

Sports Camp

Rules & Information 2023



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Sports Camp

Hello parents and teachers,

Welcome to Sports Camp. It's fantastic to have you here this week. After the last couple of years it is exciting to have a sports camp for the pupils. For those that have been before (or for the last 2 years) you will notice some changes we have added Rock climbing (page 29), Mini golf (page 33) and Ultimate Frisbee (page 24). Hockey is now mixed and you must have at least 3 girls or 3 boys on the field at all times. Touch is now for boys HOWEVER girls are allowed to play. Table Tennis will all be played on Wed night with the girls at 6:20pm and the boys 7:30pm (approx.). For the timetable the changes are Athletics is on Monday and Triathlon on Wednesday. There is a new scoring system for Volleyball first team to 40 points, Wallball first team to 30 points and Human Foosball first team to 12 goals.

Please find in the pack a map of our facilities & sports venues, name tags for each of the adults here from your school (please wear these all week and hand safety pins back into camp office at the end), a booklet with the draws, a programme and duties information.

Please notify Totara Springs of any changes to your team list and accommodation before dinner on Monday. Final payment can be made at reception or organised through school, this needs to be done by the Friday of sports camp please. Any outstanding invoices after camp may incur a 10% fee.

Tea and coffee is available at the carpeted end of the dining room. Please ensure this stays adults only. Lunch on Friday will be at around 11:30am, which is directly after prize giving; this will be served inside the dining room.

Music for cheer night is needed before Tues lunchtime, the preference is to have the music organised on a phone, laptop or iPod, however you can bring a flash drive or CD (in MP3 format). Let us know if there is no music for your cheer item.

Tennis, Foosball & Ultimate Frisbee: Adults will need to referee the round robin matches. The team that is first on the draw please pick up the gear and score book from the ref's office. The winning team is responsible for making sure that the result goes back to the refs office. PLEASE return all gear at the end of the day

All schools are responsible for the cleaning of their accommodation and another venue on Friday. Please have all your accommodation checked by a Totara Springs staff member before leaving camp. Motels and lodges also need to be vacuumed and vacated before prize giving.

If there is anything you need, or you have any questions this week, please don't hesitate to ask one of the staff at Totara Springs.

We hope you have an awesome week and thanks for coming.

Andrew Lind *Sports Camp Coordinator*

TIME TABLE:

Monday:

12:00 pm	Team photos start in gym
1.00 pm	Helpers meeting
1:30 pm	Teachers meeting
2.15 pm	Opening Ceremony in Lecture theatre
3.00 pm	Athletics
4.00 pm	Swimming & Kayaking
5.15 pm	Dinner
6.30 pm	Scramball in Gym
8.00 pm	Quality Living in Lecture theatre
9.00 pm	Supper and Bed

Tuesday

7.45 am	Breakfast
8.15 am	Duties
8.30 am	Quality Living (includes daily video)
9.30 am	Team meeting (if needed)
9.45 am	Sports start
12.20 pm	Rolling Lunch
1:30pm	Archery, Shooting, Frisbee Golf & Hole in one Golf
2.00 pm	Sports start
5.15 pm	Dinner
6.20 pm	Evening Sports Indoor Hockey, Darts, Cage Soccer, Chess & Draughts
9.00 pm	Supper followed by Bed & Lights out (adults to settle kids)

Wednesday

7.45 am	Breakfast
8.15 am	Duties
8.30 am	Quality Living (includes daily video)
9.30 am	Team meeting (if needed)
9.45 am	Cross country, Rock Climbing, Spikeball & Mini Golf

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10.35 am	Sports start
12.20 pm	Rolling Lunch
1.35 pm	Sports start
4.45 pm	Team Triathlon
5.15 pm	Dinner
6.20 pm	Evening Sports Indoor Soccer, Bowls & Girls Table Tennis
7.30 pm	Boys Table Tennis (approx)
9.00 pm	Supper followed by Bed & Lights out (adults to settle kids)
10.00 pm	Adult Supper

Thursday:

7.45 am	Breakfast
8.15 am	Duties
8.30 am	Quality Living (includes daily video)
9.30 am	Team meeting (if needed)
9.45 am	SEMI Sports start
12.20 pm	Rolling Lunch
1.00 pm	Canteen open
1.45 pm	FINAL Sports start, Hydroslide & Cheer practice
5.15 pm	Dinner
6.20 pm	Cheer
7.15 pm	Basketball Finals & Quiz (dining room)
8.15 pm	Volleyball teachers v staff
8.30 pm	Volleyball Finals
9.00 pm	Supper followed by Bed & Lights out

Friday:

8.00 am	Breakfast
9.00 am	Pack up and Clean up
10.15 am	Tug or War (fun)
11.00 am	Prize giving
11.30 am	Lunch (including staff) & Leave camp by 12:30pm

Code of conduct

Thanks for coming to help out by supporting your school. All players and supporters must abide by the code of conduct. This code of conduct serves to help create a safe environment for all players, referees and staff. This will also assist in ensuring sports camp is successful and enjoyable. At Totara Springs we balance the sports competition with sportsmanship. During the week we focus on teaching and challenging the players about their attitude on and off the sports field. With this in mind we request the following:

- Be a role model: as adults we are role models to the kids with our language and attitude. Supporters are welcome to encourage with positive words. There is no swearing or abusing any players, referees or other people.
- Have Respect: all adults are to respect the decisions of those who volunteer their time referees, coaches, managers.
- Follow the Rules: all sports follow the rule book, please make sure that you have read these. We have a procedure to deal with any issues at camp but these must be raised by the schools head teacher.

Drone Policy

Prior approval must be given by Totara Springs management before a drone or UAV may be flown over our site. This approval will be based on what other groups may be onsite, the purpose for flying the drone and complying with the Civil Aviation Rules Part 101-102

Persons under the age of 16 will not be given permission to use drones at Totara Springs

Once approval has been given drones must not be:

- Flown over other groups, not flown around sensitive areas (e.g. accommodation) and Used in a reckless manner

The requirements for drones under Civil Aviation Rules - Part 101 are. You must:

1. Not operate an aircraft that is 25 kg or larger and always ensure that it is safe to operate
2. At all times take all practicable steps to minimize hazards to persons, property and other aircraft (i.e., don't do anything hazardous)
3. Fly only in daylight
4. Give way to all crewed aircraft
5. Be able to see the aircraft with your own eyes (e.g., not through binoculars, a monitor, or smartphone) to ensure separation from other aircraft (or use an observer to do this in certain cases)
6. Not fly your aircraft higher than 120 metres (400 feet) above ground level (unless certain conditions are met)
7. Have knowledge of airspace restrictions that apply in the area you want to operate
8. Not fly closer than four kilometres from any aerodrome (unless certain conditions are met)
9. When flying in controlled airspace, obtain an air traffic control clearance issued by Airways
10. Not fly in special use airspace without the permission of the administering authority of the area (e.g., military operating areas or restricted areas) If Totara Springs Management deems you have failed to comply with this policy we reserve the right to revoke approval to fly over our site. If there is a failure to comply with the request to stop flying Totara Springs Management may confiscate the drone until you leave the site.

