

GENERAL INFORMATION

RULES

- All sports in the College Sport Competition, including one day tournaments and specialist events, are played in basic accordance with their respective international governing body rules and regulations. Any exceptions to this are noted, where relevant, in this handbook.
- Whilst complying with international rules, the College Sport Competition DOES NOT adopt experimental rule changes and guidelines, often adopted mid-season.

DISCIPLINE

- The College Sport Committee reserves the right to, where deemed appropriate, take disciplinary action including, but not limited to, fining, suspending, and exclusion of players.
- In the past colleges have been excluded from competing for failing to regularly field teams. It is VITAL that fixtures are played. Colleges will be heavily penalised for regular poor attendance at fixtures.

RESULTS

- Results must be recorded in the handbook held at the Sports Centre and the College Sport Website IMMEDIATELY at the conclusion of fixtures.

ELIGIBILITY

- For the period Monday Week 1 Autumn Term to Sunday Week 10 Spring Term, anyone selected for a University team **before** Friday Week 4 of the Autumn Term is deemed a University team player.
- For the Summer Term, anyone selected for a University team **before** Friday Week 4 is deemed a University team player.
- After Friday Week 4 in the Autumn and Spring Terms, anyone playing **twice** for a University team is deemed a University player.
- The College Sport Committee has final say on all matters of eligibility.

No former students are eligible to play in one day tournaments

BADMINTON RULES

- (1) Teams shall consist of 3 mixed couples. (Different players may, of course, be used from week to week.) No player may play for a college other than his own. No University first or second team player is eligible see page 5 for definition.
- (2) Each couple will play each other couple of the opposing team in one game to 15 points, with the option of setting at 13-13 or 14-14.
- (3) One point shall be awarded to the winners of each match.

1 point shall be awarded to the team that wins the tie (maximum 10 points)
- 5 points for a team conceding a walk-over
- (4) Equipment is available from Sports Centre Assistants.

BASKETBALL RULES

- (1) Matches consist of two 15 minute halves.
- (2) Each team has 5 players on court at any one time **two** of which must be female (ie **Maximum of three men** on court at any time.)
Substitutes can be made during the match from a squad of up to 10.
TEAMS MUST HAVE AT LEAST 4 PLAYERS, otherwise a WALK-OVER CAN BE CLAIMED.
- (3) Any player accumulating 3 personal fouls can take no further part in the match.

Eligibility

Each team to have NO male University team players. Any number of University female players can participate (for definition of 'University Player' see General Information).

Points

2 points for a win.

1 point for a draw

1 point for a walk-over

General

Please note that Basketball is basically a non-contact sport. Please remind the players that the game should be played in that spirit.

Please ensure that **MATCHES START PROMPTLY AT THE TIMES SPECIFIED. Please note that once there are 5 players available for each team, the game should start.**

If a match has a late start then playing time should be reduced at the discretion of both Captains to ensure that the following match is able to start on time.

DARTS RULES

- (1) Distances: Men throw from 7'9", women from 7'6".
- (2) Scoring: Men's and mixed doubles are from 701, men's singles from 501 and women's singles from 401. All games are best of 1 leg, straight in double out. Game statistics are to be recorded and passed on to university captain(s) as soon as possible.
- (3) Teams: Consist of 2-4 women and 4-8 men. The order of games is flexible, but there will be 1 men's doubles, 2 mixed doubles, 4 men's singles and 2 women's singles. No university player may play in more than two legs (unless no other player available).
- (4) Team Order: The home captain writes down their order first, then the away captain. The away team also has the first throw. The home team is the team on the left of the fixture list.
- (5) Points: 1 point for each leg won, match will be best of 9 legs.
- (6) Missing players: If a team is missing players, then one leg is conceded per number of legs that cannot be played. If both teams have players missing, neither team will receive a point. If the whole team is missing 15 minutes after the official start time, (7.30), ie by 7.45, then a walkover can be claimed of 9 points to the present team and a deduction of 4 points to the absent team.

