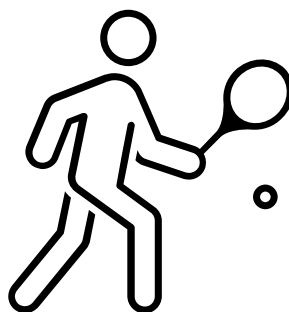
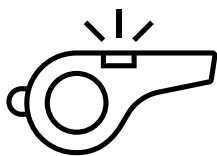


NORFOLK YFC & COUNTRYSIDERS 2024/2025



BLOCK TWO – CS



GENERAL RULES

1. Please note entries will **only** be accepted on the digital competition entry form and must be submitted to the County Office by **the set date**.
2. Clubs may enter the total number of entrants, please note that competitors over the age of 28 will not be able to compete at Eastern Area and National competitions and **that only one entry will count towards points**.
3. Provided a club has already submitted their current block entry, they may request to the Competitions & Training Committee (CAT) Chairman a late entry into competitions for that block. Acceptance of a late entry is at the discretion of the CAT Chairman and Vice-chairman and will not be permitted where this will detrimentally affect the running of the competition.
4. Change of entries will **NOT** be accepted later than 3 working days prior to a weekend competition, and 5 working days for a weekday/evening competition; changes on the day may lead to disqualification. Late withdrawals from any competition, changes on the day or lack of attendance will issue a £40.00 fine which will be invoiced to the club, this will be reduced to £20.00 if paid within 7 days. **No show or Late Withdrawal from any competition will also result in 3 marks being deducted from the NFU Trophy score of the Club. Abuse, whether verbal or physical, towards any judge or steward will not be tolerated, teams will be disqualified if this happens.**
5. All competition rules will be strictly enforced and if any Clubs are found to be in default after an event, their results will be discounted and any NFU Cup Points gained will be deducted. Clubs are asked to be particularly aware of the age qualifications for competitors in each individual competition. These are clearly laid down in each set of both County and National rules. **If you require clarification of any rules please refer to the CAT Chairman, Vice-Chairman or the YFC Office. National rules and guidelines will be in place for all National competitions.**
6. COMPETITORS **MUST** BE REGISTERED MEMBERS. Members must produce a digital membership card with a photograph. **Where a membership card cannot be shown digitally it must be printed.** If no card is presented (either digital or printed) then the member will not be allowed to compete.
7. **Insurance.** The cover provided by the National YFC Insurance Scheme will apply to all Clubs and members participating in any of these competitions. Any queries regarding Insurance, contact the County Office in the first instance. Non-members competing where not agreed prior to the competition with the County Office will invalidate the competition's insurance for the entire day.
8. If, at the time of the competition day, a club holds an overdue invoice owed to Norfolk FYFC the club will not be able to compete until the invoice is paid in full. This is in line to the Constitution.
9. Selection of competitors for Eastern Area/National Competitions will be organised on competition days if possible.
10. If there are not enough entries received for any individual competition, the competition will not take place.
11. **A "SCRATCH TEAM" is permitted. The team cannot be placed but will gain 1 point for entering.**

COUNTRYSIDER	Member must be 10 – 16 as at 1st September 2024 Countryriders cannot join until their 10th birthday
JUNIOR	Member must be 10 – 16 as at 1st September 2024
INTERMEDIATE	Member must be 17 – 21 as at 1st September 2024
SENIOR	Member must be 22 – 30 as at 1st September 2024

For further details of the rules please contact the CAT Chairman, and the County Office.

Mixed Rounders - CS

Rules: We are all rounders simplified rules to be adhered to, rules available within the block book. Note members must be under the age of 16 to play with no more than 5 male players. 9 players to be on the field for each team at any one time. minimum of 1 innings per team, to a maximum of 20 good balls. Members must be aged between 12-15 years to qualify for Eastern Area and National.

