

NORTH ISLES SPORTS RULES

1. ELIGIBILITY

1.1 Schools Competition

The school's event is for pupils that are currently in S4 and under on the day of the event.

Schools competition eligibility:

- 1.1.1.** Competitors who are officially on the register of the North Isles Schools on the year the event is held are eligible to take part. First, second, third or fourth-year pupils from the island that attend another school but their home address is on the island can also compete in the school's competition for their island school.
- 1.1.2.** Papay pupils who attended Papay Primary School are eligible to play netball/football for Westray junior team but will still represent Papay for athletics/individual events.
- 1.1.3.** Pupils whose home address is on Eday or North Ronaldsay are eligible to take part in the school's competition for another island if needed with prior agreement from the committee.

1.2 Senior Competition

Eligibility: all adults must:

- 1.2.1.** Be born or registered on the Island; or their address when registered at birth was on the island that they are competing for.
- 1.2.2.** Live on the Island or have lived on the Island for more than 3 months prior to the date of the event.
- 1.2.2.** Have lived on the Island for 10 consecutive years or more, at some point in their life (Island must supply evidence if requested to the OIC travelling officials prior to the event)

2. TRACK & FIELD EVENTS

Athletics competition will consist of the following events:

Senior	Schools
100m	100m
200m	200m
400m	400m
1500m	n/a
4 x 100m	4 x 100m
Shot Putt	Shot Putt
Long Jump	Long Jump
High Jump	High Jump

2.1.

Points for individual trophies can only be obtained in one section.

2.2.

A maximum of two competitors per island can be entered for each event.

2.3.

School pupils who are competing in the SCHOOL SECTION may compete in ONE senior event in addition to the school section.

2.4.

Lanes for track events will be drawn at the start of each race.

2.5.

If there are more competitors than lanes then both island competitors will run in the same lane.

2.6.

4 x 100m relay will consist of a mixed team of; 2 male and 2 female competitors.

2.7.

Starting procedures - competitors in any running event found guilty of a false start or causing a false start will receive a warning and if they offend again, they will be disqualified

2.8.

The 1500 metres may be run at the same time by male and female competitors depending on time restrictions and number of athletes:

2.8.1. Separate 1st, 2nd, 3rd male and 1st, 2nd and 3rd female points will be awarded.

2.8.2. School pupils are also eligible to enter provided this was their one designated senior event.

2.9. High Jump

2.9.1 Minimum starting height for the High Jump will be:

School Girls	1.00 metres.
School Boys	1.10 metres.
Ladies	1.10 metres.
Men	1.40 metres.

2.9.2. Competitors can choose to start at a higher height.

2.9.3. Competitors should give the officials their starting height before the event starts.

2.9.4. Each competitor is entitled to 1 practise jump at their chosen height.

2.9.5. Jumps must be taken within 1 minute Take-off must be made on one foot only.

2.9.6. Run-ups can be aborted and not count as no-jumps, if they do not break the plane of the bar, only a maximum 3 run up attempts will be allowed for each jump before it is marked as a refusal.

2.9.7. Dislodging of the bar or breaking the plane near the edge of the bar before clearing will not be counted as successful jump.

2.9.8. Jumping height will increase by either 5cm or 3cm for each jump. The Chief Judge will decide this.

2.9.9. Players can decided to jump or pass on any of the heights. If the competitor fails to jump the required height in 3 consecutive attempts, then he/she will be disqualified from the competition.

2.9.10. The competitor who clears the bar at the highest height will be declared as winner.

2.9.11. In the case of a tie, following two conditions may be applied to decide the winner and 2nd and 3rd place.

The player who has fewer misses at the height at which the tie has occurred, is declared the winner.

If there is still a tie, then:

The player who has fewest misses in the overall tournament is declared as winner.

2.9.12. The competitors shall have a jump-off if there is still a tie for first place. The height will be greater than the previous level. Each player will be given one chance for each clearance

2.10. Shot Putt

Weights for each section are as follows:

School Girls	3.00 kg
School Boys	4.00 kg
Ladies	4.00 kg
Men	7.25 kg

It will be, strictly observed that the Shot Putt must be at the chin right up to the point of delivery. If the Shot comes away from the competitors chin prior to delivery, then it is a 'no throw'.

