BSME
BRITISH SCHOOLS IN THE MIDDLE EAST

BSME Games
Handbook 2026-27

Updated: May 2026 by the BSME Student Events Lead in consultation with the BSME HoPE Committee.

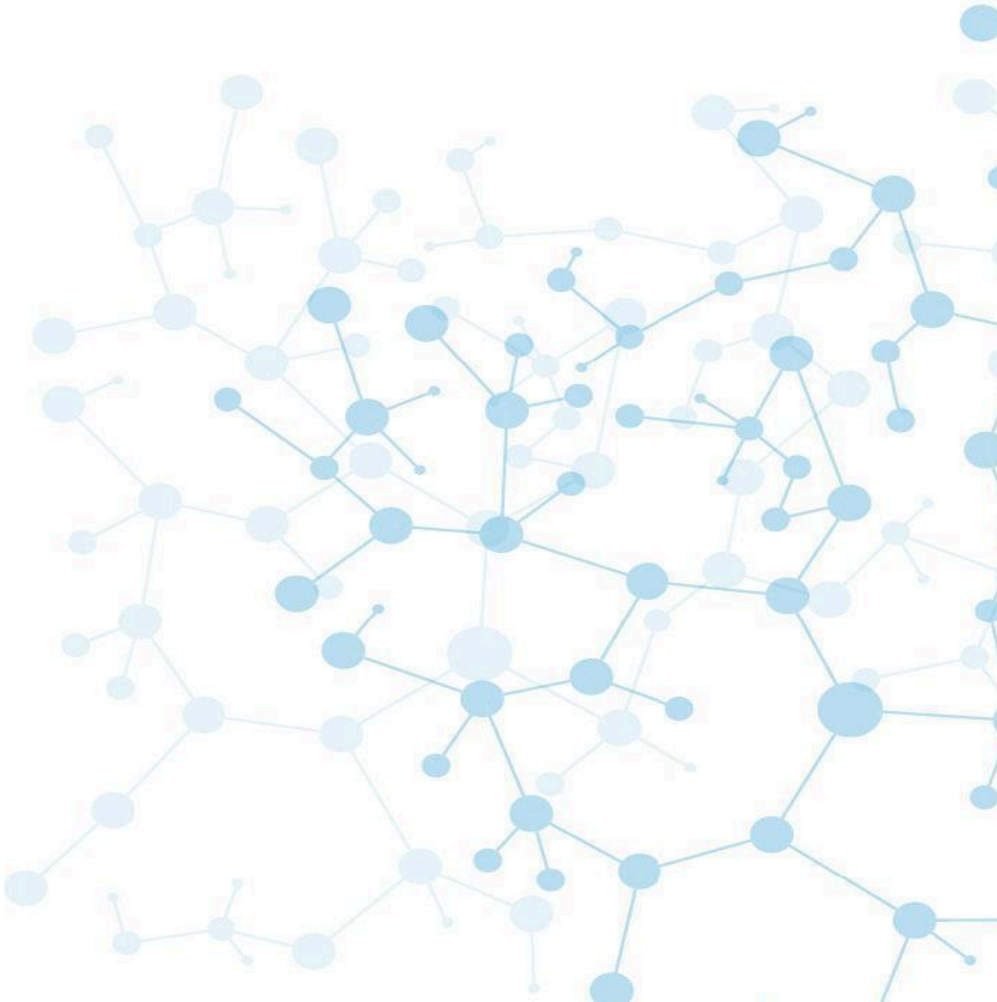

Table of Contents

1 Preamble 6
1.1 Purpose of the BSME Handbook 6
1.2 Co-opted HoPE Meeting 6
1.3 BSME Student Events Lead and BSME HoPE Committee 6
1.4 Procedures for updating the Handbook 6
1.5 Calendar Planning 7
2 The Games 8
2.1 Aims 8
2.2 Objectives 8
2.3 General Information 8
2.4 Host School Selection 8
2.5 Age Eligibility 9
2.5.1 Primary - U11 Games 9
2.5.2 Secondary – U13, U15, U19 Games 9
2.5.3 U19 Games 9
2.5.4 All Games 9
2.6 Current Games Schedule 10
2.7 Games Attendance 10
3 Essential Information for Participating Schools 11
3.1 General Information 11
3.2 Costs 11
3.3 Payments 12
3.4 Accommodation 12
3.5 Presentation Evening 12
3.6 Insurance 13
3.7 Team Kit 13
3.8 Supporters 13
3.9 Codes of Conduct 13
3.10 Participants 13
3.11 Safeguarding 13
3.12 Data Privacy - GDPR 14
3.13 Laws, Rules & Regulations 14
3.14 Terms & Conditions 14
4 Roles 15
4.1 Officials and Marshalling 15
4.2 Venues 15
4.3 Awards: Rationale 15
4.4 Awards: Full List 15
4.5 BSME Website 15
4.6 Scoring 16
4.7 AQI / Heat Procedures / Environmental Conditions 16
5 U11 Games 17
5.1 General Information 17
5.2 Competition Format 17
5.3 Pool Format 17
5.4 Points & League Positions 18
5.5 Athletics - General 18
5.5.1 Event Listings 18

5.5.2 Entries and point allocations - School entries....18
5.5.3 Entries and point allocations - Individual entries....18
5.5.4 Track and Field Rotation....18
5.5.5 Point allocations....18
5.5.6 Events Offered....19
5.5.7 Officials....19
5.6 Athletics - Track....19
5.6.1 The Start....19
5.6.2 The Races....19
5.6.3 False Starts....19
5.6.4 The Finish....20
5.6.5 Relay Races....20
5.6.6 Finals....20
5.6.7 Substitutions/Injury....20
5.7 Athletics - Field....20
5.7.1 High Jump....21
5.7.2 Long Jump....21
5.7.3 Standing Triple Jump....21
5.7.4 Shot Putt....21
5.7.5 Turbo Javelin....22
5.8 Netball....22
5.8.1 General Information....22
5.8.2 Rules....22
5.8.2a Substitution....22
5.8.2b Starting or restarting the game....22
5.8.2c Playing the ball....23
5.8.3 Play-off rules....23
5.8.3a Golden Goal Rule....23
5.8.4 End of the Game....23
5.9 Football....23
5.9.1 General Information....23
5.9.2 Rules....24
5.9.3 Playoff Rules....24
5.9.4 End of the Game....24
5.10 Basketball....24
5.10.1 General Information....24
5.10.2 Rules....24
5.10.2a 3-second rule....25
5.10.2b Full Court Press....25
5.10.2c Defence....25
5.10.2d Free Throws....25
5.10.2e Turnover Ball....25
5.10.2f Substitution....25
5.10.2e Fouls....25
5.10.2f Scoring....25
5.10.3 Play-off Rules....25
5.10.4 End of the game....26
5.11 Swimming....26
5.11.1 General Information....26
5.11.2 Events....26

5.11.3 Procedures ... 26
5.11.3a The Start ... 26
5.11.3b Freestyle ... 27
5.11.3.c Backstroke ... 27
5.11.3.d Breastroke ... 27
5.11.3.e Butterfly ... 28
5.11.3f Medley Events ... 28
5.11.3.g The Race ... 28
5.11.3.h The Referees and Timekeepers ... 28
5.11.3.i Points ... 28
6 U13, U15 & U19 Games ... 29
6.1 General Information ... 29
6.2 Competition Format ... 29
6.3 Pool Format ... 29
6.4 Points & League Positions ... 30
6.5 Athletics - General ... 30
6.5.1 Event Listings ... 30
6.5.2 Entries and point allocations - School entries ... 30
6.5.3 Entries and point allocations - Individual entries ... 30
6.5.4 Track and Field Rotation ... 30
6.5.5 Point allocations ... 30
6.5.6 Events Offered ... 31
6.5.7 Officials ... 31
6.6 Athletics - Track ... 31
6.6.1 The Start ... 31
6.6.2 The Races ... 31
6.6.3 False Starts ... 31
6.6.4 The Finish ... 32
6.6.5 Relay Races ... 32
6.6.6 Finals ... 32
6.6.7 Substitutions/Injury ... 32
6.7 Athletics - Field ... 32
6.7.1 High Jump ... 33
6.7.2 Long Jump ... 33
6.7.3 Triple Jump ... 33
6.7.4 Shot Putt ... 33
6.7.5 Turbo Javelin ... 34
6.8 Netball ... 34
6.8.1 General Information ... 34
6.8.2 Rules ... 34
6.8.2.a Substitution ... 34
6.8.2.b Starting or restarting the game ... 34
6.8.2.c Playing the ball ... 35
6.8.3 Play-off rules ... 35
6.8.3.a Golden Goal Rule ... 35
6.8.4 End of the Game ... 35
6.9 Football ... 36
6.9.1 General Information ... 36
6.9.2 Rules ... 36
6.9.3 Playoff Rules ... 36

6.9.4 End of the Game....36
6.10 Volleyball....36
6.10.1 General Information....36
6.10.2 Rules....37
6.10.2.a Serving....37
6.10.2.b Substitutions....37
6.10.2.c Referee Assistance....37
6.10.3 Play-off Rules....37
6.10.4 End of the Game....37
7 Codes of Conduct....38
7.1 Players' Code of Behaviour....38
7.2 Parents' Code of Behaviour....38
7.3 Spectators' Code of Behaviour....38
7.4 Team Members' Code of Behaviour....38
7.4.1 As a Team Member....38
7.4.2 As a Guest in Hotels....38
7.5 Team Officials'/Teachers'/Coaches' Code of Behaviour....39
7.6 Social Media....39
8 Incident Reporting & Sanctions....40
8.1 BSME Incident & Behaviour Management Procedure for BSME Events....40
8.2 Student Events Incident Report....40
9 Appendix....41
9.1 Payment/ Requested information deadlines for 2026-27....41

1 Preamble

1.1 Purpose of the BSME Handbook

- Provide schools with the information essential to enable an informed decision as to whether a school is able to participate or host the U11, U13, U15, or U19 Games. When making this decision, it is important that the Principal and Head of PE has a thorough understanding of, and accept the recommendations detailed in this Handbook.
- Provide the Chairperson of the Committee responsible for organising the Games with a structure to help them with their planning.
- Provide the Games Sports Coordinator with the information necessary to organise the sports competitions.

1.2 Co-opted HoPE Meeting

- The annual meeting of co-opted Heads of PE (HoPE) and BSME Students Committee members provides the opportunity for both parties to agree recommendations for ongoing improvements to the structure and organisation of the BSME Games.
- The BSME HoPE Committee will officiate for BSME in conjunction with the BSME Students Events Lead and support the Games Host Coordinator with any issues related to Handbook guidance before, during or after the Games.

1.3 BSME Student Events Lead and BSME HoPE Committee

BSME HoPE Chair	Ryan Baker
BSME HoPE Vice-Chair (Games Lead & Oman)	Jeremy Wyre
Individual Sports Lead	Gary Wambeek
Country Lead: Bahrain	Kevin Shaw
Country Lead: Egypt & Jordan	Shaun Banham
Country Lead: Kuwait & Pakistan	Adam Martin
Country Lead: Qatar	Pamela Thiesen
Country Lead: Saudi Arabia	Jennifer Gilbert
Country Lead: UAE 1	Sarah Harrod
Country Lead: UAE 2	Richard Austin
BSME Students Coordinator	Rachel Thomas
BSME Student Executive Committee member	Giles Pruett

*UAE 1 & 2 (Dubai, Abu Dhabi, Ajman, Al Ain, Fujairah, Ras Al Khaimah, Sharjah & Umm Al Quwain)

Any questions or queries should be raised to the BSME Students Lead by email (students@bsme.org.uk).