Event:	SPORTS DAY
When	Sunday 2nd February 2025
Where:	Langley Prep School. Taverham, Norwich NR8 6HU
Time	TBC
No of teams per club:	1
Consisting of:	15
Age Range:	registered 10-16 years
Eastern Area Eliminator Date:	TBC
National Final Date:	Sunday 6th July 2025
National Rules Available on Website:	<input checked="" type="checkbox"/>
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688

Mixed Badminton - CS

Rules: National YFC rules to be adhered to, rules are available within the block book. Note members must be aged 11-12 years to qualify at Eastern Area and National. Member to supply own badminton rackets and shuttlecocks. 5 minutes each end, 2 ends to be played.

Event:	SPORTS DAY
When	Sunday 2nd February 2025
Where:	Langley Prep School. Taverham, Norwich NR8 6HU
Time	TBC
No of teams per club:	1
Consisting of:	2
Age Range:	registered 10-16 years
Eastern Area Eliminator Date:	TBC
National Final Date:	Sunday 6th July 2025
National Rules Available on Website:	<input checked="" type="checkbox"/>

Notes

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688

Mixed Relay Race - CS

Rules: Norfolk rules to be adhered to, rules available within the block book. Note members must be under the age of 16.

Event:	SPORTS DAY
When	Sunday 2nd February 2025
Where:	Langley Prep School. Taverham, Norwich NR8 6HU
Time	TBC
No of teams per club:	2
Consisting of:	5
Age Range:	registered 16 and under
Eastern Area Eliminator Date:	N/A
National Final Date:	N/A
National Rules Available on Website:	<input type="checkbox"/>
Notes	

Competitor(s) for this competition are:-

ALL COMPETITORS MUST BE REGISTERED MEMBERS
If you have any queries about this competition, please
call County Office 01603 213 688



**Fun, Learning and
Achievement**

Final
July 2024
Area Eliminator

NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2024-25

NFYFC MIXED ROUNDERS

12 to 15 Years

R U L E S

COMPETITION AIM

To encourage YFC members to work together as a team to demonstrate their Rounders skills in a competition environment.

LEARNING OUTCOMES

Rounder skills: Batting and fielding skills, hand-eye-coordination and tactical decision making; teamwork, respect, discipline, enjoyment, sportsmanship as well as providing health and wellbeing benefits.

REMINDER: Read in conjunction with **NFYFC General Rules**. Further information can be found at <http://www.nfyfc.org.uk/CompetitionsResources/competitionsresources>

1. DATE & VENUE

1.1. After Area Eliminators, the Final will be held at the National Sports Day on Sunday 6th July, 2025 in Staffordshire.

2. REPRESENTATION

2.1. Counties may enter one team per 600 members or part thereof in Area Events.

2.2. Areas will be represented in the Final by one team per 3,000 members or part thereof. (Northern Area 2, Eastern Area 1 and East Midlands 1, West Midlands Area 1, South West Area 2, South East Area 1 and Wales 2)

3. ELIGIBILITY

3.1. A squad of ten players (maximum), from whom 9 players shall be chosen to form the team for each game. All players must be full members of a Club affiliated to NFYFC and must be between 12-15 years of age. For clarification, the member must be between the age of 12 on the 1st September 2024 and 15 on the 1st September 2024. The member may be 16 on the day of the competition (this age range must be adhered to).

Under the simplified rules of rounders attached it states a team of 15 with a minimum of 6. For the NFYFC Finals the rules will be Maximum of 10 with 9 players on the pitch at any one time.

3.2. Teams should consist of no more than 5 male players.

4. SUBSTITUTION

4.1. All substitutes must have been eligible to complete in the County final.

5. PROCEDURE in brief.

5.1. A summary of the rules in line with Rounders England can be found on the reverse of the score card attached.

5.2. 9 players are on the field for each team at any one time.