As of 2023 the School Girl's Shot putt weight will change from 3.25kg to 3 kg to come in line with Scottish Athletics rules. The 3.25kg record from previous year will be noted and stand as of 2023

2.11. Long Jump

2.11.1. Competitors will be allowed 1 practise jump each before the start of the competition.

2.11.2. Each competitor will be allowed 3 measured jumps.

2.11.3. A competitor can choose to do their practise jump or not. In the event of a tie the competitors will each take another measured jump.

2.11.4 The competitor who jumps the longest jump will be declared the winner. This will continue until there is a clear outcome.

3. SPECIAL EVENTS FOR ANNIVERSARIES

3.1.

There may be a specific section for PRIMARY SCHOOL CHILDREN within the sports programme, comprising of these 3 individual events:

60 metre sprint.

200 metre run.

Standing long jump.

These events will NOT count towards the School Cup.

3.2.

There may be a specific section for VETERANS (45 years or over on the day of the Sports) within the sports programme, comprising of these 3 individual events:

100 metre sprint.

Long Jump.

Shot Putt.

These events are open to both men and women and will NOT count towards the Seniors Cup.

4. FUN PRIMARY COMPETITION

4.1.

A primary competition 'fun games' will be organised by the hosting island are if they are able to provide support for the event.

4.2.

Age Groups will be P4/5 and P6/7.

4.3.

One girl and one boy from each year group, will be chosen group to represent their school in each event.

4.4.

This is a fun event with no points being awarded and the results will have NO effect on the overall N.I.S results.

4.5.

Events will be 75m sprint and standing long jump and the shot putt.

4.6.

75m sprint – the first boy and girl over the line will be awarded with a medal after crossing the line.

4.7.

The weights used for the Shot put will be:

P4/5 Boys	2.72 kg
P4/5 Girls	2.72 kg
P6/7 Girls	2.72 kg
P6/7Boys	3.25 kg

4.8.

These 6 events will run while the Junior and Senior field events are running.

4.9.

As the day is run on a very tight schedule this will require members of hosting island community/school to run this competition as well as volunteers to help OIC staff at each event.

4.10.

The hosting island's Junior High School will provide recognition for winning athletes.

5. TEAM EVENTS ARE:

- 5.1.** Men's Tug-O-War (any 8 from 10 competitors).
- 5.2.** Senior 5-A-Side Football (any 5 from 7 competitors).
- 5.3.** Schools 5/7-A-Side Football (any 5/7 from 8/10 competitors).
- 5.4.** Senior Netball (any 7 from 9 competitors).
- 5.5.** Schools Netball (5 a-side any 5 from 8 competitors) or (7 a-side any 7 from 10 competitors).
- 5.6.** Team events will count towards the point tables.

6. TEAM EVENTS - GENERAL RULES

6.1. Team Events

If there are four or more teams entered, then a knockout will take place with the two losers playing for third place. If only three teams enter then a league will operate.

6.2. Football/Netball

Games will consist of two seven-minute periods. If the schedule is running behind and does not allow the full playing time to be played, then preliminary rounds will be played at five minutes each way with the final being seven minutes. In the event of a draw at full-time during a knockout competition or in the final, then three minutes each way of extra time will be played. If the match is still drawn, then penalties will be taken. Each player including the goalkeeper in football will have one shot, each

team shooting alternately. If both teams are still level after this, the teams will toss a coin for first shot and the first team to fail to score are the losers. In football, corner kicks will not be taken but they will be counted as part of the score.

Two substitutes can be used at any time in any one game. Substitutes can be used without any player being injured. Players who have; been substituted, may play in later games. This rule applies to both football and netball.

The 5-A-Side Football will be played across half the pitch using the portable junior goal posts. If only one pitch, games will be played alternatively: senior, schools, senior, schools, senior, school. Guidelines for 7 a-side pitch size are, no less than 45m in length and 30m wide and, a maximum of 50m in length and 35m wide.

If possible two Netball courts will be marked out to allow Schools and Senior matches to be played simultaneously. If only one court, games will be played alternatively: schools, senior, schools, senior, schools, senior. The court should be regulation size of; 30.5m long by 15.25m wide, split into 3 equal thirds, with semicircle at each end with a diameter of 5m.

Schools Netball competition only

A maximum of 9 players in a team. There will be a maximum of 3 boys allowed to play in a team if needed. Only 1 boy is allowed to play in an area at a time, e.g.

GS – GA – only one boy in either of these positions at any one time.

WA – C – WD – only one boy in either of these positions at any one time.

GD – GK – only one boy in either of these positions at any one time.