1.4 Procedures for updating the Handbook

- The Handbook will be reviewed annually at the co-opted HoPE Meeting.
- The BSME HoPE Chair and Vice-Chair may make minor changes to the Handbook.
- The BSME HoPE Committee may make major changes to the Handbook.
- Proposals may be submitted to the BSME Students Leads at any time throughout the year.
- Proposals for changes must be submitted before the meeting and included in the meeting agenda.
- For any local changes to the rules for the Games, proposals must be sent to the BSME Students Lead as soon as possible following the procedure below:
    1. Students Lead will send each host school the Handbook as a Google doc with comment only access.
    2. Host schools cannot delete or change any rules without BSME HoPE Committee approval.
    3. Host schools need to propose and suggest changes to the Handbook, e.g. a 300m athletics track, not a 400m track.
    4. BSME Students Lead will then send proposed changes to the HoPE Committee for approval.
    5. Once approved by the HoPE Committee, the Games Handbook will be communicated to the Host School.
    6. The Games Handbook will then be circulated to all Participating Schools of that particular Games.
- Any changes agreed by the HoPE Committee must be communicated to all participating schools at least 3 months prior to the event.

1.5 Calendar Planning

- From 2023-24 the Games Point System was implemented, this is required to make sure that more of our member schools host our events and it is a shared responsibility i.e. not the same schools hosting each year.
- The BSME Students Lead will write to Heads of PE in January to enable schools to come forward and propose a Games that they would like to host.
- Host Schools will be allocated after a discussion with the HoPE Committee, with varying host countries taken into consideration for the academic year.
- BSME Country Representatives and the BSME Students and Executive Committees will hold an in person meeting to finalise the hosting schools and agree proposals for the following years' BSME Students calendar.

2 The Games

2.1 Aims

- To provide students with a variety of sporting opportunities at an appropriate level for all member schools in a safe and competitive environment.

2.2 Objectives

- To ensure equal opportunity and participation to both boys and girls.
- To ensure the Games provide a learning experience in sportsmanship and in the value of healthy competition.
- To understand the value of the benefits of training in preparation for competition.
- To enable students to specialise in sports appropriate to their age group.
- To enable schools to be able to host by having sufficient flexibility to organise a programme appropriate to their particular environment and capabilities.

2.3 General Information

- It is important to emphasise that hosting a successful BSME event requires considerable commitment and support on behalf of the Senior Management and Governors of the school. Inevitably there will be cost implications for the school with regards to staff time and facilities.
- The overall coordination of the Games must be the responsibility of the host school through a person as nominated by the Principal. This designated person will chair a committee to organise the event, working closely with the host school's leadership team to utilise the expertise of the school community and with the support of the BSME official supporting organisers and the BSME Student Lead.
- A BSME HoPE committee member will be allocated to each host school to support in the planning process, acting as a point of contact to provide guidance, share best practice, and offer advice where needed throughout the preparation stages, as well as being available as a point of reference on the day of the event if required.

2.4 Host School Selection

System implemented from 2023-24

- All BSME Games will have a maximum of x12 schools entered, unless a host school is able to accommodate x16 schools
- The x12 schools that are able to enter each games are the x12 schools with the highest ranking points
- These x12 schools are required to pay their deposits by 08 June 2026. If the deposit has not been paid, the 13th highest ranking school will be given entry, then 14th, 15th, and so on
- The deposit required will cover all the Games that each school is entering for the following academic year
- All stand alone BSME events are based on a first-come first-paid first-served basis
- Points allocated as follows:

Key	
15 points	Games Host
7.5 points	Games co-hosts
10 points	Other event host
5 points	Other event co-host
5 points	Online host
-2 points	Cancel/ withdrawal
-2 points	Late Payment
-2 points	Behaviour

2026-27

- For this academic year, if a school has **no hosting points** they are **NOT** able to participate in any BSME Games.
- Pre-allocation of points for one year ahead, i.e. 2027-28, when the registration form opens
- New members are able to offer to host from 2026-27; they would be allocated their points when the registration form opens

● Games Tiers - If up to four host schools are required, giving us a capacity of approx x48 schools, Games allocation will be based on a combination of;
  ■ Total number of students in the school year
  ■ Number of schools entering the games from that country/ region
  ■ Position the school placed in the previous Games for the same age group

Schools will then be split into White, Green, Blue & Yellow Games accordingly.
BSME has the final decision on the allocation of schools per tier.
● Given that hosting points are allocated for online and in country competitions, there will be no exceptions for any members in countries in which visit visas are difficult to obtain for minors.
● BSME Saudi & Kuwait Members - Given that members are able to host online & in-country student events, for 2026-27 should Saudi and Kuwait members not have hosting points, they will only be able to enter a maximum of **one** Games in total.

2.5 Age Eligibility

2.5.1 Primary - U11 Games

- To qualify for the U11 Games, the students must be U11 as of 01 September at the start of the academic year in which the games are due to take place.

  U11 Games: The student must be 9 or 10 on the 31st August 2026

2.5.2 Secondary – U13, U15, U19 Games

- Students will compete at U13, U15, and U19 level. Age is again taken on 01 September in the year of the competition.
- Please refer to the examples given to calculate the age that a student should be in order to qualify for any of the BSME Games:

  U13 Games: The student must be 11 or 12 on the 31st August 2026
  U15 Games: The student must be 13 or 14 on the 31st August 2026
  U19 Games: The student must be 16, 17 or 18 on the 31st August 2026

(Should you have 15 year old students and/or Year 11 students who wish to participate in the U19 Games please see point 2.5.3)

2.5.3 U19 Games

- For the U19 Games ONLY, a participating school may request an age exemption for a student who is in Year 11 or is 15 years old to participate in the U19 Games.
- Exceptions will be granted by BSME on a case by case scenario, taking into consideration the size of the participating school, exact age of the student/s and the student/s physicality in terms of competing against older students.

2.5.4 All Games

- Students must not, under any circumstances, participate in the Games if they are 'over age' irrespective of whether or not they are academically placed in participating age groups.
- Students can only participate in one Games per academic year.
- Schools must enter all competitions over the two/ three days for any BSME Games event and must be able to submit teams of both boys and girls, with the exception of single sex Schools, who must discuss their participation with the Students Lead ahead of time. In the event that only one single sex school participates in a Games (i.e. boys only), the host school will be expected to enter a second team of the opposite sex, in order to even play.
- All participating student passports must be checked by BSME. Failure of a participating school to adhere to the BSME age rulings will have significant repercussions and BSME reserves the right to decide the severity of the penalty to be imposed.
- In the unlikely event of an athlete being 'over aged' the competition will continue and the team will be placed last or the school will have the opportunity to remove the athlete. For an individual competition such as athletics, participation points will be removed and the school will be scored zero for each of the events.

2.6 Current Games Schedule

Under 19	Term 1: November
Under 15	Term 1: November
Under 13	Term 2: January
Under 11	Term 2: January

2.7 Games Attendance

- It is compulsory for schools to be in the host country the evening before the Games commences to ensure athletes are well rested and a school must not have a flight departing any earlier than 10pm on the final day.
- Attendance at the Gala Lunch/Dinner is compulsory.

3 Essential Information for Participating Schools

3.1 General Information

- It is essential that all participating schools supply information efficiently and meet all deadlines on requests from Games host organisers
- Once a Games has been awarded all participating schools should do everything possible to promote and support the event to ensure its success.
- To ensure Games are fairly priced, participating schools must confirm final numbers to the host school at least 8 weeks in advance and make necessary payments by the date specified by the host school.

3.2 Costs

- Each school is required to pay a **$3000USD (+ VAT)** non-refundable deposit, per age group entered. Should a school not pay the deposit by the set deadline, this will result in the school losing their place at the Games. ***Please note: No refunds or roll overs will be issued for any squad withdrawals after 10th September 2026.***
- Please note that the following costs are approximate costs for the 2026-27 Games and may be amended by the Games organisers;

U11, U13 & U15

Participation Fees per student, per games :

- Host School Teams: $165 USD (+ VAT) pp.
- International Teams: $231 USD (+ VAT) pp.
- Local Teams: $286 USD (+ VAT) pp.

Accommodation Fee per student, per games:

- $288.75 USD (+ VAT) pp.

U19

Participation Fees per student, per games:

- Host School Teams: $126.5USD (+ VAT) pp.
- International Teams: $192.5USD (+ VAT) pp.
- Local Teams: $225.50USD (+ VAT) pp.

Accommodation Fee per student, per games:

- $194.25USD (+ VAT) pp

Participation Fee Includes:

- Lunches (x 3 for U11, 13, 15 Games)
- Lunches (x 2 for U19 Games)
- Venue hire costs
- Sports officials / Technical Partner Fees
- Medical provision
- Medals & Trophies
- Souvenir programme
- Souvenir T-shirt for all students
- Participation token/award for all students
- Media coverage
- Awards Ceremony & Awards Dinner

Accommodation Fee Includes:

- Airport Transfers
- Competition Transport
- 3 nights in Hotel Accommodation (U11, U13, U15 Games)
- 2 nights in Hotel Accommodation (U19 Games)
- Half board meals (breakfast & evening meal)
- Free Teacher Accommodation (1:8 ratio)**
- 1 Mall Trip

- *Additional hotel nights (B&B) will be available for an additional fee of **$105 USD** per student per night (teacher rooms & airport transfers included.

Teachers will be housed in twin rooms as standard. Single rooms will incur a single room supplement fee of **$125USD per additional room per night. Additional staff requiring accommodation will cost $288.75USD (+ VAT), which includes three nights accommodation (twin room basis).

3.3 Payments

- Games organisers will supply bank transfer details and participating schools must arrange prompt payment of invoices by the dates specified by the Games organisers.
- For all Games the participating schools are required to have returned their formal email of acceptance to participate in the Games. Schools will be required to pay an entry deposit in order to make commitments binding. The Games organisers, with the assistance of the BSME Students Coordinator, will determine deadlines for all payments.
- Participating schools must forward payments within the deadlines indicated otherwise the Games organisers have the right to exclude them from the Games.
- Participating schools are responsible for the payment of all bank charges for both banks.
- Flights - Teams travelling overseas are responsible for the arrangements of all flights for their squads.
- Visas - Teams travelling overseas with students that require visas must source the relevant visa to secure entry. We will send out visa support documentation in due course, but please prepare your teams with possible replacements in case any visas are denied.
- Injury Replacements - Reserve athletes should also be organised and able to step in, in the event that an athlete is forced to pull out through injury or illness, as event fees are not recoverable when late cancellations are made.

Squad withdrawals received after 10th September 2026 will result in an automatic forfeit of the $3000 USD deposit paid per squad.