5.3. One team bats while the other team fields and bowls.

5.4. The bowler bowls the ball to the batter who hits the ball anywhere on the Rounders pitch. The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for OR the ball is returned to the Bowler within the Bowler's Square.

5.5. If the batter reaches the 2nd or 3rd post in one hit, the batting team scores ½ Rounder. If the batter reaches 4th post in one hit, the batting team scores a Rounder. If the batter does not hit the ball they still run around the Rounders pitch, if they make it to 4th post in one run they score a ½ Rounder. If the batter hits the ball

backwards they must run, but stop and wait at 1st post until the ball returns or is thrown forward to the forward area, the batter can then continue to run around the pitch.

- 5.6. A batter can be out if the fielding team catch the ball hit by the batter before it touches the ground or by touching the post the batter is heading to with the ball before the batter reaches it.
- 5.7. At the NFYFC Final, matches will consist of a minimum of one innings per team, to a maximum of 20 good balls.
- 5.8. Substitutions may be made between games but not during an innings. Substitutes may return to play in subsequent games.

6. **AWARDS**

- 6.1. NFYFC Trophy and NFYFC Prize Cards to the winning team.
- 6.2. Prize cards to the teams placed, 2nd, 3rd and 4th.
- 6.3. NFYFC Certificate of Achievement will be awarded to all members of teams in the Final.

7. **NOTES**

- 7.1. It is advised to have a competent medical advisor in attendance at both County and Area Rounds, and only use qualified referees in order to minimise any risk to members.
- 7.2. Further information can be found at www.englishrounders.co.uk

National Federation of Young Farmers' Clubs (England and Wales)

YFC Centre, 10th Street, Stoneleigh Park, Kenilworth, Warwickshire CV8 2LG

tel 024 7685 7200 fax 024 7685 7229 email post@nfyfc.org.uk web www.nfyfc.org.uk



SIMPLIFIED RULES

TEAMS

- Games are played between two teams. Each team has a maximum of 15 and a minimum of 6 players.
No more than 9 players may be on the field at any one time
- If a mixed team—there should be no more than 5 male players
- List of players and substitutes should be submitted to the Umpire prior to play
- Games are usually played over 2 innings
- Players once substituted may return during the game, but batters only in the position of their original number

BATTING

- Wait in the backward area well away from 4th post
- If out, wait in the backward area well away from 1st post
- Enter the batting square when called to do so by the Umpire
- You will have one good ball bowled to you
- Batter can use 2 hands
- You can take a no ball and score in the usual way, but once you reach 1st post you cannot return.
You cannot be caught out or stumped out at 1st post on a no ball

NO BALLS

- Not smooth underarm action
- Ball is above head or below knee
- Ball bounces on way to you
- Wide or straight at body
- The Bowler's foot is outside the square during the bowling action

RUNNING AROUND THE TRACK

- If you stop at a post you must keep contact with the post, with hand or bat. If you don't the fielding side can stump the following post to put you out
- You can run on to a post even if it has been previously stumped (you don't score if the post immediately ahead has been stumped)
- When the bowler has the ball in the bowling square you cannot move on, but if you are between posts you can carry on to the next
- You cannot have two batters at a post. The Umpire will ask the first to run on when the second one makes contact
- At a post you do not have to move on for every ball bowled
- Once in contact with the post, you may turn the corner over the 2 metre line. If you turn the corner during a run and there is no contact with the post you will be deemed to have turned the corner and must run on
- You can move on as soon as the ball leaves the Bowler's hand, including no balls
- You must touch 4th post on getting home

SCORING

- 1 Rounder if ball is hit and 4th post is reached and touched before next ball is bowled
- 1 Rounder if ball is hit and 4th post is reached on a no ball (you can't be caught out on a no ball)
- ½ Rounder if 4th post reached without hitting the ball
- ½ Rounder if ball is hit and 2nd or 3rd post reached and touched before next ball is bowled - but if you continue this run and are put out before reaching 4th post, the score will be forfeited
- Penalty ½ Rounder for an obstruction by a fielder
- Penalty ½ rounder for 2 consecutive no balls to same batter
- You can score in the normal way on a backward hit but must remain at 1st post while the ball is in the backward area
- The team with the highest number of Rounders wins
- Penalty ½ rounder to fielding team if waiting batters or batters out obstruct a fielder