FOOTBALL I RULES

- (1) It is important that matches start on time. Referees must start games within 15 minutes of scheduled time. If only one team is present, a walk-over will be given. If games are going to be claimed due to late appearance, this must be done **before** any match is played.
- (2) Matches may only be postponed if ground conditions are unsuitable. A decision as to the fitness or otherwise of the pitch should be obtained from the Sports Centre Receptionist whose decision is final.
- (3) Teams may play **one recognised University 1st team player only**, although any number of second team players can play. A list of 'recognised' players will be kept in the AU Office. Teams must consist of male players only with a maximum of 3 substitutes. The definition of 'A University Player' is on Page 5.
- (4) Both teams should provide a ball. The referee will be appointed by the College Sports Referees Co-ordinator
- (5) Players who are sent off are automatically suspended. The weekly meeting of Sports Reps will consider appropriate disciplinary action.
- (6) Points are awarded as follows:

Win	3 points
Draw	1 point
WO	3 points
	-1 point against team conceding w.o.

FOOTBALL II RULES

- (1) **Organisers should make every effort to ensure that College 2nd team fixtures cater for those players who do not play for the college 1st XI. Please conform to the spirit of this rule for the benefit of all players.**
- (2) It is important that matches start on time. Referees must start games within 15 minutes of the scheduled time. If only one team is present, a walk-over will be given. If games are going to be claimed due to late appearance, this must be done **before** the match is played.
- (3) No team may play any recognised University 1st or 2nd XI players. A list of 'recognised' players will be kept in the AU Office (for the definition, please see page 5).
- (4) Teams must consist of male players only, of whom up to 16 players may be selected for a match. A maximum of 11 can be on the pitch at one time. Players may be substituted on or off any number of times as long as the maximum number of players is not exceeded.
- (5) 'Home' captain must provide the match ball.
- (6) Players who are sent off are automatically suspended. The weekly meeting of Sports Reps will consider appropriate disciplinary action.
- (7) Points awarded as follows:

Win	3 points
Draw	1 point
WO	3 points
	- 1 point against team conceding WO

HOCKEY RULES

- (1) Eligibility (for definition see page 5. Each team of 11 allowed a maximum of 7 men. No male University first team players allowed. Second team men may participate, along with any number of female University players.
 - (2) Matches to be of 25 minutes each half.
 - (3) The match shall be conceded if a team has fewer than 8 players (of which 2 must be female). Points should be claimed **before** any game is played.
 - (4) Points awarded as follows:

Win	2 points
Draw	1 point
WO	2 points
	- 1 point for the team conceding a w.o.
- If a match is cancelled owing to bad weather, etc then 1 point is to be awarded to each team
- (5) Equipment is available at the Sports Centre.
A considerable amount of money has ensured that there are two full sets of goalkeeping kit available, which MUST be used for these players' protection. PLEASE ENSURE THAT, ESPECIALLY IN THE FIRST GAME, GOALIES ARRIVE AT LEAST 15 MINUTES BEFORE THE START TO PUT THEIR KIT ON AND ENSURE THE MATCH CAN START ON TIME.
 - (6) Please note that **NO deliberate lifting** is allowed.
 - (7) When a hit from the 16m line is taken by the attacking side, only 3 outfield players from each side may be in the 'D'.
 - (8) A penalty goal may be awarded if the umpires believe a goal has been unlawfully prevented.

NETBALL I RULES

- (1) Teams should be comprised of 7 women players. **Eligibility – NO first team and only TWO second team players may play.**
- (2) Matches to last 30 minutes – 15 minutes each way.
- (3) Each side must field a minimum of 5 players.
- (4) One umpire to be provided by each team, a watch and whistle is available at the Sports Centre.
- (5) If there is any doubt as to the fitness of the court, teams should telephone the Sports Centre (3855).
- (6) A set of bibs is available at the Sports Centre which should be returned after use.
- (7) Points awarded as follows:

Win	2 points
Draw	1 point
WO	2 points
	- 1 point to team conceding a walk-over
Cancelled	1 point each team

NETBALL II RULES

- (1) Teams should be comprised of 7 women players. **Eligibility – NO first team , NO second team and only TWO third team players.**
- (2) Matches to last 30 minutes – 15 minutes each way.
- (3) Each side must field a minimum of 5 players.
- (4) One umpire to be provided by each team, a watch and whistle is available at the Sports Centre.
- (5) If there is any doubt as to the fitness of the court, teams should telephone the Sports Centre (3855).
- (6) A set of bibs is available at the Sports Centre which should be returned after use.
- (7) Points awarded as follows:

Win	2 points
Draw	1 point
WO	2 points
	- 1 point to team conceding a walk-over
Cancelled	1 point each team

POOL GENERAL

- (1) Teams to consist of 5 men and 2 women – 7 players
- (2) Matches to be the best of 3 frames.
- (3) All games to be paid for by AWAY teams.
- (4) Women shall play at positions 2 and 4.
- (5) Points
 - 1 point for each rubber won
 - (there is a maximum of 7 points)
 - 4 points for a team conceding a walk-over
- (6) The **AWAY** team will be the team on **RIGHT** of the fixture list.
- (7) Failure to present a full side – for each member of a team absent, the opponents will be awarded that match at score of 2-0. If both teams have players missing, neither side gets any points for that match.
- (8) Results should be 'phoned in' by both Captains, to the Sports Centre Reception (3855) AND ENTERED ON THE AU WEB-SITE as soon as possible (and in any event within 24 hours) after each match.

RULES

- (1) World Eight Ball Pool Federation Rules are played.
- (2) Team captains shall toss the right of break in the first match, after which it shall alternate between the 2 teams.
- (3) Teams shall take it in turns to referee games, with the 'away' team refereeing games 1, 3, 5 and 7.
- (4) When playing from Baulk the Cue Ball may be played in any direction.
- (5) On all shots, the player must:
 - (a) Cause the Cue Ball's initial contact with a ball to be with a ball "On",
AND THEN
 - (b) Pot a ball "On" **OR** cause the Cue Ball or any Object Ball to contact a cushion.

ROUNDERS RULES

Umpires

- (1) Each team must provide an umpire.

Teams

- (1) **Games** shall be played between 2 teams.
- (2) A team consisting of a maximum of 15 players and a minimum of 6, of whom no more than 9 may be on the field at one time. **THERE MUST BE NO MORE THAN 5 MALE PLAYERS ON THE PITCH AT ANY ONE TIME.**

Batter

- (1) Wait in the backward area well away from 4th Post.
- (2) If out, wait in the backward area well away from 1st Post.
- (3) You will have one good ball bowled to you.

No Ball If:

- (1) Not smooth underarm action.
- (2) Ball is above head or below knee.
- (3) Ball bounces on way to you.
- (4) Is wide or straight at body.

- (5) The bowler's foot is outside the square during the bowling action.
- (6) You can take a normal run on a no ball, but once you reach 1st Post you cannot return.
- (7) You score in the normal way.

Scoring

- 1 rounder if 4th Post reached and touched before next ball is bowled.
- 1 rounder if 4th Post reached on no ball (you cannot be caught out).
- ½ rounder if 4th Post reached without hitting the ball.
- ½ rounder if 2nd Post reached after hitting the ball (you stay at 1st whilst ball is in the backward area).
- Penalty ½ rounder for an obstruction by a fielder.
- Penalty ½ rounder for 2 consecutive no balls (to the same batter).
- 1 rounder for a backward hit if 4th Post reached (you stay at 1st whilst ball is in the backward area).

Out When

- (1) Caught.
- (2) Foot over front/back line of batting square before missing or hitting a good ball.
- (3) Running inside Posts (unless obstructed).
- (4) The post you are running to is stumped.
- (5) You lose contact with the post during bowler's action when he has possession in his square.
- (6) You overtake.
- (7) You obstruct (you have right of way on track only).

Running around The Track – Please Carry The BAT

- (1) If you stop at a post, you must keep contact with the Post, hand or bat. If you do not, the fielding side can stump the following Post to put you out.
- (2) You can run on to a post even if it has been previously stumped. (You do not score if you do it on 4th Post).
- (3) When the bowler has the ball in his square, you cannot move on, but if you are between Posts, you can carry on to the next.
- (4) You cannot have two batters at a Post. The umpire will ask the first to run on when second one makes contact.
- (5) At a Post, you do not have to move on for every ball bowled.
- (6) You can move on as soon as the ball leaves the bowler's hand, this includes no balls.
- (7) You must touch 4th Post on getting home.