Totara Springs and their employees shall not be held responsible for any damage caused to the drone and the owner will be held liable for any damaged caused to property.

Recommendations for Cross Country

- Meet at the far end of the soccer field
- Each team may have up to 7 boys and 7 girls running, they are numbered at the opening ceremony.
- Children to be rested before starting
- Children to be wearing shoes
- At the finish line, children must have a blanket or jacket under them if lying on the ground
- Give children a warm, sweet drink as soon as possible after finishing
- Keep children warm until recovered
- If hyperventilating, get child to slow down their breathing
- There will be a first aid person at the finish line, please ask for assistance if unsure

What to bring

- An organized cheer routine.
- Sleeping Bags & Pillow.
- Toiletries.
- Togs and towel.
- Sports Shirts for the team including Rugby jerseys for team.
- Shin Pads for Hockey & Soccer (recommended).
- Mouth Guards for Basketball, Rugby and Hockey (compulsory).
- Specialist sports equipment is allowed (e.g. hockey stick, golf club).
- Sports shoes. Indoor and outdoor
- 1st Aid Kit (for the school).
- A named drink bottle.

Sports Camp

Starting camp

The Camp officially starts on Monday 2pm, with the Opening Ceremony; however can all schools be aim to be on site from 12pm as you will have your team photo taken. Schools will be greeted by a staff member. All schools to have their own packed lunch. When you arrive you will be greeted by a camp staff member. We will have a head teachers meeting around 1:30pm before the opening ceremony. The first event is Athletics at 2:45pm.

Who may attend?

This sports camp is for years 7 & 8. Special dispensation will be needed by Totara Springs for any pupil outside of your school or for a year 6. Please contact camp if this applies.

Numbers

A school may bring a maximum of 38 pupils. Each school must have a minimum of 4 adults who will come and supervise. It is understood that some adults may not stay for the whole camp so please tell Totara Springs. Suggest schools should have at least 18 boys and 12 girls as minimum. Maximum number of adults per team is 8 (please contact camp if this is an issue).

Cost

\$270 per person includes accommodation, meals and all sports. All adults will be supplied a lodge bed (sleeps 2 or 3 people per room) but must bring their own linen. Principals and DP's are welcome to come for a visit and, if a room is available, we will give one free night on request, please book ahead of your camp. Please make sure the account is settled before leaving camp on Friday this can be done via internet banking. Special diets can be arranged but must be booked in before camp, a form will be sent out. This must be sent in at least two weeks before camps starts. A cost of \$30 per person for the week, for those with gluten, dairy and vegetarian allergies will be added to the invoice.

Accommodation

Each school will be allocated a sleeping area in the cabins, lodges or motels. Mattresses are provided for the athletes, but please bring pillows, bedding and towels. Supervising adults will be accommodated in our motel/lodge units (sleeps 24 people). Adults will need to supply their own bed linen and towels, however pillows and duvet covers will be provided. Please let us know the names of the adults attending.

Quality Living

Attendance at all sessions is compulsory to all members of each team. We will show camp highlights and our quest speaker Kim Beale will have a quiz and focus on values with a story with lessons from the Bible with his own personal experiences.

Behaviour

Each Teacher in charge must accept total responsibility for the behaviour of their students. This includes supervision at bedtime. Totara Springs will determine each night's curfew. During the evening programme pupils must either be at the sports venues, in their own accommodation, or in the swimming pool under supervision of their own adults. Boys and Girls are not allowed in each other's accommodation area. Keep out of other schools accommodation.

Camp Information

- Contact for camp: 07 888 4700 is the camp office.
- Speed limit around camp is 15 k/ph.
- All of our staff have been police vetted.
- Alcohol is not permitted on site.
- If an alarm is set off by your group you may incur an extra charge.
- Approval must be asked if your group is wanting to bring a drone onsite.
- During the week each team will have some duties to do to keep camp clean and running effectively.
- Hot pools can be used at any time during the day, and up to 9.30pm at night. Each school must supervise their own pupils at all times.
- Sports equipment will be provided for all codes played but teams may bring their own gear if they want to eg: Hockey sticks, softball gloves, practice balls, tennis racquets.

PLEASE MAKE SURE THESE ARE LABELLED.

- No Smoking please in any buildings. There is a smoking area behind the motels. Alcohol and drugs are not permitted on site.
- There are washing machines and dryers available for the adults to use \$2.00 coins are needed to operate these machines and change is available at the office. Office hours are 8:30am – 4.30pm.
- We produce an on line highlights package for a memory of camp. This is a cost of \$200 which will give your whole team access. During the week we will show a daily highlights that will be included plus each cheer item.

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- A contract and a \$500 deposit must be received before camp.
- We have internet access around camp.
 - We will gift each team one free internet voucher. The voucher will have a password that can be used by the teachers of the school to check emails, do work jobs. To receive this voucher go to the main office on Monday
 - Anyone can buy an internet pass via the the prices are \$3 for 2 days or \$8 for 5days access.
- All groups must bring their own first aid person and a first aid kit; you must advise us the name of the person who will be responsible for First Aid in your group and a list of other adults with first aid training. There is a 24 hour emergency facility available in Matamata for more serious injuries. (There is information about this in the office foyer). All accidents must be reported to your host or the office. Please advise us immediately if you have called an ambulance, or require one.