OUT WHEN

- Caught
- Foot over front/back line of batting square before hitting or missing a ball
- Running inside post (unless obstructed)
- The post you are running to is stumped
- You overtake another batter on the track
- You obstruct (you have right of way on track only)
- Deliberately throw or drop bat
- Side out
- If ordered to make and maintain contact with the post and refuse to do so
- You lose contact with the post;
- When the bowler has the ball and is in the square (except on an over run)
- During the bowlers action but before they release the ball



**Fun, Learning and
Achievement**

Final
July 2024
Eliminator

NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2024/25

National Badminton Doubles

10 – 11 years

(All matches will be played under the Rules laid down by the Badminton England)

Competition Aim

To provide members with the opportunity to take part in a national Badminton competition.

Learning outcomes

Badminton skills, teamwork, adhering to rules, exercise, fun, winning/losing and personal development skills.

1. DATE & VENUE

1.1. After Area Eliminators, the Final will be held during Competitions Weekend in Staffordshire on **Sunday 6th July 2025**.

2. REPRESENTATION

2.1. Counties may enter one team per 600 members or part thereof in Area Eliminators.

2.2. English Areas and Wales will be represented by one team per 3,000 members or part thereof in the Competition Final.

3. ELIGIBILITY

3.1. The competition will involve a pair of members, either all male, all female or mixed, all of whom must be **between 10 years of age on the date of the County Round and 11 years of age on 1st September 2024**. They must also be a full members of a Club affiliated to the NFYFC (this age range must be adhered to). **For clarification, a member may be 12 years of age on the day of the National Final.** To Note that – normally we go with the 1st September however, this would show that the member is only 9 hence the reason for their age to be 10 on the day of the county finals as this is the first time they compete).

4. SUBSTITUTION

4.1. **All substitutes must have been eligible to compete in the County Final.**

5. PROCEDURE

5.1. The team will play a match against other pairs on a tournament basis, either in a round robin or league arrangement. Followed by a semi-final and final.

5.2. At the NFYFC final, synthetic shuttles will be provided by the organisers.

5.3. SCORING SYSTEM

5.3.1. A match consists of the best of 3 games of 21 points.

5.3.2. The side winning a rally adds a point to its score.

5.3.3. At 20 all, the side which gains a 2 point lead first, wins that game.

5.3.4. At 29 all, the side scoring the 30th point, wins that game. The side winning a game serves first in the next game.

5.3.5. League points will be awarded as follows:

Win	3
Lose	1

5.4. INTERVAL AND CHANGE OF ENDS

5.4.1. When the leading score reaches 11 points, players have an interval of up to 1 minute.

5.4.2. Up to 2 minutes interval between each game is allowed.

5.4.3. Players change ends at the end of each game.

5.4.4. In the third game, players change ends when the leading score reaches 11 points.

5.4.5. If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court.

5.5. DOUBLES

5.5.1. Only one player of the pair serves during a hand in doubles. When service is lost the service passes consecutively to the players as shown in the diagram.

5.5.2. At the beginning of the game and when the score is even whoever is serving serves from the right court. When it is odd, the server serves from the left court.

5.5.3. If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.

5.5.4. If the receiving side wins a rally, the receiving side scores a point. The receiving side also becomes the new serving side, and the serve passes to the player standing in the service court appropriate to the new score (it is the player who did not receive at the beginning of the game or who did not serve the previous time the side had service).

5.5.5. The players do not change their respective service courts until they win a point when their side is serving.

5.5.6. If players serve from or receive in the wrong service court, the error is corrected when the mistake is discovered but the score is not corrected.

