from the following website: <https://worlddodgeballsociety.com/rules/> and modified according to our DISNAC event. ISJskole19

4.12 DISNAC Bylaws/guidelines for Swimming

4.13 DISNAC Cricket guidelines for swimming

For Pair Cricket you will need:

Two wickets, two bats, a ball, a tee and a lot of cones.

Pitch:

Place the two wickets in the middle of the pitch at 15 or 18 metre intervals (can be adjusted according to level).
Make a boundary with cones placed in a circle with approx. 25-30 meters radius from the centre.

Rules for pair cricket:

- Two teams with 6, 8 or 10 students per team. The captains draw lots to decide which team bats first. The fielding team chooses a bowler who takes a stand at one end, and a wicketkeeper who stands behind the other wickets. The rest of the team is distributed on the field.
- The teams are divided into pairs and the first two batters are equipped with a bat. The players stand at the two wickets. The game is started by the bowler bowling the ball at the wickets at the end of the wicketkeeper. The batter must try to hit the ball away so she can make 'runs' (points). The batter can score runs by swapping places with his partner. The batters are welcome to run more runs if they can make them.
- When the bowler has bowled three balls, it is 'over'. All the students on the fielding team rotate one position so that a new bowler and a new wicketkeeper arrive.
- The team gets six/twelve overs to score runs. The overs are distributed evenly between the pairs. If there are three pairs, each pair gets two/four overs.
- When the team has received six overs, the two teams switch, and the new team gets six overs to make runs. The team with the most runs after six overs wins the match.
- Each time a team loses a wicket, 3 runs are deducted from the team score. The team can lose a wicket in the following ways:
 1. Bowled
 2. Caught
 3. Run out
 4. Hit own stumps

Runs:

Each team starts with 20

1 run every time the batsmen switch places

4 runs if the ball is knocked out of the pitch (hits the ground before)

6 runs if the ball is knocked out of the pitch (without hitting the ground)

Minus 3 runs each time the team loses a wicket