BE PART OF THE GAMES
NOTTINGHAM
1ST - 4TH AUGUST 2024

the Westfield Health
BRITISH
TRANSPLANT
GAMES
Nottingham 2024

Sports Information

Your age group is dependent on your age on **June 30th**

These rules and regulations in this document are subject to change on approval from the sports committee

Version updated 04/04/24



TRANSPLANT SPORT

the Westfield Health BRITISH TRANSPLANT GAMES Nottingham 2024

Archery	
Date	Thursday 1st August
Time	Registration 09:30-10:00 Competition 10:00-17:00 Experienced groups will shoot first.
Categories	**Beginner** (Beginner 0-2 BTG Events & Intermediate 3-4 BTG Events) & **Experienced** (Advanced 5+BTG Events or Club/Regular Player or using own equipment) Male and Female Competitions Juniors 15 - 17 Adult 18 - 29 Senior 30 - 39 Super Senior 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 +
Venue	Harvey Hadden Sports Village Wigman Road Nottingham NG9 4PB **Location - Athletics Infield** WHAT THREE WORDS///tones.roof.gains
Car Parking	Parking on site is free for 2 hours. For additional parking the cost is £3.00 and can be paid for using the RingGo app. The RingGo location ID for Harvey Hadden Sports Village is 18917.
Catering	Catering will be available onsite
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1point
Medal Structure	Gold, Silver, Bronze in each age category for male and female competitions for the beginner level. Gold, Silver, Bronze in each age category for male and female competitions for the experienced level.
Medal Ceremonies	At the end of the event
Attire and Equipment	Essential equipment will be provided during the event; Own equipment can also be used in the Experienced category **Must use re-curve bow.** * Flat shoes required; no baggy sleeves, long hair must be tied back. **If you are entered in the beginner classes event, you must use the equipment provided.** If you intend to use your own equipment, you are automatically classed as **Advanced**.
Results	Official Results will be displayed at the end of the event. The Sports Manager will hand the official result to the games office.

Format	**<u>Beginner Level</u>** • **Beginners 0-2 BTG Entries (non-club players / never played)** – 10m target, face size 80cm (all 4 archers shoot at the same face) • **Intermediate 3-4 BTG Entries –** 10m target, face size 80cm (all 4 archers shoot at the same face) • Instruction followed by 30-minute practice for beginners. • 2 dozen arrows in ends of 3 arrows (2 minutes per end) for beginners • Archers shoot 4 to a target in 2 details. **<u>Experienced Level</u>** • **Advanced (5+ BTG Entries or Club/Regular player or using own equipment) –** 18m target, face size 60cm (2 archers per face) 3 dozen arrows following 15 minutes practice. • **All archers** • All archers shoot before scoring an end (any arrow • bouncing off the scoring area may be reshot – on agreement of the judge) • Archery GB rules of shooting regarding shooting process will be followed.

Badminton	
Date	Saturday 3rd August
Time	Adult's Registration: 08:00-08:30 Adult's Competition: 08:30-12:30 Children's Registration: 13:00-13:30 Children's Competition: 13:30-17:30
Categories	**ADULTS** Male and Female Competitions Adult 18 - 29 30 - 49 50+ **CHILDREN** Male and Female Competitions 6 - 8 9 - 11 12 - 14 15 – 17
Venue	Clifton Campus Sports Centre Trent University Clifton Lane, Collage Drive Clifton Nottingham NG11 8NS **Location- Court 1-8** WHAT THREE WORDS///year.stud.frogs
Car Parking	On-site Carparking available. There are 500 spaces onsite at no cost.
Catering	Catering facilities available onsite
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point
Medal Structure	Gold Silver Bronze for each age category – adults and children Bronze medals and points for losing semi-finalists
Trophies *(Presented at the sport)*	Canterbury Badminton Trophy – Adult Men (doubles) Loughborough Sports Trophy—Adult ladies (doubles)
Medal Ceremonies	Throughout the event as age categories are completed.
Attire and Equipment	Non-marking trainers. Competitors **MUST** supply their own rackets; shuttles will be provided.
Results	The Sports Manager must ensure official results form is handed to the Event Office.