Course of action / Explanation	Score	Service from Service Court	Server & Receiver	Winner of the rally		
	0-0	Right Service Court.	A serves to C. A is the initial server & C the initial receiver	A & B.	C	D
					B	A
A & B win a point and will change service courts. A serves again from left service court. C & D do not change service courts.	1-0	Left Service Court as the server's score is odd.	A serves to D	C & D.	C	D
					A	B
C & D win a point and therefore the right to serve. Nobody will change their respective service courts.	1-1	Left Service Court as the server's score is odd.	D serves to A.	A & B.	C	D
					A	B
A & B win a point and therefore the right to serve. Nobody will change their respective service courts.	2-1	Right Service Court as the server's score is even	B serves to C	C & D	C	D
					A	B
C & D win a point and therefore the right to serve. Nobody will change their respective service courts.	2-2	Right Service Court as the server's score is even	C serves to B	C & D	C	D
					A	B
C & D win a point and will change service courts. C serves again from left service court. A & B do not change service courts.	3-2	Left Service Court as the server's score is odd.	C serves to A	A & B	D	C
					A	B
A & B win a point and therefore the right to serve. Nobody will change their respective service courts.	3-3	Left Service Court as the server's score is odd.	A serves to C	A & B	D	C
					A	B
A & B win a point and will change service courts. A serves again from right service court. C & D do not change service courts.	4-3	Right Service Court as the server's score is even	A serves to D	C & D	D	C
					B	A

In a Doubles match between A & B against C & D. A & B won the toss and decided to serve. A to serve to C. A shall be the initial server while C shall be the initial receiver.

RALLY POINTS SCORING (SIMPLIFIED) - for full details, check the Badminton England website www.badmintonengland.co.uk or the International Badminton Federation site www.internationalbadminton.org

6. **DRESS**

6.1. Suitable sportswear including badminton shoes or trainers with a good sole to obtain grip on the floor. Black soles to the shoes are not permitted.

7. **AWARDS**

7.1. **Trophy** and NFYFC Award to the winning team only.

7.2. NFYFC Certificate of Achievement will be awarded to all competitors in the Final from 1st to 10th.

8. **NOTES**

8.1. **IMPORTANT:** Competitors are reminded to read carefully the General Rules relating to National Competitions if they are taking part in this Competition. These are available from THE NFYFC website.

8.2. This competition **WILL** carry points towards the NFU Trophy.

8.3. It is advised to have either St John Ambulance or The British Red Cross with an ambulance in attendance at both County and Area Rounds to minimise risk to members.

8.4. Members will be disqualified if they are not at the Presentation of Awards without prior permission being granted.

8.5. The matches may be officiated by competent persons.

Fun Relay Race Rules

- A team of 4/5 members all of whom must be aged 16 years and under and a full Norfolk YFC member.
- Appropriate footwear to be worn by all members taking part.
- Each member will have to do a different element within the relay race.
- Elements will be:
 - Pass the ball/balloon: A member is given a balloon. On the word 'go' the member passes the balloon through his/her legs to the next person. This person in turn passes the balloon behind in the same manner. When the last person gets the balloon, he/she runs to the end point. The next member within the relay cannot start until they have reached that point.
 - Sack race – member to start at the start line and hop to a certain point until the member has reached that point the next member cannot start.
 - Egg and spoon – member will have an egg and spoon and have to get to a certain point with the egg staying within the spoon at all times. If the egg is dropped the member must go back to the start line. The next member cannot start until they have reached the end point without dropping the egg.
 - Wheelbarrow race – 2 members needed. 1 member to put their hand on the ground with the other member standing and holding the other members legs in a wheelbarrow position. The wheelbarrow walks on his hands while the other member supports his/hers legs and get to the finish line.
- The team to complete all elements in the fastest time win.
- If members start before the previous member has reached the end point, they will be disqualified.
- Judge's decision in **final**