Sports Information

- If there are any issues with the main draw, sent out a month before camp, Totara Springs must be notified to see if any games can move. THIS cannot be done at camp. Totara Springs reserves the right to approve or decline any requests.
- For all sports please have only one main adult at any game to coach. All other adults are spectators.
- A draw in a round robin game is allowed. In the Semis there will be a rule to find the winner, for some sports in the Final it may be a shared trophy.
- A referee may stand down a player for 2 minutes (without replacing) for any minor bad tackles, dissent from players, etc.
- If a player is sent from the field (red card) they will not be replaced and the sports camp committee will decide if any further action is needed.
- **Mouth guards are compulsory for all pupils playing Rugby, Basketball & outside Hockey.** It is recommended to wear shin pads for Hockey and Soccer. Mouth Guards can be bought at the office for \$10 each and cannot be billed against the school account unless pre-arranged with the head teacher.
- Because of a good variety of sports being offered there will be clashes. As a result an alternative team may have to take the field.
- All sports are started on a hooter which goes every 25 minutes. The hooter signals the end of any game not finished on time.
- In the case of a team defaulting in the semis or finals, we reserve the right to include the next qualifying team into the semis or final. The defaulting team will lose all points gained in that code of sport.
- All players must be registered on the team list which is checked before any sports start.

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- Schools must bring their own 1st aid kit, we will have staff on call for any issues that your 1st aided may need help with.
- Players should be in a team uniform for each game they play.
- Because sports have rolling subs if there is too many on the field the referee must be advised.
 - If the incorrect number of players was noticed straight away then no action.
 - If the incorrect number of players was noticed after a passage of play then the team in fault will need to stand a player down for 2 minutes (of the coaches choice) with a penalty will be given.
 - If a goal was scored while the incorrect number of players were on and play has not restarted the goal will be wiped and a penalty will be given.
 - If there was a goal scored and play has restarted the goal will stand. A penalty will be given and a player will be sent off for 2 minutes.
- Punctuality is essential. Teams must make themselves familiar with draws and playing areas as rostered. In all games (including semi finals and finals) teams must be ready to play within 5 minutes of the hooter and the result will stand. After 5 minutes the referees will use the default policy.
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Default policy:

If one team has not turned up to play a sport please follow the following process.

- After 5 mins send a message to the refs office and keep the team there.
- There will be an attempt made to find the missing team.
- A decision will be made about playing the game or a default win.
- If the game cannot be 10 minute halves and is played this will be told to either the captain or coach and the referee.
- This decisions need to come from the refs office.
- All decisions made on the field by the referee are to be accepted. However any complaints eg about the result, about a decision made on the field or that the game started late etc must be received at the ref's office within 1 hour of the Final whistle. Totara Springs will then look at the complaint and make a Final decision.
- Boots are allowed for rugby, soccer and hockey.
- No sprigs on the Volleyball court, Softball field, touch field or Human Foosball.

Sports offered at camp are:

- Basketball, Indoor Hockey, Indoor Soccer, Table Tennis and Volleyball provides competitions for both boys and girls teams.
- Netball, Tag & Ultimate Frisbee is for girls only.
- Rugby is for boys only.
- Touch is designed for a boys team however girls will be allowed to play
- Human Foosball are mixed and is to have 3 boys and 3 girls.
- Hockey is mixed with 4 girls and 4 boys.
- Softball & Wallball are mixed teams and must have at least 2 girls.
- Soccer is mixed and must have 3 girls.
- Rock climbing must have 3 boys and 3 girls.
- Archery, Frisbee Golf, Hole in one Golf, Kayaking, Mini Golf, Tennis, Shooting and Spikeball is to have 1 boy and 1 girl.
- Bowls, Croquet, Darts, and Petanque may be mixed or single sex teams in any ratio.
- Chess & Draughts is one player of either gender.
- Athletics, Caged Soccer, Cross country, Team Triathlon and Swimming teams are mixed according to details mentioned under game rules.

Points

Top 4 placings only in each code are allocated points, as follows:

- Major Codes: 1st = 15, 2nd = 8, 3rd = 4, 4th = 3 (or losing semi Finalists 3.5 points each). Athletics, Basketball, Cheer Team, Hockey, Netball, Rugby, Soccer, Softball, Swimming, Tag, Touch, Ultimate Frisbee & Volleyball.
- Other Codes: 1st = 10, 2nd = 5, 3rd = 3, 4th = 2 (or losing semi Finalists 2.5 points each). Bowls, Caged Soccer, Croquet, Cross Country, Darts, Human Foosball, Indoor Hockey, Indoor Soccer, Petanque, Quality living, Rock Climbing, Scramball, Spikeball, Table Tennis, Team Triathlon, Tennis & Wallball.
- Minor codes: 1st = 4, 2nd = 3, 3rd = 2, 4th = 1 (or losing semi Finalists 1.5 point each). Archery, Chess, Draughts, Frisbee Golf, Hole in one Golf, Kayaking, Mini Golf & Shooting.

General

The winning team of each code will receive a trophy and the runners up will get a certificate. The trophies are to be returned for the following year. Schools are responsible to engrave any trophies they win. There is an \$80 charge for any trophies not returned. There is a trophy for the overall winner and one for Sportsmanship which is awarded to the team for general fair play and character conducted both on and off the field, includes both competitors and spectators. In addition we will have two sportsmanship prizes for an athlete who has been nominated during the week for something that they have been done.

Game Rules

Major Codes

Basketball (Boys and Girls Tournament)

Team - 5 players with up to 5 subs

Game – Round robin 8 min halves. Semi and Final 10 min halves.

- Running clock game.
- All players must have visible numbers from 4 – 13. (Totara Springs bibs available).
- Rolling subs must be done on half way.
- Players are allowed 4 fouls during a game, on the 5th foul they are replaced and cannot play for the rest of that game (but can play in future games).
- In each half if a team occurs more than 6 team fouls the other team will have one free throw shot plus receive the ball back on half way.
- If a player is fouled while shooting in the key & the basket is made, the team will be awarded THREE points, if the player is fouled while shooting & does not make the basket the player will be given the TWO points. Play will restart with the opposition throwing the ball at the baseline.
- If a player is fouled while shooting for three points & the basket is made, the team will be awarded FOUR points, if the player is fouled while shooting & does not make the basket the player will be given the THREE points. Play will restart with the opposition throwing the ball at the baseline
- Normal basketball rules apply with travelling, carried ball, double dribble, backcourt, 5 seconds holding ball violation and 3 seconds in key (shot count reset after a shot).
- After jump ball at the start of the game we will be using the alternative procession for held ball, restarting after time out, starting second half.
- One time out per half, but it cannot be taken in the last two minutes of the game or in extra time. Time outs must be indicated to the referee who will stop the game during a break in play.
- If a **draw** in semis or Final a 2 minutes overtime period will be used to determine the winner. If still a draw then a 2 minute overtime period will continue to be used until a winner is found.
- In overtime the team fouls will be reset but not personal fouls. If a team occurs more than 3 team fouls the other team will have one free throw shot plus receive the ball back on half way.
- Mouth Guards are Compulsory (can be bought at the office for \$10).



