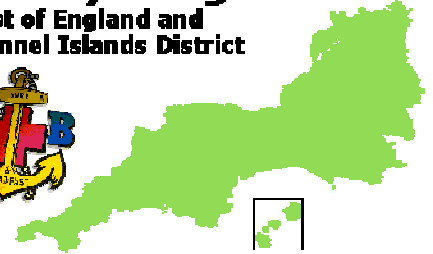


The Boys' Brigade

West of England & Channel Islands District

**Battalions of Avon, Bournemouth, Cornwall,
Devon, Gloucestershire, Guernsey, Jersey,
Plymouth and Somerset.**

**The Boys' Brigade
West of England and
Channel Islands District**



District Competitions Day

Ashton Park Sports Centre, Bristol - 6th March 2010

Entries are invited for the District Company/Senior Competitions on Saturday, March 6, 2010 at Ashton Park Sports Centre BS3 2JL, Bristol. Start time 10.00hrs

Entries may be from any company or joint companies and are not restricted to one per Battalion.

A deposit of twenty-five pounds (£25) must accompany your entry form, this will be returned when the team participates on the day. Entries should be received before **21st February, 2010**. An Info pack will be sent to companies via email and post with directions and start times for specific events immediately after.

Overnight accommodation is available in Church Halls around Bristol, please contact me for more details.

Approximate running order for the day:

Morning	Ultimate Frisbee Extreme Dodgeball & Volleyball
Afternoon	Unihoc Football

If you have any further questions please feel free to get in touch and I will do my best to answer them.

Warm Regards,
Ian J Brailey

Convenor 2010

Email: i.brailey@talk21.com

Telephone: 0117 9491687

OBJECT: THE ADVANCEMENT OF CHRIST'S KINGDOM AMONGST BOYS AND THE PROMOTION OF HABITS OF OBEDIENCE, REVERENCE, DISCIPLINE, SELF-RESPECT AND ALL THAT TENDS TOWARDS A TRUE CHRISTIAN MANLINESS.

5-A-SIDE-FOOTBALL: Two age groups 11-14yrs, and 15-18yrs, age on day of competition. No boy aged under 15 may play in the 15-18 group.

Teams consist of five players, however the pool may be of any size. One substitute is allowed per game to be introduced, with the referee's permission, when the ball is out of play. In each game a team may play any six members of its pool of players. If the goalie touches the ball outside of his area then a penalty will be awarded against him. If a defender enters his goal area seeking to gain an advantage then a penalty will be awarded against him. If an attacker enters his opponents' goal area seeking to gain an advantage then an indirect free kick will be awarded against him. If the ball is played above shoulder height (the referee to decide which height this is) then an indirect free kick will be awarded against the last player to touch the ball. There is no offside. Defenders must stand at least two metres from the ball at a free kick, except when the ball is closer to their goal area than two metres in which case they may stand on the goal area line. The goalie is to roll the ball into play underarm.

The Football Association does not permit girls aged 11+ to play football with boys thus girls will not be permitted to take part in the football unless two girls teams enter but may take part in any other event.

UNIHOOC: Total age of team at any time 75 years.

Teams consist of five players, however the pool may be of any size. One substitute is allowed per game to be introduced, with the umpire's permission, when the ball is out of play. In each game a team may play any six members of its pool of players. If the goalie touches the ball outside of his area then a penalty will be awarded against him. If a defender enters his goal area seeking to gain an advantage then a penalty will be awarded against him. If an attacker enters his opponents' goal area seeking to gain an advantage then an indirect free hit will be awarded against him. There is no offside. Defenders must stand at least two metres from the ball at a free hit, except when the ball is closer to their goal area than two metres in which case they may stand on the goal area line. The goalie is to roll the ball into play underarm. Players are to keep both hands on the stick when playing the ball. Sticks are to be kept below waist height at all times. Play begins with a bully-off at the start of the game, and after each goal. Other rules as per normal, agreed by the District.

VOLLEYBALL: The total age of the six players on the court must not exceed EIGHTY-FIVE (85).

Teams consist of six players, however the pool may be of any size. One substitute is allowed per game to be introduced, with the umpire's permission, when the ball is out of play. In each game a team may play any seven members of its pool of players. The normal rules of volleyball will apply.

ULTIMATE FRISBEE: The total age of the five players on the court must not exceed SEVENTY-FIVE (75).

Two teams of 5 players try to score goals by throwing the Frisbee / disc to any team mate standing in the goal zone (goalies area in 5 a side football). The disc may be advanced in any direction by completing a pass to a team mate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. Any physical contact with an opponent is a foul. When a pass is not completed (e.g. out of bounds, dropped, blocked, intercepted), the opposition take possession. Play starts with both teams in their goal zone, with one team throwing the disc to their opponents.

EXTREME DODGEBALL: The total age of the five players on the court must not exceed SEVENTY-FIVE (75).

Played on a badminton court, this game involves two teams of five players. Play starts with balls placed in the middle section (roughly on the half way point), each team are at opposite ends of the court. On the whistle both teams rush forward to take the balls, they must then retreat to the service line of the badminton court (this is the attack line. Players can only throw the ball from behind this line and can not at any time go into their opponents half.) The object of the game is to eliminate all of the opposition by hitting them directly with the ball. If a ball is thrown at you, and you catch it, the thrower is eliminated and the catchers' team gets an eliminated player back into play. You can use a ball you are holding to block balls being thrown at you, but if you drop the ball you were holding whilst using it to block, you are eliminated. **Balls being used are a little larger than tennis balls, but they still fit in the hand and are soft.**

District Competitions Day

Ashton Park Sports Centre, Bristol - 6th March 2010

ENTRY FORM

Name

Address

Company(s).....

e-mail Telephone

Competition	Number in team	Age limits	Number of teams
Unihoc Company?	5 + sub size of pool unlimited	Total 75 years max. on court at one time	
5 – a – side Football Company Section	5 + sub size of pool unlimited	11 – 14 years old on the day of the competition	
5 – a – side Football Seniors	Up to 5 + sub size of pool unlimited	15 – 18 years old on the day of the competition	
Volleyball	Up to 6 + sub size of pool unlimited	Total 85 years max. on court at one time	
Ultimate Frisbee	Up to 5 + sub size of pool unlimited	Total 75 years max. on court at one time	
Extreme Dodgeball	Up to 5 + sub size of pool unlimited	Total 75 years max. on court at one time	

Return above form by **21st February, 2010** to:

WoE Sports. Mr. M Godolphin, 16 Trelawney Road, Camborne, Cornwall. TR14 7LN

Your entry will be confirmed when your entry is received. Entry cheques made payable to "The West of England and Channel Islands District" must accompany this form.