Badminton Children's Guidelines	
	• Singles competition only • All games to 15 points, Rally scoring • A round robin league system should be used up to find semi-finalists. • If a high entry this could be to find the quarter finalists. • Once first pool system is completed only knockout should be used from that point onwards. • If there are more than 16 entrants within an age category, then a knockout system could be used for that age category.

Basketball	
Date	Thursday 1st August
Time	Registration: 13:30 – 14:00 Competition: 14:00 – 16:00
Categories	Adult Open
Venue	David Ross Sports Village Beeston Lane Lenton Abbey Nottingham NG9 2RZ **Location- Hall C** WHAT THREE WORDS /// boat.modern.wider
Car Parking	Parking on site is free for 2 hours. Additional parking can be paid for using the RingGo app. The RingGo location ID for David Ross Sports Village is 18953.
Catering	Catering Facilities onsite
Points	No points allocated – social event
Medal Structure	Adults - Gold, Silver & Bronze medals awarded
Medal Ceremonies	At the end of the event
Attire and Equipment	Trainers are the **only** permitted footwear. Jewellery should be removed or taped to the satisfaction of the referee.
Results	The Sports Manager must ensure official results form is handed to the Event Office.

Format	• There are no gender restrictions in this competition. A team maybe comprised of all male, all female or mixed players.
	• The squad may consist of up to 5 players.
	• The competition will be played on half a basketball court.
	• The start and end of matches will be controlled by a match referees whistle. There will be no injury time.
	• Games will be timed and last 8 mins.
	• Teams not ready to play at the scheduled time will forfeit the match and the opposition will be awarded 20-0.
	• Free throws will be awarded for shooting fouls only.
	• Points will be scored as follows:
	  • Outside the arc – 3pts
	  • Inside the arc – 2pts
	  • Free Throw – 1pt
	• Once a team has scored the team that conceded the points will start with the ball behind the 3pt line.
	• Games will be officiated by a referee.
	• Competition format will consist of round robin play.

Lawn Bowls – Flat Green	
Date	Saturday 3rd August
Time	Registration: 08:30 – 09:00 Competition: 09:00 – 17:30
Categories	Open Mixed
Venue	Nottingham Indoor Bowls Centre Beechdale Road Bilborough Nottingham NG8 3FN WHAT THREE WORDS///define.shared.gains
Car Parking	Car Parking available onsite
Catering	Food/Bar available onsite
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point
Medal Structure	Gold, Silver, Bronze. 2 x Bronze – awarded to losing semi finalists
Trophies *(Presented at the Sport)*	Harry Thorpe Trophy awarded at the sport to the gold medallist
Medal Ceremonies	At the end of the event
Attire and Equipment	Shoes and trainers are acceptable but must be flat soled. The Avenue Club has no objections to jeans being worn on the greens.
Results	The Sports Manager must ensure official results form is handed or e-mailed to the Event Office.
Rules	• This Competition will be played in groups using the Round Robin format. • The number of groups will be dependent on the total entry. • Each competitor will use two bowls. • Games will consist of 8 ends. 1 trial end will be allowed. Trial Ends may, if agreeable to both sides, be dispensed with in the case of late starts. • In the Group Stages the winner of each game will receive 2 points and if a draw each competitor will receive 1 point. • The winner of the group will be the competitor with the highest point's total. • If after the Group Stages competitors are equal on points, shot difference will apply. If competitors are still equal, aggregate scores will apply. If the winner still cannot be determined, the number of ends won will be considered. • The winner of each group will progress to the next stage. • After the group is completed, a knockout format will be used. • Games will still be contested over 8 ends.