Athletics (Mon afternoon)

Anyone can compete in the Athletics,

Game – 6 athletics disciplines mentioned below

- Sprint Relay - 8 a side (4 Boys & 4 Girls) can run in any order.
- Javelin - 4 Competitors (2 Boys & 2 Girls)
 - 1 throw each.
 - Total distance thrown decides placing.
- Shot Put – 4 Competitors (2 Boys & 2 Girls)
 - 1 put each.
 - Total distance put decides placing.
- Discus – 4 Competitors (2 Boys & 2 Girls)
 - 1 throw each.
 - Total distance thrown decides placing.
- Standing Long Jump - 10 Competitors (5 Boys & 5 Girls)
 - 1 jump each.
 - Total distance jumped decides placing.
- Cricket throw - 4 Competitors (2 Boys & 2 Girls)
 - 1 throw each.
 - Total distance thrown decides placing.



Cheer Team (Thursday night)

- Each team is required to perform a set routine of your choice.
- Time limit is 5 minutes or less. Points may be deducted if over this time.
- Teachers and parents may teach and encourage the cheer team, but may not be part of the team's judged performance.
- All cheers will be filmed and the judges will re look at performances to help make their final decision.
- Cheers can be introduced and give information on how it was put together or what will be happening but this is part of the 5 minutes time.
 - School Spirit: team members enthusiastically involved and energetically promotes their school
 - Uniformity: team members coordinated with movement of dance and chant
 - Message:
 - Strength of message of cheer, chant in time with words and good volume
 - Variety: has a mixed of chants/dance/cultural/songs also includes how the performance starts and finishes

Hint: For the music the preference is that it is on a laptop, phone iPad or iPod so we can plug it into the sound system on the night. If the music is on a flash drive please let us know on Monday so we can transfer it onto our camp Laptop.

To do well the cheer should have a good start & finish. Pupils are coordinated with their dance and chant. They are also proud to be involved representing their school. The cheer promotes a clear message of your school which may include your motto, values or character.

Netball (Girls only)

Team - 7 players. Unlimited subs. subs can only be made after a goal is scored.

Game - 8 minute halves. Semi and Final will be 2 halves of 10 minutes.

- Normal Netball rules apply.
- Bibs will be supplied by camp but teams can provide their own bibs.
- If a **draw** in semis or Final there will be additional time of 2 minutes each way overtime. If it is still a draw the game continues and the first team ahead by 2 goals is the winner.

Hockey (Mixed Tournament)

Team - 8 players. Must have 4 boys and 4 girls on at all times. Unlimited subs.

Game - 8 minute halves. Semi & Final will be 2 halves of 10 minutes.

- No hacking or obstruction. No lifted balls are allowed or dangerous play.
- No Goalie and no kicking back.
- No hitting with the back of the stick. The ball cannot hit a player's foot.
- A stick cannot be swung above the head near players.
- A goal is counted if it comes off an attacking players stick in the semi-circle.
- If a penalty is given inside the 23m attacking line a player may not directly hit the ball into the semi-circle it must either travel 5m first by being dribbled or passed before going into the semi-circle.
- In the round robin if a penalty is given in the semi-circle (penalty corner) the ball will be placed on the dotted arc and must either travel 5m first by being dribbled or passed before going into the semi-circle.
- In the semis and Finals penalty corners will be played for penalties in the circle. These are used as a count back if the scores are tied. If a defending player breaks too early in a penalty corner they may be sent to half way.
- If a **draw** in semis and Final then the team that has the most penalty corners will be the winner. If that is a tie then the 1st goal scored will be used to find the winner. If no goals were scored then 1st penalty corner will be used. Mouth Guard Compulsory (can be bought at the office for \$10). Shin pads are recommended.
- If a tie breaker is needed it will be 5 shooters. One must be a girl (or boy).



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Rugby (Boys girls can play if requested before camp)

Team - 10 players per side. Unlimited subs, may only sub during a break in play.

Game - 8 minute halves. Semi and Final will be 2 halves of 10 minutes.

- Golden oldies scrums - scrums are uncontested.
- Any footwear allowed. Bare feet not permitted.
- If a **draw** in semis and Final the first try will determine the winner. If no tries then the first points will determine the winner.
- Mouths are Guard Compulsory (can be bought in the office for \$10)



Soccer (Mixed Tournament)

Team - 10 players, must include at least 3 girls. Unlimited subs.

Game - 8 minute halves. Semi and Final will be 2 halves of 10 minutes.

- No off sides otherwise normal soccer rules including No pass backs. Any red cards must be reported to the refs office who will decide if a punishment is needed.
- If a **draw** in semis the game is decided by 5 penalty kicks per team, taken by 5 individuals - if still equal sudden death rule applies (no player may take a penalty again until the whole team has kicked). These kicks to be held at a time to be decided by captains of the teams.
- If a **draw** in the Final, the first team to score will be the winner. If no team scored and both teams agree there will be a penalty shootout. If there is no time for a penalty shootout then it will be a shared trophy.
- Shin pads strongly recommended.

Softball (Mixed Tournament)

Team - 9 players, must include at least 2 girls. No subs during the game.

Game -Innings will cease when the hooter sounds.

Footwear- Flats and bare feet are allowed. Boots, moulds, spikes and studs are not.



- If the team batting 1st is batting when the hooter sounds then that turn at bat will not be counted. If the team batting 2nd is batting when the hooter goes and they are ahead on runs they win, if they are behind or tied then there will be a Count-back to last completed innings.
- Slow pitch will be used for all games unless both teams agree on fast pitch.
- Names written on sheet provided to ensure that team bats in the same order.
- 2 outs is side away. Only 2 strikes and 3 balls.
- Hits over on the full flags (and not caught) are automatically a home run.
- If a **draw** in the semis the Umpire will look back at each completed innings to find the winner. If each innings is tied then we will record the bases hit (when a batter hits the ball and make a base that's 1 tally per base, eg base 2 would be 2 tallies etc). It is only recorded for a hit (not a walk or a steal).
- If the base hits tally total is the same both teams will send in 2 male and 1 female for a bat and count how many bases they get around until they are out. The team with the highest total will go to the Final. As the batter runs it will be treated like a forced run. This will happen at an agreed time from both teams and the Umpire.
- If a **draw** in the Final the Umpire will look back at each completed innings to find the winner. If each innings is tied it will be a shared trophy.