Additionally, in the event of such cancellation:

- Cancellations made **60 days or more prior to the event** will receive a 100% refund of invoiced fees (minus the deposit)
- Cancellations made **45–59 days prior to the event** will receive a 75% refund of invoiced fees (minus the deposit)
- Cancellations made **30–44 days prior to the event** will receive a 50% refund of invoiced fees (minus the deposit)
- Cancellations made **15–29 days prior to the event** will receive a 25% refund of invoiced fees (minus the deposit)
- Cancellations made **less than 15 days prior to the event** will not be eligible for any refund

3.4 Accommodation

- It is the responsibility of participating schools to inform hosts organisers of any cultural differences with regard to sleeping arrangements and special dietary requests.
- Schools residing out of the host city must adhere to the full accommodation package requirements for all squad members: two nights for U19, and three nights for U15, U13, and U11.
- All participating schools must comply with the expectations set by the host school/ event organisers and the hotel for the use of the accommodation. Children will not be expected to share double/queen/king-sized beds if there is a shortage of twin/single-bedded rooms.
- U11 Games - Student Rooms will be allocated on the same floor where feasible, with teacher rooms.
- U13, U15 & U19 Games - Student rooms will be allocated on separate floors (Boys/ Girls) where feasible, teacher rooms allocated to the same floors the students are on.
- Schools arriving at the Games hotel the day prior to the Games will only be able to check in after 4pm, the school will be notified if check in will be feasible any earlier.
- We request that schools please adhere to the common curfews;
    - U11 - 8:30pm - 9pm
    - U13 - 8:30pm - 9pm
    - U15 - 9pm - 9:30pm
    - U19 - 9pm - 10pm

3.5 Presentation Evening

- All participating schools are required to attend the presentation evenings during the final day of each games;
    - U11/ U13 - informal/ relaxed presentations, hosted on site at the host school
    - U15/ U19 - formal, where possible hosted on site at the host school but external venues can be used

*Should a games be overseas and all traveling schools are staying in one hotel, it may be feasible for U11/U13 presentation evening to be held at the games hotel should costs allow

3.6 Insurance

- Insurance of individual participants is the responsibility of each participating school.

3.7 Team Kit

- Participating schools should provide their students team representatives with a standard uniform. Where possible this uniform should be numbered.
- Students must remove jewellery for all activities. Participating schools are responsible for all of their personal belongings.
- Schools must ensure that sponsor logos are discrete and in keeping with the aims and objectives of the Games.

3.8 Supporters

- The host school/ Games organisers can arrange for parents to participate in the formal and social functions associated with the Games at their discretion.
- The participating schools are responsible for the coordination and collection of any payments relating to their parents attending the Games and should then make these payments to the Games organisers as requested.
- **All accompanying parents are required to acknowledge and adhere to the Codes of Conduct as per section 7 of this handbook.**
- Any unreasonable or late requests by parents may not be accepted by the Games organisers.

3.9 Codes of Conduct

- By attending a BSME Games individuals agree to abide by the Codes of Conduct as per section 7 of this handbook.
- There are codes for players, spectators, parents, team members and team officials.
- Participating schools must ensure that all athletes, coaches, spectators and parents have read and acknowledged the relevant Codes.

3.10 Participants

- All BSME member schools are invited to apply to participate in the BSME Games.

3.11 Safeguarding

- Participating schools must ensure that the minimum ratio of 1:8 teachers to students is met at all times. The paid staff to student ratio has been reflected to 1:8 in section 3.
- All participating schools must review the host school's safeguarding policy and adhere to it.
- Any safeguarding concerns should be raised with the BSME representative on site directly in the first instance.
- Photographs and images will be taken of students during the events. These images and video footage will be used by BSME, including but not limited to, our social media platforms and websites. It is the participating school's responsibility to ensure parental permission has been obtained for this.
- Participating schools are responsible for advising the Games organisers and BSME if photography of certain students is not permitted.

During BSME coordinated events, such as BSME Games and other inter-school competitions, participating schools must adhere to the following requirements to help safeguard children:

- Provide the name of a suitably trained member of staff who is allocated as the leader for the event who has overall responsibility for ensuring the supervision and conduct of the trip and pays due regard to the health, safety and welfare of those involved in the event
- Secure appropriate permission from the child's parent/carer to travel to and participate in the event and are fully aware that they are acting in loco parentis
- Conduct a full and thorough risk assessment of the event and any travel involved prior to departure and detailed steps that have been/will be taken to manage and minimise risk
- Continue to risk assess throughout the event taking into account any changes in staff or students' health, changes in weather, changes in the political situation, etc. which may affect risk

- Check the latest foreign travel advice for any country they plan to visit prior to departure and ensure that you keep abreast of any changes in advice (www.gov.uk/foriegn-travel-advice)
- Ensure that adult to child ratios as per the BSME Games Handbook and that any attending adults have the appropriate checks from ACRO, or police clearance from relevant countries
- Have gender appropriate staff deployed on all trips as represented by the students
- Have at least one accompanying adult with an up-to-date first aid certificate
- Have adequate insurance and medical cover
- Review the BSME Event Incident Procedure policy and complete a BSME Student Events Incident Report form if a minor or serious incident occurs and to be shared with BSME within 24hours of the incident occurring.
- Establish robust emergency procedures
- Guarantee separate sleeping arrangements for male and female pupils and arrange for pupils to have an appropriate level of privacy for sleeping, changing and bathing.
- Take responsibility to inform parents that their children may appear in BSME coverage of the event.

3.12 Data Privacy - GDPR

- Where necessary, BSME will collect additional personal information such as passport/medical details etc in order to facilitate entry to host countries, host venues and hotels. This information will only ever be used for the purpose specified on each event. We will process and share the personal information under Legitimate Interest, only where essential to the running of the event Please take time to review our Privacy Statement GDPR Policy should you need any further clarification.

3.13 Laws, Rules and Regulations

- The BSME Games Handbook must be used and adhered to for all aspects of the Games.
- As per section 1, any local changes to the rules for the Games must be sent to the BSME Student Events Lead as soon as possible after agreeing to host.
- Any changes agreed by the BSME Students Committee must be communicated to all participating schools at least 3 months prior to the event.

3.14 Terms & Conditions

- The BSME Terms and Conditions must be used and adhered to for all aspects of the Games.
- You can read the full Terms and Conditions on the BSME Website.

4 Roles

4.1 Officials and Marshalling

- The Games require a considerable number of trained and experienced officials.
- For some schools with minimum specialist support, this aspect of the organisation of the Games can be very daunting. To help alleviate the strain on the host school and to share the experience we have within the organisation, each visiting school may be asked to provide help with officiating at the Games. Details will be supplied by the host school, who will make contact with the participating schools to request assistance as required.
- In order to facilitate the smooth running of the event, it is expected that each participating school is accompanied by at least 3 members of staff.
- Accompanying members of staff should have the ability to officiate the sports played within the event. One of these members of staff may be asked by the host school to officiate as required. It is important to bear this in mind when staffing arrangements are being made.
- Staff must not be asked to officiate matches involving their own school in the team events.
- Professional officials may need to be enlisted by the host school. The cost implications for this should be built into the participation fee.

4.2 Venues

- The Games Organisers will locate suitable venues and will complete a risk assessment to ensure venues are suitable and safe.
- Participating schools can request a risk assessment from the Host schools.

4.3 Awards: Rationale

- All students should receive a token of participation. This includes but is not limited to: medals, miniature plaques, ribbons, a certificate.
- Individual student medals and team trophies should be awarded for the 1st, 2nd 3rd place in all sports.
- Medals should only be ordered for the maximum number of squad players in that event e.g. 12 in U11 or U13/U15 netball. Only the squad for that sport should collect the medal.
- 1st, 2nd and 3rd place medals will be given to U11/U13/U15 athletic squads. A maximum of 28 medals will be provided.
- The top performing boys' and girls' athletics and swimming students will each receive a trophy. This will be determined by overall placings achieved throughout the event, with higher placings carrying greater value (e.g. two gold medals would rank higher than two silver medals). This award is calculated separately and does not contribute to the overall team points total.
- There will be a 'Fair Play' award to the school exhibiting the best sportsmanship in overall sports during the Games. This is awarded at the discretion of the host school.
- There will be an overall winner trophy. The top three schools overall should be announced in reverse order at the final awards ceremony. Medals and trophies should be given to the top three schools and students.
- Player of the match will be announced at the end of each tournament. This will be voted by the officiating referees/umpires per game. The hosting school/ tournament organiser will collect and count the ballots.

4.4 Awards: Full List

- Can be viewed here.
- For 2026-27, each participating school will select one female and one male athlete per School to be presented with a "Player of the Squad" certificate. These will be presented during the presentation evening.

4.5 BSME Website

- Following the event the Games Coordinator is required to provide a short narrative of the event with accompanying photos, results and testimonials if applicable.
- Should the host school wish to publicise the event in advance on the BSME website they should send the relevant information in JPEG format to the BSME Student Events Lead.

4.6 Scoring

- Scoring for the event will be as follows (based on 12 schools):

	Girls Football	Boys Football	Girls Athletics	Boys Athletics	Netball	Basketball/ Volleyball	Swimming
Place 1	12	12	12	12	12	12	12
Place 2	11	11	11	11	11	11	11
Place 3	10	10	10	10	10	10	10
Place 4	9	9	9	9	9	9	9
Place 5	8	8	8	8	8	8	8
Place 6	7	7	7	7	7	7	7
Place 7	6	6	6	6	6	6	6
Place 8	5	5	5	5	5	5	5
Place 9	4	4	4	4	4	4	4
Place 10	3	3	3	3	3	3	3
Place 11	2	2	2	2	2	2	2
Place 12	1	1	1	1	1	1	1

- Athletics points will be awarded for the boys and girls results separately.
- The scores will adjust depending on the number of schools competing.
- After the last event the scores will be added up to provide final places which will be announced at the Gala Lunch/Dinner.
- The host school must appoint a dedicated individual responsible solely for verifying results before they are shared with participating schools. BSME will retain final approval of all results. This process is intended to minimise errors and reduce the likelihood of appeals.

4.7 AQI / Heat Procedures / Environmental Conditions

- All host schools must have established Air Quality Index (AQI), Wet Bulb Globe Temperature (WBGT), and Ambient Temperature protocols in place, which should be shared with all participating schools prior to the event.
- While the table below provides recommended guidelines, the decision to modify, suspend, or amend activities rests with the host school, in consultation with appropriate medical personnel and in accordance with the school's own policies and procedures.

Condition	Elevated Risk	High Risk	Extreme Risk
AQI	101–150: increase hydration and monitor vulnerable participants	151–200: reduce outdoor exposure and modify schedules	201+: suspend/cancel activities
WBGT	28–30°C: extra hydration breaks, shorter warm-ups	30–32°C: shorten matches and increase recovery	32°C+: suspend/cancel activities
Temperature	35–38°C: more hydration breaks	38–40°C: modify schedules/shorten play	40°C+: suspend/cancel activities

5 U11 Games

5.1 General Information

- All BSME schools are invited to apply to participate in the U11 Games.
- Games allocation will be based on a combination of;
    - Total number of students in the school year (Year 6)
    - Number of schools entering the games from that country/ region
    - Position the school placed in the previous U11 Games
- A school's size will be evaluated annually and groupings may be adjusted.
- Each sport within the Games will have a winning school, and one school will be defined as the overall 'Games' winner at the end of the weekend.
- Where spectator space is limited, athletes will always take priority over spectators e.g. parents. Where possible, links should be set up for parents to be able to watch via a live stream.
- Lunch should not be scheduled into the itineraries, and lunches offered should be a nutritious packed lunch for students to eat when they wish/flexibility to fit in with their schedules.
- Coaches briefings will be held daily to review the following day's event and alert coaches to any important notices.
- Semi Finals for any sport must be played on the same size courts/ pitches.
- All fixtures **MUST** be played in accordance with the schedule; squads cannot opt out of playing a match. Should a squad be in a position where they are unable to field a team, the host school lead and BSME lead must be informed. They will have the final decision regarding the process, which may include a sanction such as a last-place finish for that sport due to forfeiting the match.