Cycling	
Date	Friday 2nd August
Time	Registration: 09:30-10:30 Competition: 10:30 – 16:30
Categories	**9 – 11yrs** 1.5km time trial Male competitions by age group 1.5km time trial Female competitions by age group **12 – 14yrs** 3km time trial Male competitions by age group 3km time trial Female competitions by age group **15 years +** 10.5km road race Male competitions by age group 10.5km road race Female competitions by age group 4.5km time trial Male competitions by age group 4.5km time trial Female competitions by age group Children 9 – 11 Children 12 - 14 Juniors 15 - 17 Adult 18 - 29 Senior 30 - 39 Super Senior 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 +
Venue	Harvey Hadden Sports Village Wigman Road Nottingham NG9 4PB **Location – Cycle Track** WHAT THREE WORDS///tones.roof.gains
Car Parking	Parking on site is free for 2 hours. For additional parking the cost is £3.00 and can be paid for using the RingGo app. The RingGo location ID for Harvey Hadden Sports Village is 18917.
Catering	Catering facilities available onsite.
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point
Medal Structure	Gold, Silver, Bronze in each age category for male and female competitions.
Trophy *(Presented at the sport)*	Peter Harrison Foundation – Men To be presented to winner of 10K road race Peter Harrison Foundation – Women To be presented to winner of 10K road race
Medal Ceremonies	At the end of each event
Attire and Equipment	Protective headgear is compulsory and must be supplied by the competitors. Competitors **must** use their own cycles.

	The use of Aerobars and TT Helmets are not permitted in the Road Race competition.
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Rules	Separate races must be run for the men and women's events.

Darts	
Date	Friday 2nd August
Time	Registration: 18:30-19:30 Competition: 19:30 – 22:30
Categories	Open Male & Open Female
Venue	East Midlands Conference Centre Beeston Lane Nottingham NG7 2RJ WHAT THREE WORDS///phones.farm.this
Car Parking	Parking on site is free.
Catering	On site catering available
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point
Medal Structure	1 x Gold, 1 x Silver, 2 x Bronze
Trophies (Presented at the sport)	Jeff Pickavance Trophy – Winner
Medal Ceremonies	At the end of the event
Attire and Equipment	Darts and flights must be provided by the competitors.
Results	The Sports Manager must ensure official results form is handed to the Event Office.
	• All competitors must indicate their standard of play on the entry form. • 301 straight start; Final 501. • Round robin / knockout competition – depending on numbers • Double finish – once both players are playing for a double, if after 3 attempts each neither player has won the game – you will play nearest the bull to determine the winner. The above does not apply in the final where you must finish on a double. • Busting rule • Single matches • Best of 3 – Semi-final and final • Previous years semi-finalists seeded apart if they enter. • Live Draw after registration

Children's 5 – a – side Football	
Date	Saturday 3rd August
Time	Registration: 12:30-13:30 Competition: 13:30 – 16:30
Categories	6 - 9yr old transplant athletes and siblings 10 – 13yr old transplant athletes and siblings 14 – 17yr old transplant athletes and siblings
Venue	Clifton Campus Sport Centre Trent University Clifton Lane College Drive Clifton Nottingham NG11 8NS **Location – 3G Pitch** WHAT THREE WORDS/// year.stud.frogs
Car Parking	On-site Carparking available. There are 500 spaces onsite at no cost.
Catering	Catering facilities onsite
Points	No points allocated – social event
Medal Structure	Gold, Silver & Bronze medals awarded.
Medal Ceremonies	At the end of the event
Attire and Equipment	**Shin Pads are compulsory.** The event organisers will supply an appropriately sized match ball. Bibs shall be provided by the event organisers and shall be worn by the first named team for each match. All players **must** wear shin pads, and these must be covered by socks. All players **must** wear suitable footwear. This year the tournament will take place on a grass surface. Jewellery should be removed or taped to the satisfaction of the referee.
Results	The Sports Manager must ensure official results form is handed to the Event Office.
	1. There are no gender restrictions in this competition. A team maybe comprised of all male, all female or mixed players.