Totara Tag (Girls only)

Team - 8 players. Unlimited subs.

Game - 8 minute halves. Semis and Final will be 2 halves of 10 minutes.

General play

- Belts and tags are supplied. Players may wear their own belts or shorts but must use the Totara Springs tags. A team gets six tags.
- Tags must always be visible and shirts tucked in.
- The objective of the game is to ground the ball over the try line. There is a one point zone and a two point zone (in centre of try line).
- A place kick is taken from half way to start and restart play. The receiving team must be at least 10m away.
- After a try the non-scoring team restarts the game with a kick. **If one team gets at least 10 points ahead then the team losing will be allowed to tap the ball from halfway and run (called the mercy rule).**
- If the ball carrier is tagged over the try-line prior to grounding the ball down for a try, they shall play-the-ball 5m out from the try-line.
- An attacking player may not pass the ball in the try-line or run back into the field of play, if this happens it is a penalty to the other team with 5m tap.
- If an attacking player is tagged behind their own try-line, play will restart with a drop kick from the centre of the try-line.
- A player may twist their hips but not jump or dip (can't change hip height). This will be a penalty. A player may spin as long as they do not make contact with the defending team.
- The ball may be knocked back, if the ball is knocked on advantage will apply, if there is no advantage a play the ball is awarded.
- Forward passes are not allowed and a roll ball will be awarded. If the ball carrier comes into contact with a referee while trying to evade a "tag", a tag will be counted.
- A player may not run behind another player and obstruct, a penalty will be awarded.
- A player must play the roll ball with the foot, otherwise penalty tap.
- Simultaneous tag is play on. The referee judges this pass which is allowed and calls "play on". Advantage to the attacking team.
- If a defender removes an attacker's tag just as pass has been made NO action is taken.
- If a defender removes an attacker's tag after the pass has been made, the referee should call "Late tag and play on" allowing advantage, if no advantage, penalty will be awarded.

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- Any penalties awarded results in a tap restart
- If a defender removes an attacker's tag after the attacker has kicked the ball, the referee should call "Late tag and play on" allowing advantage, if no advantage, penalty will be awarded.
- The marker and defensive players can only move forward once the dummy half touches the ball. The players that rolls the ball may not move until the dummy half has passed or ran.

Attacking

- A player can dive to score a try, however if this player touches the ground with the knees or arms before the try line or slides across the line and a defender is within tagging range the try is disallowed and a tag is counted.
- Dummy half can run with the ball and score a try.
- The ball carrier must return to the point where the tag was removed, play-the ball and then replace their tag.
- An attacking player cannot protect their tag or fend off players. If they do it will be a penalty.
- An attacking player may not run into a defender or the referee a tag will be called.
- A try can only be scored from any kick only if the ball is re gathered before the try line.
- If a defender deliberately moves into attacker's line of running without gaining position first and contact is made, the defender will be penalised.
- If a defender calls a tag without actually making the tag, the defender will be penalised.
- The defender cannot throw the tag more than a metre away from where the tag was made, defender penalised.
- The marker cannot come around and pick up the ball, even if there is no dummy half.
- A defender can defend with no tags but once they come into possession of the ball, it is deemed a tag and play resumes with a play the ball.
- If you have either one knee or one hand on the ground, this is also deemed as a player on the ground and a tag is called.
- After a tag place the ball on the ground and use your foot to roll the ball backwards.

Defending

- Defenders must remove one tag to stop attacker's progress. The player then holds up the tag and drops it to the ground, to mark where the play the ball should occur.
- Defender's Ball is where a ball is kicked on starts/restarts/drop outs/general play and an attacker and defender are both going for the ball, the referee will call Defender's Ball and the defender has rights to the ball.
- There is only one marker, who must be square, at the play the ball and the rest of the defending team must move back 7m. The marker may move when dummy half has touched the ball.
- A defender cannot hold onto an attacking player or deliberately impeding the progress of the ball carrier, a penalty may be awarded.
- If the defender removes an attackers tag when they do not have the ball that player may play on without replacing the tag for that play.

Kicking

- If the ball from the kick-off bounces over the touchline, a roll ball will restart the game from where the ball went out 5m from the sideline.
- If the ball from the kick-off bounces over the receiver's try-line, not touched, play will restart with a drop kick from the centre of the try-line by the receiving team.
- If the ball is kicked out on the full from the kick-off the defending team will restart the game on half way with a tap.
- In general play a player can kick as long as no tag has been made, the kick must be below the referees head height (the ball may bounce over this height). No attacking player can be in front of the kicker.
- Charge downs are allowed.
- A kick can be done on any tag. When the kick is made any player can catch the ball or pick it up off the ground.
- A try cannot be scored by diving on the ball over the try-line, a player cannot dive on the ball in the field of play. If this happens it is a 10m tap restart to the defending team.
- A team must regather the ball before the try-line to score a try.
- If the defending team grounds the ball in their try-line area a drop out will be used to re start the game.
- If the ball goes over the try-line and is not touched the other team will have a tap 10m from the try-line.
- If the ball is kicked and it goes out of the field of play (not on the full) the other team takes a tap 5m in from the touch line to restart the game.
- If the ball is kicked and it goes out of the field of play on the full, the defending team will receive a changeover at the point where the kick was taken.

Sports Camp

Semi & final

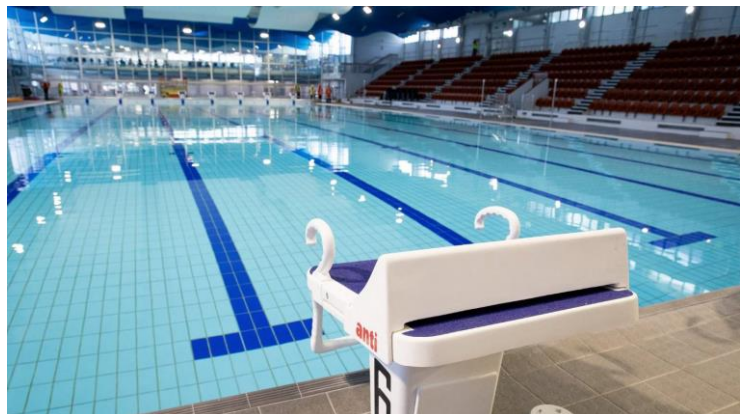
- If a **draw** in semis & Final one player will drop off and a 2 minutes overtime period will be played, if it is still a draw then drop another player and continue until a result is found. Drop off continues until it is 3 on 3.
- In a drop off subs are only allowed when down to 3 players

Swimming

Team - Teams may only enter one competitor in each event.