This competition is for P6-S4 pupils, pupils must be in this year group the year before the event. No pupils outside this year groups will be allowed to compete. In a year that a school is struggling to field a team an exception may be made and pupils outside this age group may be used. This will be reviewed each year. Both 5 aside and 7 a side games will be played to the official 7 aside rules.

Schools Football competition only

The squad can consist of boys and girls with a maximum of 2 girls in a squad. Both girls can be on the pitch at the same time. This competition is for P6-S4 pupils (preferably P7-S4 if school has enough on their school role), pupils must be in this year group the year before the event. No pupils outside this year groups will be allowed to compete. This will be reviewed after each year.

6.3. Tug o' War

Any boots/shoes including football boots can be worn, however no boots/shoes with spikes are allowed.

This competition is the best of three pulls. The decision for the starting end will be decided by the toss of a coin. After this the opposite end will be used If a third pull is necessary, the choice of ends will again be decided by the toss of a coin.

Teams comprise any 8 from 10 players. If there is a Women's Tug-O-War, team it will comprise of any 6 from 8 players. Substitutions will only take place between pulls.

Tug-O-War rope markings - a coloured tape or mark will be placed at the centre of the rope. Two white tapes or markings will be made, each 3 metres on either side of the centre marking.

To start the pull: the centre of the rope should align with the centre marked on the ground. As soon as the referee blows the whistle, each team can start pulling the rope into their half. As soon as the second mark on the rope from the centre red mark crosses over the centre line, the team that has pulled the rope into their area wins the game.

There are 3 different commands that the judge gives to the players. The judge first announces; "Pick up the rope", he will then say "Take the strain", and finally he will tell the players to "Pull". Once the pull command is said the teams can start pulling the rope.

If a member of the team falls down that member is given a caution. Each team is allowed two cautions before getting disqualified.

Tack on the hands is only prohibited during indoor competitions.

For safety reasons, a 5-metre boundary line will be set out to separate spectators from participants in the game. This safety line **MUST** be adhered to by all islands! A spare "Tug o' war" rope with them will be required in case there is a problem with the rope that is provided by the hosting island.

7. TROPHIES

7.1.

Where an athlete has won an individual trophy on three occasions, a small plaque shall be, purchased and presented by the island concerned.

7.2.

In the event of a tie for the Challenge Trophies the previous holders retain it for the first 6 months. If a tie results in the next year the same challenge holders shall again retain the trophy for the first 6 months.

7.3.

In the event of a tie for the individual trophy where the previous holder is involved, the holder shall retain the trophy for the first 6 months. If two new contestants tie, it shall be, decided by the toss of a coin.

8. KEEPING RECORDS

8.1.

The Host Island will supply a recorder for the sports. The recorder will forward to the Active School Team the points sheet and results for the day. Orkney Islands Council's Sport and Leisure will produce a computerised record thereafter.

8.2.

It is the host islands responsibility to ensure that there is a photographic record of the Sports.

9. TRACK REQUIREMENTS

The Host Island needs to ensure that the track measures 200 or 300 metres exactly. This is also a requirement for the 100 metres sprint, which must be run on a straight. Where lanes are provided and there are more than 5 competitors, Islands are required to put their 2 competitors in one lane.

10. SCORING SYSTEM

10.1.

Flat Race events and Jumps - 3 points for first, 2 points for second and 1 point for third.

10.2.

Relay Race, Netball/Football//Tug-O-War - 6 points for first, 4 points for second and 2 points for third.

10.3.

In the case of a tie for first place in Athletics events, the points to the value of 5 will be equally split between the winning competitors. There will be no points for 2nd place awarded.

10.4.

If there is a tie for second place in Athletics events, points to the value of 3 will be equally split between competitors. There will be no points for 3rd place awarded.

10.5.

If there is a tie for third place in Athletics events, points to the value of 1 will be equally split between competitors.

11. GENERAL

Each competing Island will supply to the chief official, at least 10 days before the sports take place, the names of 2 non-competing individuals, prepared to assist on the day.

12. HANDICAPPING SYSTEM FOR OVERALL COMPETITION

Island	Team Colours	Schools	Adults
Sanday	Blue	+0	+0
Westray	Green	+0	+0
Stronsay	Red	+6	+6
Eday	White	+12	+12
Papa Westray	Orange	+12	+12
North Ronaldsay	White	+12	+12

Rules Updated June 2023 - CJ