Innings

Each side will complete 2, 10-minute innings. The fielding side is expected to play in the spirit of College Sport to ensure that the batting side gets a fair innings.

Results

Please record both on the AU web-site AND the book in Sports Centre Reception.

SQUASH RULES

- (1) Each college to field a men's team of 3 players and a women's team of 3 players, there being separate leagues for men and women.
- (2) Eligibility – **No University first or second team male players are eligible, neither are any University women players. (Check list in AU Office).**
- (3) Team members should be **ranked 1-3, in order of merit**, and each member will play his/her opposite number in the best of 3 games.
- (4) The balls to be used should be either Revelation Competition or Max Progress. If the players disagree, the Revelation Competition will be used.
- (5) Points
 - 1 point for each individual match
 - 1 point for the team winning overall (1 point men's 1 point women's)
 - (Max 8 points per match – men and women)
 - WO 8 points (-4 points to team conceding the walk-over)
 - A WALK-OVER WILL BE CONCEDED IF A TEAM FAILS TO FIELD 4 OR MORE PLAYERS.

- (6) In the event of a full team not being fielded, a result of 0-9, 0-9 should be recorded against each player not present.
- (7) **Captains must ensure that all team players are aware of the 'Let' rule, and that all care is taken to apply it where appropriate.**

TABLE TENNIS RULES

- (1) Please note that **MATCHES MUST START ON TIME.**
- (2) Teams shall consist of 2 women and 2 men. **No University male team players are eligible** (see list in AU Office), but females may play.
- (3) 6 matches will be played, 4 singles and 2 doubles.

Order

Singles

Women	Men
1 v 1	1 v 1
2 v 2	2 v 2

Mixed Doubles

1W & 1M	2W & 2M
v	v
1W & 1M	2W & 2M

- (4) 4 tables will be erected. The first two matches will start at the same time, the third, utilizing tables as they become available.
- (5) 1 point for each match won (6 points available maximum)
-4 points for team conceding walk-over
- (6) Matches will be the best of 5 games of first to 11.
- (7) College teams will forfeit one point for each match in which they are unable to field a player (ie a team with one man short will forfeit both one single match and one doubles match).
- (8) Bats and balls are provided from Reception.
- (9) **Captains of teams in the final match to ensure that all tables are put away after use.**

TENNIS RULES

Matches MUST start on time. For the 5.00pm matches all 6 courts will be available. The 6.30pm match will be played on the 3 floodlit courts only. This match will have a staggered start, each court being played on as it becomes available. This match must be completed by 8.00pm.

- (1) Each team to consist of 3 mixed couples.
- (2) **Eligibility** – no University male team players are eligible, but any number of University women can play.
- (3) Each couple shall play each other couple of the opposing team in one set. If the score reaches 6 games all, that set will be decided by a tie-break.
- (4) **Equipment** – Trainers or tennis shoes must be worn. Balls and rackets are available from the Sports Centre.
- (5) **Points**
- | | |
|-----------|--|
| 1 Point | For each set won |
| 1 Point | For team that wins the tie (max points 10) |
| -5 Points | For conceding walk-over |

(6) Order of Play

First Round	-1v1, 2v2, 3v3
Second Round	-1v2, 2v3, 3v1
Third Round	-1v3, 2v1, 3v2

VOLLEYBALL RULES

- (1) Please note that **MATCHES MUST START ON TIME.**
- (2) Teams should consist of 6 players of which **NO MORE THAN 4 MAY BE MALE**, with substitutes permissible. **NO University male team players may play and a maximum of two University team women only are permitted on court at any one time.** A team is entitled to a walk-over if its opponents have less than 5 players.
- (3) Matches to consist of best of 3 sets. **A set is won by the first team to reach 25 points**, although play should continue until there is a margin of **2 clear points** if this is not initially the case.
- (4) Points awarded as the number of sets won, eg team winning 2-1 the winning team gets 2 points, losing team 1 point. For a walk-over 2 points; conceding team – 1 point.
- (5) If a match is going to be claimed then it must be done so **BEFORE** the game is started.