BEST PRACTICE

- Record scores on a laptop and project on to a TV monitor for schools and supporters to view throughout the event.
- Play music during intervals and between matches.

5.2 Competition Format

- Squad sizes are limited to a total of 28 students.
- Students will compete in five sports over three days. The sports will be decided by the host school.
- The sports for the U11 Games will be as follows:
    - **Girls** Netball, Athletics, Football, Swimming
    - **Boys** Basketball, Athletics, Football, Swimming
- The netball, football and basketball teams will have a maximum of 12 players.
- In athletics and swimming there are separate boys and girls competitions in each event.
- Each tournament will be played with schools in two or four pools, followed by crossover play-offs.
- The format of the competition will be determined by the host school.

5.3 Pool Format

In BSME games where there are 12 schools or less it is advised that for the team games there should be 2 pools. From these 2 pools the winning school (from each pool) will qualify for the semi finals. To ensure fairness with regards seedings the 2nd and 3rd place teams will play off in cross over matches to qualify for the semi final. For example:

- 2nd Pool A vs 3rd Pool B - the winner of this match should play the winner of group B in the semi final
- 2nd Pool B vs 3rd Pool A - the winner of this match should play the winner of group A in the other semi final

Where there are 16 teams there should be 4 groups of 4 teams. In each group the top team qualifies for the quarter final. Once again 2nd and 3rd place teams play off to ensure no group is stronger than others. For example

- 2nd Pool A vs 3rd Pool B - the winner of this match should play the winner of group C in the semi final
- 2nd Pool B vs 3rd Pool C - the winner of this match should play the winner of group D in the semi final
- 2nd Pool C vs 3rd Pool D - the winner of this match should play the winner of group A in the semi final
- 2nd Pool D vs 3rd Pool C - the winner of this match should play the winner of group B in the semi final

There will be similar play offs for the rest of the positions. The host school will determine the format of these 'play offs' depending on the total number of competing teams and the facilities/time available.

All pool formats must be sent to the HoPE Committee Vice Chair for approval before schedules are shared with participating schools.

5.4 Points & League Positions

To determine the overall positions, points will be allocated as follows:

- Win 3 points
- Draw 1 point
- Loss 0 points

- The total number of points accumulated at the end of pool play will determine the rankings in each pool.
- If at the conclusion of the pool play, should two teams finish level on points then the score of their match will determine the highest placed team. Should it have been a draw or should there be more than two teams level on points then the following tie breakers will apply in order;
  - Head to Head result: The winning team will proceed through to the higher position ranking.
  - Points difference: Total points/goals scored minus points/goals conceded across all pool matches.
  - Points / Goals scored: The total number of points/goals scored across all pool matches.
  - Points / Goals conceded: The lowest total points/goals conceded across all pool matches.

5.5 Athletics - General

5.5.1 Event Listings

- Each athletics event will have a Division A and Division B classification. Schools may have a maximum of one athlete in each Division.

5.5.2 Entries and point allocations - School entries

- 2 entries per school per event for all track and field events are allowed.
- Both entries from each school will be awarded points.

5.5.3 Entries and point allocations - Individual entries

- Each athlete is able to compete in a maximum of 2 track or field events, 1 other event and a relay.
- E.g.: 2 track events, 1 field event and a relay

OR

- 2 field events, 1 track event and a relay.

5.5.4 Track and Field Rotation

- Boys and girls should rotate between track and field. i.e. Girls will complete their track events whilst boys complete their field events, then switch over.
- High jump must take priority over all other field events.
- All track finals should take place with boys and girls present after their separate events.

5.5.5 Point allocations

All Events Point Allocation																							
Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th	21st	22nd	23rd	24th
Points	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

- Points awarded for the relays will remain the same as individual events.
- A results board should be visible for all participating schools and spectators.
- Each school will be allocated an event point total based on the position they are placed after merging the points obtained from both their A and B athletes.

  - Each event is scored separately.
  - In each event the total points (from the 2 athletes) will then be ranked to give a position for that event.
  - Points will then be awarded based on the ranked position achieved by the school.
  - This process will be repeated for each event.
- Schools will be allocated areas for their competitors around the field. Each school needs to ensure that they have adequate supervision for their team. Due to the confined space, students should remain in their designated areas unless going to an event.

5.5.6 Events Offered

U11	
Track	**Field**
75m	Long jump
150m	Standing triple jump
300m	High jump
600m	Shotputt
4 x 100m relay	Turbo javelin

- *NB There should be **two races** for 4x100m relays in U11. Schools can enter two separate relay teams.
- All other events must appear as standard.

5.5.7 Officials

- Each school must ensure that 1 member of staff is available to help with events if required. Schools should be informed of this prior to the competition.
- All decisions made at the athletic event will be at the discretion of the chief organiser and therefore no video or photographing will be allowed from coaches to be used as evidence.

5.6 Athletics - Track

5.6.1 The Start

- For long distance, “on your marks” followed by a whistle.
- For sprints, “take your mark, set” followed by a whistle.

5.6.2 The Races

- 75m, 150m, 300m and relays shall be run in lanes. Competitors should keep to their allotted lane from start to finish in these events.
- Any competitor jostling, running or walking across or obstructing another competitor so as to impede progress shall be liable to be disqualified.

5.6.3 False Starts

- The starter of individual athletic races events should be the most experienced official.
- In the event of a false start, the race must be restarted.
- Competitors must be aware of the ‘false start’ alarm
- An explanation must be given to the student that caused the false start.
- Competitors will be allowed two false starts; any additional false start is at the discretion of the Games Coordinator, but must keep the disruption to other competitors at a minimum.

- If competitors exceed the false start allowance, the race should continue but the offending competitor will be allocated last place.

5.6.4 The Finish

- The finish shall be a line 5cm in width drawn across the track at right angles to the inner edge.
- Two blue posts will denote the extremities of the finish line and shall be placed at least 30cm from the edge of the track.
- The competitors shall be placed in the order in which any part of the body i.e. torso (as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the edge of the finish line nearer to the start.

5.6.5 Relay Races

- The baton must be carried in the hand throughout the race. If dropped, the athlete who dropped it may leave the lane in order to retrieve the baton and recover it. Provided this procedure is adopted, no other athlete is impeded and by doing so the distance of the race is not lessened, dropping the baton shall not result in disqualification.
- Competitors after handing-over the baton should remain in their lanes until the course is clear to avoid obstruction to other competitors. Should any competitor willfully impede a member of another team by running out of position or lane at the finish of a stage that competitor is liable to cause the disqualification of his or her own team.
- On completion of the final leg the baton is to be handed to an official by the last runner.
- No competitor may run two sections for a team.
- A change over zone should be marked on the track (the distance will be at the discretion of the hosting school depending on the length of the track) If possible include change over judges.

5.6.6 Finals

- Finals will be held for the two shortest sprint distances (75m and 150m) and 4x100m relays.

5.6.7 Substitutions/Injury

- Substitutions should be made on trust, and it is the participating school's responsibility to ensure that athletes do not exceed the maximum entries allowed. Failure for schools to check this will result in a sanction.
- If the team cannot continue they will be offered last place in the finals unless they are able to replace an eligible athlete who is not involved in the other relay.
- An 'athlete exchange' is only permitted prior to the start of the athletics event, communication will be completed by the participating school who will fill out the official exchange sheet which will be signed by the PE teacher and host school. Substitutions during the event will only be permitted for an injury or illness.
- Organisers should provide coloured paper sheets to all schools so changes are possible. If a student goes over his/her number of entries the points for the additional event will be zero.
- If a student is unable to take their position in an individual final, the lane allocation in the final will be offered to the next student with the fastest qualifying time. The injured student will retain their qualifying time.

5.7 Athletics - Field

- Events will be staggered. All competitors must take part in the event within the time allotted. Failure to do so could result in disqualification.
- Two athletes from each school for each event.
- In throwing or jumping for distance no competitor is allowed to have more than one go recorded in any one attempt of the competition.
- In the field events each competitor shall be allowed three attempts except high jump.
- Once the competition has begun competitors are not permitted to use the runways or takeoff areas for practice or warm up purposes nor are they permitted to use throwing sites for practice trials, with or without implements.
- Competitors must wear trainers for all events. Bare feet are not permitted.

5.7.1 High Jump

- High jump will take place in a suitable location. Where possible all field events will be on grass.
- Jumpers do not have to land on their feet. However a jumper should use a recognised High Jump technique. This will allow for a variety of jumping styles, not necessarily the scissors kick. Any clear illegal or dangerous techniques will be pointed out to a competitor and disqualification will only occur for safety reasons.
- One-foot take off is required.
- The height of the bar will start at 90cm for both boys and girls and the bar will be raised 5cm between each round. The competitors shall be informed of this before the competition begins.
- 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 failed attempts.
- Even after all the other competitors have failed, a competitor is entitled to continue until he or she has forfeited the right to compete further and the best jump shall be recorded as the winning height.
- After the competitor has won the competition the heights to which the bar is raised shall be decided after the judge of the competition has consulted the wishes of the competitor.
- High jump countback rules break ties for equal heights by favoring the athlete with the fewest misses at the last cleared height. If still tied, the fewest total failures throughout the entire competition determines the winner.
- If a medal (1st, 2nd or 3rd overall) tie remains after countbacks, a jump-off is typically held.

5.7.2 Long Jump

- Competitors will be allowed three jumps each.
- A run up shall be allowed.
- Competitors shall be credited with the best of all their attempts
- In the case of a tie, the second best performance of the competitors tying shall determine the result. If the tie still remains, the third best jump will be decisive and so on. If the tie still remains the competitors shall share the position.
- The takeoff shall be from the white line or take off board as marked.
- The back of the heel of the jumper's trainers is measured from the takeoff line or where the competitor's body landed closest to the takeoff line. If the competitor falls back after landing it is this mark that is to be measured.
- The distance shall be recorded to the nearest 1cm below the distance measured if that distance is not a whole centimetre.

5.7.3 Standing Triple Jump

- Competitors will be allowed three jumps each.
- Competitors shall be credited with the best of all their attempts.
- In the case of a tie, the second best performance of the competitors tying shall determine the result. If the tie still remains, the third best jump will be decisive and so on. If the tie still remains the competitors shall share the position.
- The takeoff shall be from a standing start from the white line on the mat.
- From a standing start, competitors will start on one foot (the other raised), hop on the same foot, step with the opposite foot and then jump to land on both feet.
- A rocking movement will be permitted before the start of the jump from one foot only.