Format	2. The squad may consist of up to ten players. 3. The competition may be played on grass pitches (adults) & indoor (children). 4. The start and end of matches will be controlled by a match referees whistle. There will be no injury time. The game will be of two equal halves, time to be decided once number of teams has been established. 5. Teams must be ready of play 2 minutes before kick-off time. The first named team will choose a goal. The second named team will kick off the match. 6. Teams not ready to play at the scheduled time will forfeit the match and the opposition will be awarded 2-0. This is at the referee's discretion and his/her decision is final. 7. If a team member receives a yellow card, they will enter the sin bin for 3 minutes. 8. If a team member received a red card, they will no longer be able to take part in this competition. 9. The decision of the Sport Manager along with a MLS Team member on the application of these rules will be final. 10. The 'roll-on-roll-off' rule applies to substitutions. The number of rolling substitutions is unlimited. A 'rolling' substitution is one which is made when the ball is dead and with the Outgoing player must leave the field of play before the substitute enters the playing area. The oncoming players are active immediately and can receive the ball. Any player may change places with the goalkeeper, provided that the referee is informed and only during stoppage time. All substitutions must be carried out on the halfway line and at the referee's discretion. 11. After a goal is scored there will be a restart with a centre kick by the team who did not score. 12. All free kicks are direct, as soon as the ball is stationery. Free kicks must be taken where the offence was committed, and opponents must be 5 yards from the ball. 13. Opposition players must be 5 yards away from where corners and under arm throw ins are taken. 14. A one-handed underarm throw and under knee height in a horizontal or downward motion must be used to re-introduce the ball into play from throw-ins, corners and from goalkeepers. 15. Goal keepers are not allowed to kick the ball from their hands to introduce the ball into play. 16. Only the defending goalkeeper is allowed to play the ball inside the goal area and only the goalkeeper may handle the ball in this area. 17. Outfield players are allowed in the goal area. 18. Goalkeepers are allowed out of goal area; however, a free kick can be awarded if the goalkeeper handles the ball outside this area. 19. An outfield player who receives a throw from the goalkeeper cannot pass the ball directly back to the keeper, the ball must be touched by a second player. Such an action would result in a direct kick 5 yards outside the penalty area in line with the infringement. 20. Ball is allowed to go over head height. 21. A goal may be scored from any point within the field of play. The only exception is that goalkeepers may not score against their opponents (except in penalty shoot-outs). 22. In the event of a sudden death penalty shootout, a coin will be tossed, and the winner will decide who goes first or second and this order should be kept throughout. 23. The taking of a penalty will be in line with the one step rule.

	24. Abusive language will be penalised at the referee's discretion by awarding a direct free kick. 25. Sliding tackles are not permitted; an infringement of this rule will lead to a free kick being awarded to the opposition. 26. Competition organiser reserves the right to cancel/suspend the event where required by weather/unsafe conditions.

Adult Teams 6 – a – side Football	
Date	Saturday 3rd August
Time	Registration: 08:30 - 09:30 Competition: 09:30 – 13:30
Categories	18+ transplant athletes ONLY
Venue	Clifton Campus Sport Centre Trent University Clifton Lane College Drive Clifton Nottingham NG11 8NS **Location – 3G Pitch** WHAT THREE WORDS/// year.stud.frogs
Car Parking	On-site Carparking available. There are 500 spaces onsite at no cost.
Catering	Catering facilities onsite
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point
Medal Structure	Gold, Silver & Bronze medals awarded
Medal Ceremonies	At the end of the event
Attire and Equipment	**Shin Pads are compulsory.** The event organisers will supply an appropriately sized match ball. Bibs shall be provided by the event organisers and shall be worn by the first named team for each match. All players **must** wear shin pads, and these must be covered by socks. All players **must** wear suitable footwear. This year the tournament will take place on a 4G pitch surface Jewellery should be removed or taped to the satisfaction of the referee.
Results	The Sports Manager must ensure official results form is handed to the Event Office.
	1. All players must be 18 years of age or over. The organising committee reserve the right to carry out random checks throughout the

Players	tournament, and any team fielding a player under the age of 16 will be withdrawn from the competition. The remaining teams in that group will be awarded an automatic 2-0 win irrespective of when the withdrawal occurs. 2. All players must have had a life enhancing transplant. Individuals with a failed transplant awaiting re-transplantation can also participate. 3. All players must have registered online prior to the event, no entries will be allowed on the day. 4. All players must have filled in a participation form during the registration on the day. 5. Matches will be 6-aside however subject to change based on final numbers. 6. There must be a minimum of 7 players registered per team or 6 for 5-aside. There must be no more than 10 players per team. 7. All players must register 30 minutes before the fitness test. All players must complete the fitness on the day immediately prior to the competition. Players who fail to turn up or withdraw on the day will forfeit their entrance fee- unless there is extenuating circumstances in which case the committee's decision is final. Any late entries without authority from the committee will not be entered. 8. Players need to indicate on the registration form whether they want to enter individually or part of a team.
Format	1. The competition will follow a round robin format however this is subject to change dependant on number of entries. 2. All matches will follow the FA small, sided rules with the exemption of; No slide tackling, substitutes are to be roll on roll of and can be made at any stoppage. Throw ins can be under arm roll ins or over the head, shooting is not permitted direct from kick off. 3. Match duration will be 10 minutes (subject to change depending on entry numbers) one way for group matches, 12 minutes one way for the semi-finals and 7 minutes each way for the final. The final will have a 2-minute break at half time where teams will swap ends. Semi-final and final matches level at full time will take part in a penalty shoot-out, best of 3 then sudden death. 4. Players must stand at least 5 yards away from a free kick, all kicks are direct. 5. Fouling. A direct free kick is awarded if a player commits any of the following: Kicks or attempts to kick an opponent, Trips or attempts to trip an opponent, Jumps at an opponent, Charges an opponent, even

