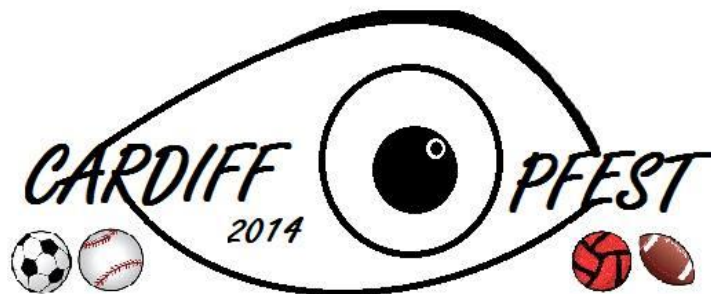


OPFEST '14 SPORTS RULES



General Rules

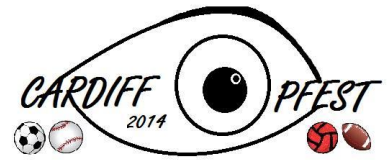
- Please respect the umpires and referees; their decision is final no matter what.
- Timing is going to be strict so make sure you're on time! There will be a one goal penalty for every minute you're late.
- If you don't turn up for a match, it's an automatic 5-0 defeat in all of the sports.

7-a-side Football

- 15 minutes per game with no half time
- No offsides
- Keepers are **not** allowed outside of the 'D', a free kick will be awarded to the attacking team
- Players are **not** allowed into the 'D', free kick to opposition if this occurs
- 'Kick-ins' will replace throw-ins
- Players must be 2 yards away for all free-kicks, corners and 'kick-ins'
- Keepers can only roll or throw the ball, there is to be no kicking out of the hands
- Roll-on, roll-off substitutions can be made but only when play is stopped and the referee is informed
- No slide tackles, free kick will be awarded to the other team
- No metal studs to be worn on the 3G pitch

Touch Rugby

- 14 minutes per game consisting of two 7 minute halves and a 1 minute half time
- Teams will consist of 7 players
- Rolling substitutions are allowed but play must have stopped and the referee must be notified
- Game starts with one team tapping the ball on the halfway line
- The ball is turned over when the other team has made 6 touch tackles
- A tackle must be two handed and below the shoulder; whether it is too rough is at the referee's discretion
- After each touch the player who has been touched must put the ball down and roll it between their legs, the other team must be 10 metres back
- The 'dummy half' can't score directly after picking the ball up, the ball must be passed before a try is scored
- The other team must remain 10 metres back until the 'dummy half' has picked the ball up
- Kicking is allowed, however should the ball go out of play it counts as a tackle from where the ball was kicked
- Offside will be if you are in front of the player with the ball (when attacking) or if you receive the ball from an interception having been behind the ball (when defending)



Rounders

- Teams will consist of 9 players
- Batters are to wait in the backward area well out of the way until it is their turn to bat
- Each batsman will face one legal delivery
- No ball if;
 - Not smooth underarm action
 - Ball is above head or below knee
 - Ball bounces before it reaches batsman
 - Too wide to reach or straight at the body, this is the umpires decision
 - The bowlers foot is outside the square during the bowling action
 - You can run off a no ball but once first post is reached the batsman can't turn back
- Batsman is out if;
 - Caught
 - Foot out of batting square when facing a legal delivery
 - Running inside posts
 - Post you are running to is stumped
 - Overtake the batsman in front of you
 - Obstruct a fielder
- If a batsman is out
- Running around the posts;
 - Batsman must carry the bat
 - Batsman must keep in contact with the post they want to stop at, if you don't the fielding side can stump you at the next post
 - When the bowler has the ball in their square the batsman can't move on to the next post
 - You can't have two batsman at one post, the first batsman will be asked to move on
 - At a post you don't have to move on every time the ball is bowled
- Scoring rounders;
 - 1 rounder is scored if a batsman hits the ball and makes it to 4th post before the next ball
 - ½ rounder is scored if 4th post is reached without the batsman hitting the ball
 - ½ rounder is scored if the ball is hit and the batsman reaches 2nd post before the next ball is bowled
 - Penalty ½ rounder for obstruction by a fielder
 - Penalty ½ rounder if 2 consecutive no balls to the same batsman
 - If the ball is hit backwards the batsman must stay at 1st post until the ball is back in front of the batting box

Netball

- 14 minutes per game consisting of two 7 minute halves and a 1 minute half time
- Teams will consist of 7 players
- Game will start with a centre pass with all players, except the Centres, in the goal thirds
- Centres will then alternate between teams no matter which side scores
- Footwork will be penalised by a free pass to the opposition

- Obstruction will be penalised by a penalty pass to the opposition
- Contact will be penalised by a penalty pass to the opposition and the referee will identify the offending player
- The offending player must then stand beside the player taking the penalty and cannot interfere with play until the penalty has been taken
- You have 3 seconds to take a free pass once it has been set; to allow a team mate to take the penalty the ball must be placed on the floor
- Only the Goal Shooter and Goal Attack are allowed to score and must be in the 'D' to shoot
- If the ball leaves the court a throw in is taken from this position to re-start play
- The ball cannot be thrown over a complete third without being touched by another player
- If a player loses control of the ball they cannot pick it up if it has not been touched by another player