5.7.4 Shot Putt

- Where possible a 2kg shot should be used. If not available, a 2.72kg shot can be used but the host schools must inform the participating schools as early as possible to allow ample practice time
- The 'push' must come out from the neck (not a throw).
- If possible, a teacher will demonstrate.
- There will be no throwing circle. Competitors may move between the two lines; the lines should be a max of 2m apart.
- Competitors must not step over the line or the attempt will not be counted.
- The measurement will be taken from where the shot first lands on the grass and back to the line, but must land within the allocated zone.
- The measurement will be taken from the closest part of the shot to the line from where it was thrown.

5.7.5 Turbo Javelin

- Turbo javelin will be offered if the host school can accommodate it at the weight of 400g unless otherwise stated.
- An athlete is not allowed to touch the line of the rim.
- When throwing, proper technique requires the athlete to hold the javelin with only one hand on the cord grip. Gloves aren't allowed, and tape on the fingers is permitted only if it's to cover an open wound.
- The javelin must be thrown with an over-the-shoulder motion. The competitor can't turn his/her back to the throwing area until the javelin is airborne.
- The javelin must land within the "sector" to register a score. This fan-shaped area extends out from the ends of the arch-shaped foul line. The javelin can't land on the lines marking the sides of the sector. The head of the javelin has to hit the ground first or the throw is a foul.

5.8 Netball

5.8.1 General Information

- Games should be 7 minutes each way with 1 minute half time. (This will be established with the hosting school, where time permits in the schedule).
- All matches should be played on a standard size netball court
- The host school may outsource referees or may request visiting teams bring a teacher to assist with the officiating
- There should be two umpires per court.
- In any game, the umpires will have the authority to administer the rules of play. The umpire's decision is final. Only the Team Coach may approach an umpire for clarification of any rules or disputes on court. This may only be done at half time or full time.
- The height of the goal will be 10ft.
- Netball will be a Size 5

5.8.2 Rules

- The rules are aligned with those set out by the International Netball Federation.
- 7-aside with a maximum squad number of 12 girls.

5.8.2.a Substitution

- Both teams have the right to make substitutions and/or team changes:
    - a. During an interval.
    - b. When play is stopped for injury/illness of a player or blood.
- Both teams may make tactical changes immediately after a goal has been scored following a request from an on-court player to hold time for this purpose, ensuring that:
    - a. The umpire is clear the request is for a tactical change and not for injury/illness of a player or blood.
    - b. Any on-court players leave the court or change playing positions without delay.
    - c. Any substitutes take up their position on court without delay.
    - d. All team officials including primary care persons remain at the team bench.
    - e. The umpire is able to restart play quickly so the momentum of the match is not affected.
- There is no limit to the number of substitutions, which can be made by a team provided that players used do not exceed the total number listed at any team registration.

5.8.2.b Starting or restarting the game

- A coin toss between two representatives on each team is carried out before the match begins. This is to confirm who will have the first centre pass and which end the teams will shoot from.
- A central hooter will be used to start each round of matches, as well as the end of the first half and beginning of the second half. The umpire's whistle, however, officially starts and ends each period of play.
- Centre passes are taken alternately by the two Centres, after a goal has been scored.
- All players must start in the goal thirds except the two Centres.
- The Centre with the ball starts with either one or both feet in the Centre Circle, however the landing foot must remain in the centre circle until the ball has been thrown. The Centre must obey the footwork rule after the whistle has been blown.
- The opposing Centre stands anywhere within the Centre Third and is free to move.

- The Centre pass must be caught or touched by a player in or landing in or jumping from a stance in the Centre third.

5.8.2.c Playing the ball

- A player who has caught the ball shall play it or shoot for goal within three seconds.
- Once released, another player must next touch the ball.
- There must be room for a third player between the hands of the thrower and the catcher.
- A player on the ground must stand up before playing ball.
- Umpires will play advantage on a foul rather than blow the offence and re-set. There will be no set time on the advantage; that is at the umpires discretion.
- Without having possession, a player may:
    a. Bat or bounce the ball to another player.
    b. Bat the ball once, and then either bat or bounce the ball to another player.
    c. Bounce the ball once, and then either bat or bounce the ball to another player.
    d. Touch the ball in an uncontrolled manner once or more than once, and then either bat or bounce the ball to another player.

5.8.3 Play-off rules

- Where an outcome is required (ie, play-off games), in the event that scores are tied the teams will play for an additional 5 minutes. If the teams are still deadlocked at the end of extra time, play will continue until the next goal has been scored (the Golden Goal Rule).
- In the event of a draw during a semi-final or final match, five minutes extra time will be played. There will be a 1-minute break, and teams will change ends.
- If teams are still deadlocked at the end of extra time (with the exception of the final), play will continue until the next goal has been scored (the Golden Goal Rule).
- For the final, up to two periods of extra time may be played (with a 2 minute break between each period) before resorting to the Golden Goal Rule.
- To prevent excessive score disparities and to maintain team morale, a 10-goal mercy rule will be implemented. Once a team leads by 10 goals, this will be recorded as the official final score. Teams may then choose to continue playing without recording further scores or mutually agree to end the game.

5.8.3.a Golden Goal Rule

- In the event that scores are tied when the final hooter sounds at the end of extra time, the following procedure will be followed:
    - The umpire in control of play will blow their whistle to stop play.
    - All players remain on court in the exact place.
    - No substitutes can be made.
    - The umpire will explain that time is up, and that the next goal will decide the match.
    - Play will recommence with a free pass, in the place/area where play stopped, to the team in possession prior to the whistle being blown.

5.8.4 End of the Game

- There will be a bell/hooter to signal the end of time but the umpire's whistle will determine the end of the game.
- If the whistle to end play (or to hold time) is blown after the ball has left the hands of the shooter and the shot is successful, the goal will be scored.
- Three cheers and handshakes to be encouraged.
- Team managers shall shake hands.
- It is expected that team captains and managers shake hands with the match officials.

5.9 Football

5.9.1 General Information

- Games should be 7 minutes each way with 1 minute half time. (This will be established with the hosting school, where time permits in the schedule).
- All matches should be played on grass where possible.
- Players should ensure they are wearing appropriate footwear.
- All players must wear shin guards/pads. Players will not be allowed to play without them.

- The host school may outsource referees or may request visiting teams bring a teacher to assist with the officiating.
- Pitch Dimensions: 7 a-side: 60x40 yards (or as near to these dimensions as possible)
- Recommended Goal Size is 2m x 5m
- Football will be a Size 4

5.9.2 Rules

- The rules are aligned with those set out by the International Football Federation.
- 7 -a-side with a maximum squad size of 12 students.
- The pass back rule DOES APPLY. Should the goalkeeper handle the ball from a pass from one of their own team, an indirect free kick is awarded where the ball was picked up
- No off side
- At U11 level, throw in's must be correct. Officials will note a foul throw if not.
- Rolling substitutions are allowed.
- All other football rules apply

5.9.3 Play-off Rules

- In the group stages should two teams still be tied on points after following the process mentioned above in section 5.4 a Penalty shoot-out (3 members of the team take 1 shot alternating with the other team followed by sudden death) will take place.
- In the event of a tie at full time in the semi-finals, third-place play-off, or grand final, the match outcome shall be determined by one period of five minutes extra time. If the scores remain level, a penalty shoot-out shall take place, with three designated players from each team taking one penalty each on an alternating basis. Should the scores remain tied following the initial penalties, the shoot-out shall proceed to sudden death.
- In the event of a draw in any playoff game from 5th down there will be no extra time or penalties and the competition points will be added together and divided by two.

5.9.4 End of the Game

- This will be determined by the official.
- Three cheers and handshakes to be encouraged.
- Team managers shall shake hands.
- It is expected that team managers shake hands with the match officials.

5.10 Basketball

5.10.1 General Information

- Games should be 7 minutes each way with 1 minute half time. (This will be established with the hosting school, where time permits in the schedule).
- Games should be individually timed where possible using 'running clock'.
- Each team is permitted 1 time out per game.
- The ball should be size 5
- If possible 2 referees should be used. There will be at least one referee and one scorer on each court. Schools should outsource for qualified referees if required.
- U11 8ft high (if host school's posts allow), or 10ft if lower hoops are not available.

5.10.2 Rules

- Each team should consist of a maximum of 12 players, with 5 on court at any one time.
- Players must wear numbered tops/vests
- No travelling.
- No double dribble.
- No contact with opponents (pushing, pulling, holding).
- On loss of possession the defending team MUST withdraw to the halfway line.
- Half court man-to-man defence must be played with no double-teaming.

5.10.2.a 3-second rule

The following rules are not imposed:

- 3-second rule. Whilst the 3-second rule in the key will not be strictly enforced, players who clearly are not attempting to move in and out of the key will be warned and then will be called for 'loitering' in the key. The absence of the 3 second rule is designed to allow the game to flow but if coaches and players do not play within the spirit of this (absent) rule then the referees will have no option but to penalise these teams.

5.10.2.b Full Court Press

- No pressing in the opponents half. If a basket is scored, or possession is lost, the defending team must retreat to beyond the halfway line. If this rule is violated a free pass from half way will be awarded.

5.10.2.c Defence

- There will be no zone defence.

5.10.2.d Free throws

- Free throws may be taken from the front of the netball circle or an equivalent distance at U11 age.
- Please make sure the free throw line is clearly defined/ consistent across all courts used, where feasible a host school should inform participating schools as to the distance of the free throw line pre games

5.10.2.e Turnover ball

- If the attacking team loses possession to the defending team in the attacking half they should immediately retreat to the halfway line. Referees should remind players of this if they remain and try to regain the ball before penalising them.

5.10.2.f Substitution

- Substitutions can be made at any time from the halfway line. A player must leave the court before the replacement goes on. Substitutions can only be made when the ball is dead. There is no limit to the number of substitutions in any one game.

5.10.2.e Fouls

- Double-teaming or zone marking will result in a warning and a technical foul.
- 5 team fouls per game, including extra time instead of individual player fouls - teams will receive 1 free throw after 5 team fouls
- Fouls will not reset at half time.
- The clock will stop in the last minute of the game for free throws only , and the management of this time is down to the referee's decision.
- All shots will be one basket worth two points.

5.10.2.f Scoring

- Two points for each basket, one point for each free throw (both uncontested). Where there are no 3-point lines on court there will be no three points awarded.
- At the end of the second free throw, it will automatically be a defence ball from the baseline, whether the basket is scored or not

5.10.3 Play-off Rules

- For Finals and 3rd/4th Play-Offs, If a match is drawn at the end of regulation time, a 2-minute overtime period will be played using stop-clock rules. The team leading at the end of overtime will be declared the winner.
- If the score remains level after overtime, a shootout will take place:

    - All players must remain on court (no substitutions permitted)
    - Each team will nominate three players from those on court to take one free throw each and submit their names to the referee
    - A coin toss will determine which team shoots first
    - If the scores remain level after the initial three attempts, the shootout will proceed to sudden death
- For 5th Place and Below, If a match is drawn at the end of regulation time, the result will be decided by an immediate shootout (no overtime):
    - All players must remain on court (no substitutions permitted)
    - Each team will nominate three players from those on court to take one free throw each and submit their names to the referee
    - A coin toss will determine which team shoots first
    - If the scores remain level after the initial three attempts, the shootout will proceed to sudden death

5.10.4 End of the game

- This will be determined by the official.
- Three cheers and handshakes are to be encouraged.
- Team managers shall shake hands.
- It is expected that team captains and managers shake hands with the match officials.