	with the shoulder, Strikes or attempts to strike an opponent, Pushes an opponent, Forces a player into the surrounding boards/fence, Holds an opponent, Spits at an opponent, Makes a sliding tackle, Handles the ball deliberately (except for the goalkeeper). 6. The first named team shall take kick off. 7. Kick offs should be taken at the start of play and when a goal is scored. All players must be in their own half of the field. The opponents of the team taking the kick-off are at least 1m from the ball until it is played. The ball must be stationary on the centre mark. The ball can be played forward or back. The kicker may not touch the ball a second time until it has touched another player. 8. Opposition players must stand at least 1 meter away from a throw in. 9. Goalkeepers are allowed out of the goal area in 6-aside matches and players can enter the penalty area, shooting is permitted from anywhere. This is subject to change depending on the format of the competition and will adhere to The FA standard rules of 5-aside with the exemption of the named above. 10. Goalkeepers are not permitted to kick the ball direct from their hands or a drop kick. Goal kicks will be taken from the goal line. 11. The scoring system for matches will be as follows: 3 points for a win 1 point for a draw and 0 points for a loss. In the event of two sides finishing on the same points, the team which has scored the most goals will go through. If this also results in a draw it will go on most goals conceded followed by the best of 3 penalties. 12. In the event of a player being booked twice during the competition, a 1 match suspension will be given for the following game. For a sending off a 2-match suspension will apply for the next 2 games. This is ultimately down to referee and the event organisers. If the sending off is deemed to be too severe the player can be removed from the competition. 13. All teams must be pitch side and ready 5 minutes before their designated kick off time. Any team not ready to start the game when the referee arrives will forfeit the game and the opposing team will be awarded the point of a 2-0 win. 14. The offside rule will not apply.

Golf	
Date & Time	**Thursday 1st August** Practice must be booked in advance with the club through the Pro Shop – 0115 978 7574 - £30 per round **Friday 2nd August** Registration Opens 07:30 Competition Start 08:30 **Tee Times will be provided in advance to all golfers.**
Venue	Wollaton Park Golf Club Lime Tree Avenue Nottingham NG8 1BT WHAT THREE WORDS///bond.thanks.cages
Car Parking	Free on-site car parking available
Catering	**On site catering available from the Club** - Golfers will be asked to complete a catering booking form prior to teeing off.
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point
Admin	We will need to have the following in advance of the competition: - CDH/WHS Number - Home Club - Official Handicap Please register your handicap on the My England Golf app or HowDidiDo. You will need to ensure that your handicap and these details are kept up to date with the event office. Please email any changes to BTG@mlsgb.co or phone 01142573177
Medal Structure	1 x Gold **} for scratch competition and 2 x handicap division** 1 x Silver **} and Social Golf Competition** 1 x Bronze **}**