Game – Monday afternoon at the pool. A swimmer can only compete in two events plus the relay

- Each event runs in heats, with the 4 fastest times qualifying for Final (first 2 in each heat gain points).
- No swimmer can compete in more than two of the list below but they can swim in the relay.
- Each individual race is 2 lengths.
- Teams may only enter one competitor in each of the boys and girls events.
- Races to be swum in this order. All heats will be swum first, followed by Finals.



All races have the following points system:

- 1st in a heat is 2 points, 2nd is 1 point
- In the Final 1st is 4 points, 2nd is 3 points, 3rd is 2 points and 4th is 1 point
- All points are then added to find the Final ranking.

1. Freestyle
2. Breaststroke
3. Backstroke
4. Butterfly
5. 4 x 1 length Freestyle Relay (2 boys, 2 girls in any order)

Touch Rugby

Team – 6 boys. Unlimited subs. Girls are allowed to play.

Game- 8 minute halves.

Semi and Final will be 2 halves of 10 minutes.

Normal rules Touch applies.

- Bare feet, spikes, boots (removable sprigs), and Moulded boots with metal tipped cleats are NOT allowed.
- Substitutions can happen any time in the game.
- All players must remove any loose jewellery.
- Referees may award an advantage play to a team (for example a defending player being offside, but the attacking player has made a break).



Turnover (roll ball).

- Any instance where the ball goes to ground.
- The dummy half is touched while in possession of the ball or scores a try.
- The sixth touch is made.
- A player is deemed to have run over any of the boundary lines, including the dead ball area.
- The ball goes out of play.
- A tap is performed incorrectly.

Penalties (tap)

- Forward pass.
- Touch and pass.
- Roll ball performed off the mark.
- Performing a roll ball prior to a touch being affected.
- Players offside.
- Delaying play.
- Obstruction
- Falsely claiming a touch
- More than six players on the field.
- Unsportsmanlike conduct (excessive force to make touch, ankle tapping).

If a **draw** in semis & final then a player will drop off and both teams will be given a set of 6 touches with the ball. If only one team scores they will be the winner, if it is still a draw (no tries or a try each) then drop another player and continue until a result is found. Drop off continues until it is 3 on 3. In a drop off subs are allowed when down to 3 players

Ultimate Frisbee (Girls only)

Team - 7 players. Unlimited subs.

Game - 8 minute halves. Semi and Final will be 2 halves of 10 minutes.



- Bare feet and plastic Moulded boots are allowed, NO BOOTS
- Paper, Scissor, Rock to decide who starts the game.
- To start the game both teams start in their own half.
- A team throws the Frisbee forward from half way and the other team must let the Frisbee land. If the Frisbee is thrown out the other team will start back on half way.
- To score a point a team must catch the Frisbee (in the Touch try zone).
- When a point is scored play stops and teams MUST swap ends. To restart the game the team that scored throws the Frisbee from their goal line. The other team must let the Frisbee land. If the Frisbee is thrown out the other team starts on the line from where the Frisbee went out.
- No player can walk or run with the Frisbee. They must stop when that make a catch and throw (pass) the Frisbee to a team mate.
- When a player stops they must keep one foot still, but can move the other foot (this is called pivoting).
- While the Frisbee is in the air anyone can catch it. If the Frisbee is knocked to the ground it becomes the non throwing teams. However if anyone attempts to catch the Frisbee and it touches the ground it is the other teams turn.
- If the Frisbee touches the ground the team that did not touch it last will restart the game from that spot.
- The Frisbee may fly outside the side out line and come back into play.
- If the Frisbee is thrown out it is a turn over.
- No one can grab the Frisbee out of someones hand.
- The thrower has 10 seconds to throw the Frisbee and a defending player is allowed to count to 10 seconds. A player cannot throw the Frisbee to themselves.
- A defender can stand in front of you (half a meter) and count aloud to ten seconds. If the Frisbee was not thrown it is a hand over. The Frisbee can be thrown in any direction.
- Ultimate Frisbee is a non contact sport any contact the other team gets the Frisbee.
- If a **draw** in semis or Final there will be additional time of 2 minutes each way overtime. If it is still a draw then the team that scored the first point will be the winner.

There is some more information on <https://www.youtube.com/watch?v=3oM-sNFpvjc>

Volleyball (Boys and Girls Tournament)

Team - 6 player. Unlimited subs.

Game – 1 set up to 40 points (Win by 2 points).

Swap ends when a team reaches 20 points.

Game will cease when the hooter sounds.

Footwear – Moulds, Spikes and screw in studs are not permitted



Standard Volleyball rules apply:

- Every serve is a point
- The line is in
- No player can touch the net
- No player can spike or block a serve
- Servers must be behind the line to serve and wait for the umpire
- A block is not counted as one of the 3 hits
- The ball may hit the net and go over at any time
- The ball can hit a player on any part of the body as long as it is a clean hit
- If the ball hits a sub it is a point to the other team
- A player cannot put their full foot or hand under the net
- A team must rotate one position clockwise when winning back the serve
- A sub must only come onto serve and must rotate off correctly
- The ball can be played off the net as long as the 3 hits have not been used up
- No carried hits allowed
- Teams are allowed a 1 minute time out when teams swap sides or in between sets
- Inside the gym if a ball hits the roof or any attachment like a string outside the court it is a point to the other team. If it hits a string (attached to the roof) inside the court it will be a replay that point.
- Game will cease at the end of a set time period signalled by the hooter. If the 3rd set has started the team with the most points over all three sets is the winner. This also includes semis Finals.
- If a **draw** in the Semis the next point after the hooter will be played to find a winner.
- In the final a team must win by 2 points.

Other Codes

Bowls (Wed night)

Team - 4 players. Subs can only happen between games not during a game.

Game - best of 4 ends in round robin and 5 ends is semis and Final.

- Each player bowls 2 bowls.
- The 4th played is called the skip and they may tell the others where to bowl.
- If a **draw** in semis and Final an extra end will be played.