5.11 Swimming

5.11.1 General Information

- Reference should be made to FINA rules for further rule clarification. These can be found at www.fina.org
- Competitors may only enter a maximum of 2 individual events and 2 relays – there is no minimum amount. For the fairness of competition it is very important that this is adhered to by all.
- All races will ideally take place in a 25m pool. Host school to inform participants of length of pool in advance, if the only pool available is 50M.
- Use of starting blocks is at the discretion of the host school but must be advised to participating schools in advance of the tournament if blocks are to be used.
- Events will be announced ahead of the actual race. This is when competitors must make their way to the competitors' marshalling area. Only one member of staff from each school will be allowed to take the swimmers to the swimmer marshalling area.
- Schools will be allocated areas for their competitors at the side of the pool. Each school needs to ensure that they have adequate supervision for their team.
- Lanes will be standardised so each school or two schools have the same lane each swim to make it easier to monitor the teams.
- DQ slips will be used. These will be made available to the team coach before the end of the swim meet.
- An 'athlete exchange' is only permitted prior to the start of the swimming event, communication will be completed by the participating school who will fill out the official exchange sheet which will be signed by the PE teacher and host school. Substitutions during the event will only be permitted for an injury or illness.

5.11.2 Events

Boys 100 IM
Girls 100 IM
Boys 25m Freestyle
Girls 25m Freestyle
Boys 25 Breaststroke
Girls 25 Breaststroke
Boys 25m Backstroke
Girls 25m Backstroke

Boys 50m Freestyle
Girls 50m Freestyle
Boys 50m Breaststroke
Girls 50m Breaststroke
Boys 50m Backstroke
Girls 50m Backstroke
Boys 25m Butterfly
Girls 25m Butterfly

Boys 100m Freestyle
Girls 100m Freestyle
Boys 4 x 25m Freestyle Relay
Girls 4 x 25m Freestyle Relay
Boys 4 x 25m Medley Relay
Girls 4 X 25m Medley Relay
Boys 4 x 50m Freestyle Relay
Girls 4 X 50m Freestyle Relay

5.11.3 Procedures

5.11.3.a The Start

- A series of 3 short sharp blasts on the whistle indicates a swimmer to stand up from the chair.
- 1 long blast of the whistle will be sounded for the swimmer to step forward and approach the starting area.
- On the starters command “take your marks”, they shall immediately take up a starting position with at least one foot at the front of the starting area.
- The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signalled by a final short blast of the whistle.
- A physical demonstration of the starting procedures is to take place at the start of the meet.
- The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive.
- The start in Backstroke and Medley Relay shall be from the water.
- At the first long whistle, the swimmers shall immediately enter the water and without undue delay go to the starting position. When all the swimmers have assumed their starting positions, the starter shall give the command “take your marks”. When all swimmers are stationary, the starter shall give the starting signal.
- Starting signal will be appropriate to the timing system used at the host school.
- A swimmer will only be disqualified if they personally cause a false start twice.

5.11.3.b Freestyle

- Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any stroke 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 is 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. By that point, the head must have broken the surface.

5.11.3.c Backstroke

- Prior to the starting signal the swimmers shall line up in the water facing the starting end, with both hands holding the side. The feet, including the toes can be above the surface but not on the poolside or on the gutter.
- At the signal for starting and after the turning the swimmer shall push off and swim on his back throughout the race except when executing a turn. A normal position on the back can include a roll movement of the body up to and including 90 degrees from the horizontal. The position of the head is not relevant.
- 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. By that point the head must have broken the surface.
- During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn.
- Once the body has left the position on the back, there will be no kick or arm pull that is independent of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall. When executing the turn there must be a touch of the wall with some part of the swimmer’s body.
- Upon the finish the swimmer must touch the wall on the back.
- Backstroke flags are placed 5 m from each end wall of the pool.

5.11.3.d Breastroke

- From the beginning of the first arm stroke after the 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 and legs shall be simultaneous and in the same horizontal plane without alternating movements.
- The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and turn.
- The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward kick is not permitted. 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. Swimmers will be disqualified for a one handed touch on the turn or at the end of the race. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

- During each complete cycle of one arm stroke and one leg kick, in that order, some part of the head must break the surface of the water, except after the start and after each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while totally submerged. 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. Following which, all movements of the legs shall be simultaneous and on the same horizontal plane without alternating movements.

5.11.3.e Butterfly

- From the beginning of the first arm stroke the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the normal water surface. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.
- Both arms must be brought forward together over water and brought backward simultaneously.
- All movements of the feet must be executed in a simultaneous manner.
- Simultaneous up and down movements of the legs and feet in the vertical plane are permitted. The legs and feet need not be the same level, but no alternating movements are permitted.
- At each turn and at the finish of the race, the touch shall be made with BOTH hands simultaneously, at, above o below the water surface.
- At the start and at turn, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him 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 after each turn. By that point the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

5.11.3.f Medley Events

- In the individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.
- In the medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.
- Each section must be finished in accordance with the rule, which applies to the style concerned.

5.11.3.g The Race

- A swimmer must finish the race in the same lane in which he 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 permissible to take a stride or step from the bottom of the pool.
- Standing on the bottom during a race shall not disqualify a swimmer, but they shall not walk.
- Pulling on the lane rope is not permitted.
- Obstructing another swimmer by swimming across a lane or otherwise interfering shall disqualify the offender.
- Any swimmer having finished his race and the last swimmer in the relay team must stay in the water until instructed to leave the water. In the 1st, 2nd and 3rd leg of the relay events swimmers must leave the pool as soon as possible without obstructing any other swimmers who have not yet finished the race.

5.11.3.h The Referees and Timekeepers

- The referee's decision concerning inconsistencies between placing, times and the stroke judge's decisions shall be final. Ideally three timekeepers will time each lane. The middle time will be counted. If only two timekeepers per lane are used, then the average time will be used.

5.11.3.i Points

- Points will be given on a time results basis, i.e. fastest time from both heats will be awarded.
  e.g. With 12 schools the following scoring system would be used:

Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
Points	12	11	10	9	8	7	6	5	4	3	2	1

The points for the relays will NOT count as double.

6 U13, U15 & U19 Games

6.1 General Information

- All BSME schools are invited to apply to participate in the U13, U15 and U19 Games.
- Each sport within the Games will have a winning school, and one school will be defined as the overall 'Games' winner at the end of the weekend.
- Where spectator space is limited, athletes will always take priority over spectators e.g. parents. Where possible, links should be set up for parents to be able to watch via a live stream.
- Lunch should not be scheduled into the itineraries, and lunches offered should be a nutritious packed lunch for students to eat when they wish/flexibility to fit in with their schedules.
- Coaches briefings will be held daily to review the following day's event and alert coaches to any important notices.
- Semi Finals for any sport must be played on the same size courts/ pitches
- All fixtures **MUST** be played in accordance with the schedule; squads cannot opt out of playing a match. Should a squad be in a position where they are unable to field a team, the host school lead and BSME lead must be informed. They will have the final decision regarding the process, which may include a sanction such as a last-place finish for that sport due to forfeiting the match.

BEST PRACTICE

- Record scores on a laptop and project on to a TV monitor for schools and supporters to view throughout the event.
- Play music during intervals and between matches.

6.2 Competition Format

- Squad sizes are limited to a total of 28 students.
- Students will compete in five sports over three days.
- The sports for the U13 and U15 Games will be as follows:
  - **Girls** Netball, Athletics, Football
  - **Boys** Volleyball, Athletics, Football
- The sports for the U19 Games will be as follows:
  - **Girls** Netball, Football
  - **Boys** Volleyball, Football
- The netball, football and volleyball teams will have a maximum of 12 players.
- In athletics there are separate boys and girls competitions in each event.
- Each tournament will be played with schools in two or four pools followed by crossover play-offs.
- The format of the competition will be determined by the host school.

6.3 Pool Format

In BSME games where there are 12 schools or less it is advised that for the team games there should be 2 pools. From these 2 pools the winning school (from each pool) will qualify for the semi finals. To ensure fairness with regards seedings the 2nd and 3rd place teams will play off in cross over matches to qualify for the semi final. For example:

- 2nd Pool A vs 3rd Pool B - the winner of this match should play the winner of group B in the semi final
- 2nd Pool B vs 3rd Pool A - the winner of this match should play the winner of group A in the other semi final

Where there are 16 teams there should be 4 groups of 4 teams. In each group the top team qualifies for the quarter final. Once again, 2nd and 3rd place teams play off to ensure not group is stronger than others. For example

- 2nd Pool A vs 3rd Pool B - the winner of this match should play the winner of group C in the semi final
- 2nd Pool B vs 3rd Pool C - the winner of this match should play the winner of group D in the semi final
- 2nd Pool C vs 3rd Pool D - the winner of this match should play the winner of group A in the semi final
- 2nd Pool D vs 3rd Pool C - the winner of this match should play the winner of group B in the semi final

There will be similar play offs for the rest of the positions. The host school will determine the format of these 'play offs' depending on the total number of competing teams and the facilities/time available.

All pool formats must be sent to the HoPE Committee Vice Chair for approval before schedules are shared with participating schools.

6.4 Points & League Positions

To determine the overall positions, points will be allocated as follows:

- Win 3 points
- Draw 1 point
- Loss 0 points

- The total number of points accumulated at the end of pool play will determine the rankings in each pool.
- If at the conclusion of the pool play, should two teams finish level on points then the score of their match will determine the highest placed team. Should it have been a draw or should there be more than two teams level on points then the following tie breakers will apply in order;
  - Head to Head result: The winning team will proceed through to the higher position ranking.
  - Points difference: Total points/goals scored minus points/goals conceded across all pool matches.
  - Points / Goals scored: The total number of points/goals scored across all pool matches.
  - Points / Goals conceded: The lowest total points/goals conceded across all pool matches.

6.5 Athletics - General

6.5.1 Event Listings

- Each athletics event will have a Division A and Division B classification. Schools may have a maximum of one athlete in each Division.

6.5.2 Entries and point allocations - School entries

- 2 entries per school per event for all track and field events are allowed.
- Both entries from each school will be awarded points.

6.5.3 Entries and point allocations - Individual entries

- Each athlete is able to compete in a maximum of 2 track or field events, 1 other event and a relay.
- E.g.: 2 track events, 1 field event and a relay
  OR
- 2 field events, 1 track event and a relay.

6.5.4 Track and Field Rotation

- Boys and girls should rotate between track and field. i.e. Girls will complete their track events whilst boys complete their field events, then switch over.
- High jump must take priority over all other field events.
- All track finals should take place with boys and girls present after their separate events.

6.5.5 Point allocations

All Events Point Allocation																							
Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th	21st	22nd	23rd	24th
Points	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

- Points awarded for the relays will remain the same as individual events.
- A results board should be visible for all participating schools and spectators.
- Each school will be allocated an event point total based on the position they are placed after merging the points obtained from both their A and B athletes.
  - Each event is scored separately.