	15-17 age group – Stableford competition only
Trophies *(Presented at the sport)*	Sean Orpen Trophy – Scratch Golf (men) Broseley Estates Trophy – Handicap Golf (men) Mary Forder Memorial Trophy – Scratch Golf (women) Ian Lewis Jones Memorial Trophy – Handicap Golf (women)
Medal Ceremonies	In the club house on completion of play
Attire and Equipment	Players and visitors must wear smart, conventional golf attire at all times. All players **must** have their own golf equipment. **Very Limited** Buggies are available for hire £25.00 and must be booked directly through the club with the Pro Shop 0115 9787574.
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Rules	• Minimum entry requirement is Novice NOT beginner • 18 holes • Scratch Competition and Stableford • One Round of Golf for all. • Once the three best Scratch (men and women) scores have been assessed all **other** competitors are scored for the Stableford Competitions. • Only one medal can be won across the Scratch and Stableford competitions. Any golfer qualifying for a medal in both competitions will only be awarded the higher colour. Should a situation arise where a golfer wins the same colour medal in both competitions the Scratch competition will take precedence. • Competitors will be advised which colour Tees they will play from on the day. **Two divisions for Stableford:** 1) Handicap up to 18 (Male and Female) 2) Handicap 19 to 28 (Men) Handicap 19 to 36 (Women) • Social Golf – Stableford competition only. • Medals will be awarded in each division. • Certificates of handicap – proof of handicap required. • **If there are less than 8 competitors, only a Stableford competition will be run.** • Players must pick up if they are not going to score on a hole.

6-11 Childrens Long Jump	
Date	Friday 2nd August
Time	Registration: 12:30 – 13:00 Competition: 13:00 – 15:00
Categories	Male and Female Competitions 6-8 Boys & Girls 9-11 Boys & Girls
Venue	Harvey Hadden Sports Village Wigman Road Nottingham NG9 4PB **Location – Athletics Track** WHAT THREE WORDS///tones.roof.gains
Car Parking	Parking on site is free for 2 hours. For additional parking the cost is £3.00 and can be paid for using the RingGo app. The RingGo location ID for Harvey Hadden Sports Village is 18917.
Catering	Catering facilities On Site
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1point
Medal Structure	Gold, Silver, Bronze in each age category for male and female
Medal Ceremonies	At the end of the event
Attire and Equipment	Essential equipment will be provided during the event,
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Format	• Practice jumps allowed prior to main competition. • 3 Jumps each, longest jump counts.

Netball	
Date	Saturday 3rd August
Time	Registration: 10:30 – 11:30 Competition: 11:30 – 14:00
Categories	Adult Open
Venue	Harvey Hadden Sports Village Wigman Road Nottingham NG9 4PB **Location - Sportshall** WHAT THREE WORDS///tones.roof.gains
Car Parking	Parking on site is free for 2 hours. For additional parking the cost is £3.00 and can be paid for using the RingGo app. The RingGo location ID for Harvey Hadden Sports Village is 18917.
Catering	On site catering
Points	No points allocated – social event
Medal Structure	10 Awards given for best performers
Medal Ceremonies	At the end of the event
Attire and Equipment	Trainers are the **only** permitted footwear. Jewellery should be removed or taped to the satisfaction of the referee.
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Format	**Back to Netball** • There are no gender restrictions in this competition. A team maybe comprised of all male, all female or mixed players. • The squad may consist of up to 10 players. • The competition will be played on a full netball court on 10ft netball posts. • The start and end of matches will be controlled by a match referees whistle. There will be no injury time. • Games will be timed and last 15 mins. • Teams not ready to play at the scheduled time will forfeit the match and the opposition will be awarded 20-0. • Games will be officiated by a referee/umpire. • Competition format will consist of round robin play.

Snooker	
Date	Thursday 1st August
Time	Registration: 12:30 – 13:30 Competition: 13:30 17:00
Categories	Open – Mixed
Venue	Riley's Sports Bar (Upstairs) 17a St. James Street Nottingham Nottinghamshire NG1 6FH WHAT THREE WORDS///driven.author.dance
Car Parking	No parking available on site. Closest carpark - NCP at the side of the Rutland Square Hotel. This Car park is situated on St James Street. Riley's Nottingham is 150 yards down the hill into the city.
Catering	Food and drinks (including a bar) are available onsite.
Points	Medal Competition – Points Only 1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point
Medal Structure	Medal & Plate events 1 x Gold 1 x Silver 2 x Bronze – awarded to losing semi finalists
Medal Ceremonies	At the end of the event
Attire and Equipment	Cues available if required
Results	The Sports Manager must ensure official results form is handed to the Event Office.