Cage Soccer (Tues night)

Team – 3 Players (must include 1 girl).

Subs can only happen between games not during a game.

Game – One player on one player for one minute (boy v boy, girl v girl only).

The goals will be added together to make a team total.

- To start have your back to your goal and hands on the wall of cage.
- Game is started by ball being thrown into the cage from the outside. Players can move once the ball has bounced against the wall or ground.
- We will go male v male then lady v lady then male v male.
- A goal is scored when half of the ball or more has crossed over the goal line and the ref will blow their whistle.
- Once a goal is scored, the scorer returns to the starting position and the other person continues with the ball. If this is not done a goal may be awarded
- No pushing or grabbing shirt allowed.
- If a **draw** in semis and Final then a golden goal will be played by the last player.

Croquet

Team – 2 Players any gender. Subs can only happen between games not during a game.

Game – first team to 7 points.

- Golf Croquet rules: all hoops are worth a point. 1st team through each hoop gets the point.
- All players will rotate through having a hit each.
- Hitting other balls is allowed but will not give extra shots.
- If a **draw** in semis or Final then an extra hoop will be played.
- Hint: a players turn may help them or their partner to get near or go through a hoop OR hit the opposition away or block them.



Sports Camp

Cross Country (Wed 9:45am)

Team – allowed a maximum of 7 boys and 7 girls.

- First 5 runners home will count towards total team points (must include either 2 boys or 2 girls).
- Must have an adult at finish line to check for exhausted runners requiring a drink, medical attention etc.
- Shoes are advised as the runners will run on gravel for part of the race.

Darts (Thurs after cheer)

Team – 2 Players any gender. Subs can only happen between games not during a game.

Game – Each player throws three darts per round. A game has five rounds. The game is around the world so each team starts on 1 and when hit, the team moves to 2 etc. No extra advantage if a double or triple is hit. If a team reaches 20 they win.



- The Semi & Final is the best of three games, played on the same night.
- If a **draw** in semis and Final then one player from each team will throw three more darts to see if they win. If still a draw the other player throws three more darts.

Human Foosball

Team - 6 players, 3 boys and 3 girls.

Subs can only happen in a break in play. FLAT sole shoes only.

Game – First team to 12 goals, please change sides when a team gets to 6 goals.

- Each team has 1 goalie, 3 midfield and 2 strikers.
- During a break in play (a goal scored, ball is kicked out or in between a set) players can either switch position or a sub can be made.
- Players must always have two hands on the pole.
- Players cannot reach out in front of the pole with their feet.
- Shoes are recommended.
- To start or re start a game the ball is thrown into the middle.
- Players can only move from side to side. Teamwork is key.
- If a penalty is given (a player takes their hand off the pole or a player kicks the ball out on purpose). The other team gets the ball in the middle and restarts the game.
- An adult from one of the teams will be refereeing the round robin and a Totara Springs staff will referee the Semis and Final.



Sports Camp

Indoor Hockey (Tues night)

Boys and Girls Tournament

Team - 5 players, Unlimited subs

Game - length is 4 minutes total (no half time). Played Tues night in the Gym.

- Players must stay on their feet.
- Hockey ball must stay down. Only pushing allowed, no hitting.
- If a **draw** in semis and Final then a 1 minute drop off rule applies, with golden goal. Drop off keeps going until 2 v 2 then unlimited time until a goal is scored.
- For 2 v 2 it will be a contestable hit off.
- Mouth guards and shin pads are allowed but not needed.

Indoor Soccer (Wed night)

Boys and Girls Tournament

Team - 4 players, Unlimited subs

Game - length is 4 minutes total (no half time). Played Wed night in the Gym.

- No Goalie. A goal can be scored from anywhere.
- No slide tackles.
- Throw ins - heels against wall, ball must be rolled along ground.
- Ball must stay below head height.
- All kicks are indirect (including a high ball), but if a foul committed by the goal a penalty shot will be taken.
- If a **draw** in semis and Final then a 1 minute drop off rule applies, with golden goal. Drop off keeps going until 2 v 2 then unlimited time until a goal is scored. For 2 v 2 it will be a contestable kick off.

Petanque

Team – 2 players of any gender. Subs can only happen between games not during a game.

Game - consists of five ends (or if hooter sounds) only completed ends will count. Semi and Final will be six ends.

- Normal Petanque rules apply.
- If a **draw** in semis and Final then an extra end will be played.



Sports Camp

Rock Climbing (Wed 9:45am)

Team – 5 players (3 boys and 3 girls)

Game – combined total time for the best five climbers

- Wed 9:45am
- The lowest time will be taken off.
- Anyone that can't compete the climb will be given a time of 2 minutes.
- Flat sole shoes or bare feet.
- Please send one adult with the team.



Scramball

Team – 20 players for each game.

Game – 4 teams will compete for around 1 minute.

- This game involves your whole team and is played for a trophy and points.
- Rules will be explained before the game.
- Walk around the outside clockwise.
- Start in your given corner.
- Put 20 pupils in, the rest stand on the yellow line. Each team starts with 20 balls.
- On the hooter start throwing, no dunking. Only those in the middle can throw, the rest of the team pass the ball into the middle.
- When the hooter sounds teams need to stop throwing.
- It is 1 point per ball in your corner, any ball thrown after the hooter will gain 2 points.
- Next round will start when all balls are back.

Table Tennis (Wed night)

Boys and Girls Tournament

Team – 2 players. Subs can only happen between games not during a game.

Game – 1 games to 21 points win by 2 points

Normal doubles rules apply which is alternative hits.

- Each player has 5 serves each.
- All games: Best of 3 games up to 15.



Sports Camp

Tennis

Team - 2 Players 1 Boy & 1 Girl (Mixed Doubles)

Game – 1st to 5 games.

- If hooter sounds look at the game score to see who is winning, if it is a tie with games then match will be a draw.
- Warm up must be under 5 minutes.
- If a **draw** in the semis and Final (tied on games) then a tie breaker will be played with the first team to 7 points.
- An adult from one of the teams will be refereeing the round robin and a Totara Springs staff will referee the Semis and Final.



Team Triathlon (Wed 4:45pm meet at the pool)

Team – 3 boys and 3 girls

Game – total time for the 6 people, pupils can only do 1 event.