- In each event the total points (from the 2 athletes) will then be ranked to give a position for that event.
- Points will then be awarded based on the ranked position achieved by the school.
- This process will be repeated for each event.

- Schools will be allocated areas for their competitors around the field. Each school needs to ensure that they have adequate supervision for their team. Due to the confined space, students should remain in their designated areas unless going to an event.

6.5.6 Events Offered

U13/U15	
Track	**Field**
100m	Long jump
200m	Triple jump
400m	High jump
800m	Shotputt
4x100m relay*	Turbo javelin

- *NB There should be **two races** for 4x100m relays in U15 and U13. Schools can enter two separate relay teams.
- All other events must appear as standard.

6.5.7 Officials

- Each school must ensure that 1 member of staff is available to help with events if required. Schools should be informed of this prior to the competition.
- All decisions made at the athletic event will be at the discretion of the chief organiser and therefore no video or photographing will be allowed from coaches to be used as evidence.

6.6 Athletics - Track

6.6.1 The Start

- For long distance, “on your marks” followed by a whistle.
- For sprints, “take your mark, set” followed by a whistle.

6.6.2 The Races

- 100m, 200m, 400m and relays shall be run in lanes. Competitors should keep to their allotted lane from start to finish in these events.
- Any competitor jostling, running or walking across or obstructing another competitor so as to impede progress shall be liable to be disqualified.

6.6.3 False Starts

- The starter of individual athletic races events should be the most experienced official.
- In the event of a false start, the race must be restarted.
- Competitors must be aware of the ‘false start’ alarm
- An explanation must be given to the student that caused the false start.
- Competitors will be allowed two false starts; any additional false start is at the discretion of the Games Coordinator, but must keep the disruption to other competitors at a minimum.
- If competitors exceed the false start allowance, the race should continue but the offending competitor will be allocated last place.

6.6.4 The Finish

- The finish shall be a line 5cm in width drawn across the track at right angles to the inner edge.
- Two blue posts will denote the extremities of the finish line and shall be placed at least 30cm from the edge of the track.
- The competitors shall be placed in the order in which any part of the body i.e. torso (as distinguished from head, neck, arms, hands, feet and legs) reaches the vertical plane of the edge of the finish line nearer to the start.

6.6.5 Relay Races

- The baton must be carried in the hand throughout the race. If dropped, the athlete who dropped it, may leave the lane in order to retrieve the baton and recover it. Provided this procedure is adopted, no other athlete is impeded and by doing so the distance of the race is not lessened, dropping the baton shall not result in disqualification.
- Competitors after handing-over the baton should remain in their lanes until the course is clear to avoid obstruction to other competitors. Should any competitor willfully impede a member of another team by running out of position or lane at the finish of a stage that competitor is liable to cause the disqualification of his or her own team.
- On completion of the final leg the baton is to be handed to an official by the last runner.
- No competitor may run two sections for a team.
- A change over zone should be marked on the track (the distance will be at the discretion of the hosting school depending on the length of the track) If possible include change over judges.
- Athletes will have their times disqualified in the heat if stepped outside of the change over zone during the hand off transition (the violation will be at the discretion of the marshalls to make the call).

6.6.6 Finals

- Finals will be held for the two shortest sprint distances (100m and 200m) and 4x100m relays.

6.6.7 Substitutions/Injury

- Substitutions should be made on trust, and it is the participating school's responsibility to ensure that athletes do not exceed the maximum entries allowed. Failure for schools to check this will result in a sanction.
- If the team cannot continue they will be offered last place in the finals unless they are able to replace an eligible athlete that is not involved in another relay.
- An 'athlete exchange' is only permitted prior to the start of the athletics event, communication will be completed by the participating school who will fill out the official exchange sheet which will be signed by the PE teacher and host school. Substitutions during the event will only be permitted for an injury or illness.
- Organisers should provide coloured paper sheets to all schools so changes are possible. If a student goes over his/her number of entries the points for the additional event will be zero.
- If a student is unable to take their position in an individual final, the lane allocation in the final will be offered to the next student with the fastest qualifying time. The injured student will retain their qualifying time.

6.7 Athletics - Field

- Events will be staggered. All competitors must take part in the event within the time allotted. Failure to do so could result in disqualification.
- Two athletes from each school for each event.
- In throwing or jumping for distance no competitor is allowed to have more than one go recorded in any one attempt of the competition.
- Once the competition has begun competitors are not permitted to use the runways or takeoff areas for practice or warm up purposes nor are they permitted to use throwing sites for practice trials, with or without implements.
- Competitors must wear trainers for all events. Bare feet are not permitted.

6.7.1 High Jump

- High jump will take place in a suitable location. Where possible all field events will be on grass.
- Jumpers do not have to land on their feet. However a jumper should use a recognised High Jump technique. This will allow for a variety of jumping styles, not necessarily the scissors kick. Any clear illegal or dangerous techniques will be pointed out to a competitor and disqualification will only occur for safety reasons.
- One-foot take off is required.
- The height of the bar will start at
    - U15 Boys - 110cm, Girls -100cm
    - U13 Boys - 100cm, Girls - 90cm
- The bar will be raised 5cm between each round.
- 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 7 jumps overall or 3 consecutive failed attempts. E.g. start at 110cm fails once can choose to attempt a higher height.
- Even after all the other competitors have failed, a competitor is entitled to continue until he or she has forfeited the right to compete further and the best jump shall be recorded as the winning height.
- After the competitor has won the competition the heights to which the bar is raised shall be decided after the judge of the competition has consulted the wishes of the competitor.
- High jump countback rules break ties for equal heights by favoring the athlete with the fewest misses at the last cleared height. If still tied, the fewest total failures throughout the entire competition determines the winner.
- If a medal (1st, 2nd or 3rd overall) tie remains after countbacks, a jump-off is typically held.

6.7.2 Long Jump

- Competitors will be allowed three jumps each.
- A run up shall be allowed.
- Competitors shall be credited with the best of all their attempts
- In the case of a tie, the second best performance of the competitors tying shall determine the result. If the tie still remains, the third best jump will be decisive. If the tie still remains the competitors shall share the position.
- The takeoff shall be from the white line or take off board as marked.
- The back of the heel of the jumper's trainers is measured from the takeoff line or where the competitor's body landed closest to the takeoff line. If the competitor falls back after landing it is this mark that is to be measured.
- The distance shall be recorded to the nearest 1cm below the distance measured if that distance is not a whole centimetre.

6.7.3 Triple Jump

- Competitors will be allowed three jumps each
- Competitors must start on one foot (either right or left)
- Competitors are allowed a run up.
- Competitors hop on to same leg (either right or left depending on position one)
- Competitors should then jump on to the opposite leg.
- Competitors should then jump and land on 2 feet.

6.7.4 Shot Putt

- Minimum weight for boys:
    - U13 - 3.25kg
    - U15 - 4kg
- Minimum weight for girls:
    - U13 - 2.72kg
    - U15 - 3.25kg
- If the weights are not available 2.72kg shot can be used but the Games organisers must inform the participating schools as early as possible to allow ample practice time.
- The 'push' must come out from the neck (not a throw).
- If possible, a teacher will demonstrate.
- There will be no throwing circle. Competitors may make one step up to the line.
- Competitors must not step over the line or the attempt will not be counted.

- The measurement will be taken from where the shot first lands on the grass and back to the line, but must land within the allocated zone.
- The measurement will be taken from the closest part of the shot to the line from where it was thrown.

6.7.5 Turbo Javelin

- Turbo javelin will be offered if the host school can accommodate it at the weight of 600g unless otherwise stated.
- An athlete is not allowed to touch the line of the rim.
- When throwing, proper technique requires the athlete to hold the javelin with only one hand on the cord grip. Gloves aren't allowed, and tape on the fingers is permitted only if its to cover an open wound.
- The javelin must be thrown with an over-the-shoulder motion. The competitor can't turn his/her back to the throwing area until the javelin is airborne.
- The javelin must land within the "sector" to register a score. This fan-shaped area extends out from the ends of the arch-shaped foul line. The javelin can't land on the lines marking the sides of the sector. The head of the javelin has to hit the ground first or the throw is a foul.

6.8 Netball

6.8.1 General Information

- Games should be 7 minutes each way with 1 minute half time. (This will be established with the hosting school, where time permits in the schedule).
- All matches should be played on a standard size netball court
- The host school may outsource referees or may request visiting teams bring a teacher to assist with the officiating
- There should be two umpires per court.
- In any game, the umpires will have the authority to administer the rules of play. The umpire's decision is final. Only the Team Coach may approach an umpire for clarification of any rules or disputes on court. This may only be done at half time or full time.
- The height of the goal will be 10ft.
- Netball will be a Size 5

6.8.2 Rules

- The rules are aligned with those set out by the International Netball Federation.
- 7-aside with a maximum squad number of 12 girls.

6.8.2.a Substitution

- Both teams have the right to make substitutions and/or team changes:
    - a. During an interval.
    - b. When play is stopped for injury/illness of a player or blood.
- Both teams may make tactical changes immediately after a goal has been scored following a request from an on-court player to hold time for this purpose, ensuring that:
    - a. The umpire is clear the request is for a tactical change and not for injury/illness of a player or blood.
    - b. Any on-court players leave the court or change playing positions without delay.
    - c. Any substitutes take up their position on court without delay.
    - d. All team officials including primary care persons remain at the team bench.
    - e. The umpire is able to restart play quickly so the momentum of the match is not affected.
- There is no limit to the number of substitutions, which can be made by a team provided that players used do not exceed the total number listed at any team registration.

6.8.2.b Starting or restarting the game

- A coin toss between two representatives on each team is carried out before the match begins. This is to confirm who will have the first centre pass and which end the teams will shoot from.
- A central hooter will be used to start each round of matches, as well as the end of the first half and beginning of the second half. The umpire's whistle, however, officially starts and ends each period of play.
- Centre passes are taken alternately by the two Centres, after a goal has been scored.
- All players must start in the goal thirds except the two Centres.

- The Centre with the ball starts with either one or both feet in the Centre Circle, however the landing foot must remain in the centre circle until the ball has been thrown. The Centre must obey the footwork rule after the whistle has been blown.
- The opposing Centre stands anywhere within the Centre Third and is free to move.
- The Centre pass must be caught or touched by a player in or landing in or jumping from a stance in the Centre third.

6.8.2.c Playing the ball

- A player who has caught the ball shall play it or shoot for goal within three seconds.
- Once released, another player must next touch the ball.
- There must be room for a third player between the hands of the thrower and the catcher.
- A player on the ground must stand up before playing ball.
- Umpires will play advantage on a foul rather than blow the offence and re-set. There will be no set time on the advantage; that is at the umpires discretion.
- Without having possession, a player may:
    a. Bat or bounce the ball to another player.
    b. Bat the ball once, and then either bat or bounce the ball to another player.
    c. Bounce the ball once, and then either bat or bounce the ball to another player.
    d. Touch the ball in an uncontrolled manner once or more than once, and then either bat or bounce the ball to another player.

6.8.3 Play-off rules

- Where an outcome is required (ie, play-off games), in the event that scores are tied the teams will play for an additional 5 minutes. If the teams are still deadlocked at the end of extra time, play will continue until the next goal has been scored (the Golden Goal Rule).
- In the event of a draw during a semi-final or final match, five minutes extra time will be played. There will be a 1-minute break, and teams will change ends.
- If teams are still deadlocked at the end of extra time (with the exception of the final), play will continue until the next goal has been scored (the Golden Goal Rule).
- For the final, up to two periods of extra time may be played (with a 2 minute break between each period) before resorting to the Golden Goal Rule.
- To prevent excessive score disparities and to maintain team morale, a 10-goal mercy rule will be implemented. Once a team leads by 10 goals, this will be recorded as the official final score. Teams may then choose to continue playing without recording further scores or mutually agree to end the game.

6.8.3.a Golden Goal Rule

- In the event that scores are tied when the final hooter sounds at the end of extra time, the following procedure will be followed:
    - The umpire in control of play will blow their whistle to stop play.
    - All players remain on court in the exact place.
    - No substitutes can be made.
    - The umpire will explain that time is up, and that the next goal will decide the match.
    - Play will recommence with a free pass, in the place/area where play stopped, to the team in possession prior to the whistle being blown.

6.8.4 End of the Game

- There will be a bell/hooter to signal the end of time but the umpire's whistle will determine the end of the game.
- If the whistle to end play (or to hold time) is blown after the ball has left the hands of the shooter and the shot is successful, the goal will be scored.
- Three cheers and handshakes to be encouraged.
- Team managers shall shake hands.
- It is expected that team captains and managers shake hands with the match officials.

6.9 Football

6.9.1 General Information

- Games should be 7 minutes each way with 1 minute half time. (This will be established with the hosting school, where time permits in the schedule).
- All matches should be played on grass where possible.
- Players should ensure they are wearing appropriate footwear.
- All players must wear shin guards/pads. Players will not be allowed to play without them.
- The host school may outsource referees or may request visiting teams bring a teacher to assist with the officiating.
- Pitch Dimensions: 7 a-side: 60x40 yards (or as near to these dimensions as possible)
- Recommended Goal Size is 2m x 5m
- Football will be U13 = Size 4, U15/U19 = Size 5

6.9.2 Rules

- The rules are aligned with those set out by the International Football Federation.
- 7 -a-side with a maximum squad size of 12 students.
- The pass back rule DOES APPLY. Should the goalkeeper handle the ball from a pass from one of their own team, an indirect free kick is awarded where the ball was picked up
- No off side
- Throw in's must be correct. Officials will note a foul throw if not.
- Rolling substitutions are allowed.
- All other football rules apply

6.9.3 Play-off Rules

- In the group stages should two teams still be tied on points after following the process mentioned above in section 6.4 a Penalty shoot-out (three members of the team take one shot alternating with the other team followed by sudden death) will take place.
- In the event of a tie at full time in the semi-finals, third-place play-off, or grand final, the match outcome shall be determined by one period of five minutes extra time. If the scores remain level, a penalty shoot-out shall take place, with three designated players from each team taking one penalty each on an alternating basis. Should the scores remain tied following the initial penalties, the shoot-out shall proceed to sudden death.
- In the event of a draw in any playoff game from 5th down there will be no extra time or penalties and the competition points will be added together and divided by two.

6.9.4 End of the Game

- This will be determined by the official.
- Three cheers and handshakes to be encouraged.
- Team managers shall shake hands.
- It is expected that team managers shake hands with the match officials.

6.10 Volleyball

6.10.1 General Information

- There should be 2 courts playing matches concurrently
- It is strongly recommended that sunken/ socketed posts are used where feasible
- Matches will start every 20 minutes.
- Team roster: each School should provide a team roster to the scorekeeper along with each player's number.
- Teams should be on court at the correct time. Warm Ups should be completed prior to the official start time.
- If an obstruction is on one side of the court and the ball hits it - then it is a replay point. Game organisers need to check and inform participating schools.
- 3 points for a win, 1 point for a loss.

6.10.2 Rules

- The rules are aligned with those set out by the International Volleyball Federation.
- 6 players on court. Teams can have a maximum of 12 players in the squad.
- The first team to 25 points wins. If the score is tied at 24-24, then the first point wins.
- Time-Out: One time-out per set per team.
- With the exception of the serve, players may use any part of their body.
- Players cannot touch the net between the antennas.
- Players' whole foot cannot cross the middle of the court.
- There is no libero player in U13 or U15 volleyball
- A libero player can be used for U19 Volleyball
- Net Heights: U19 Senior 2m 43cm. U15 Intermediate 2m 30cm. U13 Junior 2m 24cm.

6.10.2.a Serving

- There must be a gap between the ball and the hand when serving.
- U13 only: Serves will be limited to 5 consecutive points from the same individual.
- The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).
- Only one toss or release of the ball is allowed. Dribbling or moving the ball in the hands is permitted.
- At the moment of the service hit or take-off for a jump service, the server must not touch the court (the end line included) or the floor outside the service zone. After the hit, he/she may step or land outside the service zone, or inside the court.
- The server must hit the ball within 8 seconds after the 1st referee whistles for service.
- A service executed before the referee's whistle is cancelled and repeated.

6.10.2.b Substitutions

- All substitute players must remain on the team's bench during the game.
- Each team is permitted x6 substitutes per set.
- A substitute may enter the game for a specific player in the starting line-up once. After being substituted in, they can only be replaced by the same player they initially replaced, and this exchange can occur only once per set.

6.10.2.c Referee Assistance

- Once a school has played their game, a staff representative from that school must stay and be a line judge where possible.

6.10.3 Play-off Rules

- The 1st and 2nd place finals will be played as best of three sets: two sets to 25 points, with a deciding third set to 15 points if required. Teams must win the final set of 15 by a margin of 2 points.
- All matches for 3rd place and below will be played as a single set to 25 points. Teams must win by a margin of 2 points.

6.10.4 End of the Game

- This will be determined by the official.
- Three cheers and handshakes to be encouraged.
- Team managers shall shake hands.
- It is expected that team managers shake hands with the match officials.

7 Codes of Conduct

All participants (players, spectators, coaches and parents) shall, at all times, act in the best interests of the game and shall not act in any manner which is improper or brings the game into disrepute or use any one, or a combination of, violent conduct, serious foul play, threatening, abusive, indecent or insulting words or behaviour.

7.1 Players' Code of Behaviour

- Be a good sport and play for enjoyment
- Strive for personal excellence
- Work hard for your team as well as yourself
- Treat all teammates and opponents as you enjoy being treated yourself
- Play by the rules
- Cooperate with team and game officials
- Control your behaviour, on and off the field
- Learn to value honest effort, skilled performance, improvement and team loyalty

7.2 Parents' Code of Behaviour

- Encourage participation by your children
- Model good sportsmanship for your child to copy
- Be courteous in your communication with players, teachers, game officials and sport administrators
- Encourage honest effort, skilled performance, improvement and team loyalty
- Make any new parents feel welcome on all occasions
- Do not interfere with the conduct of any events
- Do not engage in any personal interaction with children, other than your own

7.3 Spectators' Code of Behaviour

- Demonstrate appropriate social behaviour
- Remember children play for enjoyment. Don't let your behaviour detract from their enjoyment.
- Let game officials conduct events without interference
- Support skilled performances and team play with generous applause
- Demonstrate respect for opposing players and their supporters
- Do not engage in any personal interaction with children

7.4 Team Members' Code of Behaviour

7.4.1 As a Team Member

- Compete by the competition conditions and rules.
- Never argue with the Judge's, Referee or Umpire's decision.
- Control your temper - no criticism by word or gesture.
- Work equally hard for yourself and your team.
- Going to bed at a reasonable hour will assist your own and your team's performance.
- Be a good sport. Encourage and support your own team members.
- Cooperate with your coach and teammates. Show respect for your opponents and their skills.
- Be friendly to all participants.

7.4.2 As a Guest in Hotels

- Check for any damage to premises on arrival and notify your team official.
- Keep your room tidy - make your own bed, help with chores.
- Do not leave the accommodation area without permission from the team manager.
- Be aware of which teacher is on supervision duty.
- Know where your team officials are staying.

7.5 Team Officials'/Teachers'/Coaches' Code of Behaviour

- Ensure that your behaviour at all times does not bring the name of "School Sport" into disrepute
- Avoid over-playing the talented players. All players need and deserve appropriate time
- Develop team respect for the opponents as well as for the officials and opposing coaches
- Compliment participants on their efforts
- Moderate any over-zealous competitiveness of team-members
- Condemn unsporting behaviour
- Ensure adequate supervision and monitoring of your students at all times
- Ensure that your behaviour is consistent with the principles of good sporting behaviour
- Refrain from criticism of, or reaction to an umpire's/referee's judgement and decision
- Maintain a standard of dress appropriate to the presentation of the team
- Refrain from overzealous coaching from the sideline
- Immediately report any student, staff or parent behaviour that raises concern
- Refrain from smoking and consuming alcohol at any time while in the direct supervision of students

7.6 Social Media

- Participants (player, spectator, coach or parent) are deemed responsible for any posts on their social media accounts. If a post is made by a third party, this does not necessarily prevent disciplinary action. This ensures compliance with Federal Decree-Law No. 34 of 2021 Concerning the Fight Against Rumours and Cybercrime of the UAE which prohibits the posting of defamatory or insulting comments online.

8 Incident Reporting & Sanctions

8.1 Incident & Behaviour Management Procedure for BSME Events

- This framework provides host schools with a clear process to follow when managing incidents or inappropriate behaviour involving players, coaches/teaching staff, and/or spectators during BSME events. The aim is to ensure incidents are handled fairly, consistently, and safely, while protecting the integrity and positive ethos of a BSME Event.
- The document can be viewed **here**.

8.2 Student Events Incident Report

- This form must be submitted within 24hours of an incident occurring.
- The form can be viewed **here**.

9 Appendix

9.1 Payment/ Requested information deadlines for 2026-27

Deadlines U19:

What is Required	Deadline Date
Non-refundable Deposit of $3,000 + 5% VAT	Monday 8th June 2026
Confirm squad sizes on the Mastersheet	Friday 18th September 2026
Player Information Form completed (Student information & Room Allocation)	Friday 2nd October 2026
FINAL PAYMENT & Flight Details	Friday 2nd October 2026

Deadlines U15:

What is Required	Deadline Date
Non-refundable Deposit of $3,000 + 5% VAT	Monday 8th June 2026
Confirm squad sizes on the Mastersheet	Monday 21st September 2026
Player Information Form completed (Student information & Room Allocation)	Friday 2nd October 2026
FINAL PAYMENT & Flight Details	Friday 2nd October 2026

Deadlines U13:

What is Required	Deadline Date
Non-refundable Deposit of $3,000 + 5% VAT	Monday 8th June 2026
Confirm squad sizes on the Mastersheet	Friday 23rd October 2026
Player Information Form completed (Student information & Room Allocation)	Friday 6th November 2026
FINAL PAYMENT & Flight Details	Friday 4th December 2026

Deadlines U11:

What is Required	Deadline Date
Non-refundable Deposit of $3,000 + 5% VAT	Monday 8th June 2026
Confirm squad sizes on the Mastersheet	Friday 23rd October 2026
Player Information Form completed (Student information & Room Allocation)	Friday 6th November 2026
FINAL PAYMENT & Flight Details	Friday 4th December 2026