- The BMX bikers can practice riding during camp.
- All athletes to meet at the swimming pool.
- This will be raced in heats and each team will only get one turn to set their best time.
- All teams will have to carry a baton around the course, which will be passed to each pupil.
- Swimming one boy & girl. The first swimmer swims 2 lengths and the second swimmer will swim three lengths.
- BMX riding one boy & girl (bike and helmet supplied by camp). Both riders will race around a BMX track with humps.
- Running BMX riding one boy & girl. The first runner will run a longer distance (1km) and the second runner will sprint (150m).



Wallball

Team - 5 players, (must include a minimum of 2 girls). Unlimited subs

Game - 1 set up to 30 points (Win by 2 points).

Swap ends when a team reaches 15 points.

- Game will cease when the hooter sounds.
- No player may step into the area between the wall and the boundary line at anytime.
- On the white line is in. The yellow line is out.
- Servers must be behind line and wait for the whistle. The ball may not hit the wall during the serve.
- Once served the ball needs be caught and thrown back over the wall. One pass is allowed (i.e. – two touches per team).
- During a rally the ball may hit the wall. If the ball goes over it is play on. If the ball rebounds back it may be caught as long as the team has not used up the one pass and the person who threw it does not catch it.
- No player may touch the wall.
- Jumping and stepping are not permitted while throwing, one foot must be planted at all times. This includes serving.
- Players may jump to catch. Players may also have one foot out while they have the ball.
- Teams must rotate all players when they win the serve back.
- If the game is incomplete on the hooter the winner will be the team with the most points.
- If a **draw** in the semi or the Final a golden point will be played to find the winner.



Minor Codes

Archery (Tues 1:20pm)

Team - 2 Players (1 boy & 1 girl)

Game - Five shots each. Count best 3 shoots.

- If there is a tied total then the 4th score will be used from both shooters. If still a tie then the highest individual score will be used to determine the winner.
- No practice shots.
- Totara Springs bows to only be used.



Chess (Tues night)

Team – 1 Player per game.

Game – All games including semis and Final is only one game.

- Played in the Lecture Theatre on Wednesday night.
- **Standard Chess rules apply.**
- Games have a time frame of 30 minutes.
- A checkmate in time is worth three points, a win by time is worth two points and a stale mate is worth one point each.
- If a **draw** in semi or Final there will be a sudden death game for 5 minutes with the points system used.



Draughts (Tues night)

Team – 1 Player per game.

Subs can only happen between games not during a game.

Game – All games including semis and Final is only one game.

- Played in the Lecture Theatre on Wednesday night.
- Standard Draughts rules apply like not jumping.
- Games have a time frame of 15 minutes.
- A win in time is worth three points, a win by having the most pieces left when time is up worth two points, a draw is worth one point.
- Players must jump if they can. If they do not that piece may be removed.
- If a **draw** in semi or Final there will be a sudden death game for 5 minutes.



Sports Camp

Frisbee Golf (Tues 1:20pm)

Team - 2 Players (1 boy & 1 girl), no subs

Game - complete the course in the least number of shots

Players must use the Totara Springs Frisbees.

- Meet at the Wall ball court
- Totara Springs Frisbees only to be used.
- The course is made up of six different holes.
- Each team will only get one turn to set the best score.
- The next throw is taken from where the Frisbee stops.
- If there is a tied total then the lowest individual score from each player will be used to determine the winner.



Hole In One Golf (Tues 1:20pm)

Team - 2 Players (1 boy & 1 girl)

Game - Five balls each. Count best 3 shoots.

- Totara Springs will supply clubs and balls (players are allowed to bring their own clubs).
- Will be at the top of the bowl on Monday afternoon.
- If there is a tied total then the 4th score will be used from both golfers. If still a tie then the highest individual score will be used to determine the winner.

Kayaking (Mon 4pm)

Team - 2 Players (1 boy & 1 girl)

Game – combined total time for the 2 pupils.

- Will be down the back of camp on Monday afternoon.
- Each team gets one turn to set their best time.
- Life jackets are compulsory and are provided by camp.
- Please send one adult.



Mini Golf (Wed 9:45am)

Team - 2 Players (1 boy & 1 girl) and one adult to score

Game – both scores added together

- Both players play together on the mini golf course.
- An adult will score another team.
- If a ball is hit off the course it is a +1 and that shot will need to be re hit.
- If the ball is touching the edge a player may move it out a club head.
- There is a maximum of 10 shoots per hole.
- If there is a tied total the most hole in ones will be used to find the winner.

Sports Camp

Shooting (Tues 1:20pm)

Team - 2 Players (1 boy & 1 girl)

Game - Five shots each. Count best 3 shots.

- If there is a tied total then the 4th score will be used from both shooters. If still a tie then the highest individual score will be used to determine the winner.
- No practice shots.
- Totara Springs guns to only be used.

Quality Living Quiz

Team – 1 player per day

Game – a set of quiz questions.

- The winner will be announced at prize giving based on all the individual scores added together.

Quiz (Thurs after cheer)

Team – up to 10 players plus one adult

Thurs night in the dining room

Thurs night in the dining after Cheer night

This is an interactive quiz and will add the points to the Quality Living quiz

Spikeball (Wed 9:45am)

Team - 2 Players (1 boy & 1 girl)

Subs can only happen between games not during a game.

Game – one set to 15 points (must win by 2 points).

- A team serves and the ball must bounce off the net. If the ball hits a 'pocket' (it was close to the frame but still on the net) and changes direction, the serve is good. If the ball hits the frame during the serve, the receiver takes the point.
- No faults are given.
- When serving players must be stand at least 1 metre away from the net, the receiver has the option to stand however far or close he/she wishes. Other players must also be 1 metre from the net at the time of the serve and can move in once the serve has touched the net.
- You cannot serve the ball over the opponents head.
- The receiver has the option to return straight down at the net or can tap it up to his/her team mate.
- Following the serve each team has up to 3 touches (like volleyball) to keep the ball in play and "spike" it back off the net to the other team. Any part of the body can be used, but all count as one touch.
- Once the ball is in play, players have the freedom to move around the net as they please, however they must do everything they can to get out of the way when the opposing team is going for the ball. If players were unable to move fast enough but the effort was evident, the point will be replayed.
- This continues until the ball bounces on the net twice, goes out of play, until someone carries the ball or double hits.
- Players must only hit the ball, NOT scoop it.
- The semi and final will be one set to 21 points (must win by 2 points).



For more rules and tips look up <https://spikeball.com/pages/official-rules>