Rules/Format	• Draw will be made prior to the day's plan, to speed up the playing time available. • All matches will be played over 1 frame, up to the Final of the MAIN competition. • The FINAL will be over 2 frames, with both frame scores added together. • All matches will be played over 1 frame in the PLATE competition. • All frames will be played with 6 reds. • There will be a 20-minute time limit on all frames to the final. • There will be a 30-minute time limit on all frames in both FINALS. • The 13 losers of the main draw will proceed into the PLATE competition • The match will be regarded as ended on either the completion of the frame or the expiry of 20 minutes. • The player in front on the scoreboard will be adjusted as the winner after 20 minutes' play. • In the event of a re-spotted black with score tied, if the time clock expires, both players will continue to play until the frame is completed. **Slow Play** • There will be a qualified official referee in attendance who will adjudicate on deliberate slow play. • Any player found guilty of deliberate slow play will be warned on the 1st occasion and then disqualified on the 2nd occasion. • The qualified official referee's decision is final. **Miss Rule** The MISS rule will be used during the tournament, but will have restrictions: • The MISS cannot be called when the opponent fails to get out of a snooker. • The MISS can be called if the opponent fails to hit a ball which is on. • A maximum of 3 misses can only be called.

6+ Sport Stacking	
Date	Friday 2nd August
Time	Registration: 12:30 – 13:30 Competition: 13:30 – 15:00
Categories	CHILDREN Male & Female Competitions (Points & Medals) 6 – 8 Male & Female Competitions (Medals Only) 9 – 11 12 – 14
Venue	Harvey Hadden Sports Village Wigman Road Nottingham NG9 4PB **Location – Sports Hall Indoor Track** WHAT THREE WORDS///tones.roof.gains
Car Parking	Parking on site is free for 2 hours. For additional parking the cost is £3.00 and can be paid for using the RingGo app. The RingGo location ID for Harvey Hadden Sports Village is 18917.
Catering	Catering will be available onsite
Points	6-8 - 1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point No points allocated for age 9+ – social event
Medal Structure	Gold, Silver, Bronze.
Medal Ceremonies	At the end of the event
Attire and Equipment	Essential equipment will be provided during the event.
Results	The Sports Manager must ensure official results form is handed or e-mailed to the Event.

Rules	**Stacks** **6 – 8** 1-2-1 Stack. Uses 12 cups. The stacker creates two piles of cups and then put the cups back into one pile. 3-3-3 Stack. Uses 9 cups. The stacker creates three pyramids of 3 cups each and then stack cups back into nested stacks of 3 in the order that they upstacked. **9 – 11** 1-2-1 Stack. Uses 12 cups. The stacker creates two piles of cups and then put the cups back into one pile. 3-3-3 Stack. Uses 9 cups. The stacker creates three pyramids of 3 cups each and then stack cups back into nested stacks of 3 in the order that they upstacked. **12 – 14** 3-3-3 Stack. Uses 9 cups. The stacker creates three pyramids of 3 cups each and then stack cups back into nested stacks of 3 in the order that they upstacked. 3-6-3 Stack. Uses 12 cups. The stacker stacks up three made up of three cups on the left, six cups in the center, and three cups on the right (3-6-3) and downstack it to the three nested stacks. • Sport stacking is done with specially designed plastic cups, made to prevent sticking to one another and with holes in the bottom to allow air to pass through quickly when stacking. They are designed with ribs reinforcing a ledge inside to keep them slightly apart when nested, so they can be quickly separated. • All attempts will be timed by official timekeepers. • Practice tables will be operational for 90 minutes only to allow individuals to practice prior to setting times. • Every competitor has 3 attempts at each stack with the fastest time going forward.

Squash	
Date	Thursday 1st August
Time	Registration: 12:30 – 13:30 Competition: 13:30 – 17:00
Categories	**Male and Female competitions** Juniors 15 - 17 Adults 18 - 29 Seniors 30 - 39 Super Seniors 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 +
Venue	David Ross Sports Village Beeston Lane Lenton Abbey Nottingham NG9 2RZ WHAT THREE WORDS///boat.modern.wider
Car Parking	Parking on site is free for 2 hours. Additional parking can be paid for using the RingGo app. The RingGo location ID for David Ross Sports Village is 18953.
Catering	On site catering
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point
Medal Structure	Gold Silver Bronze for each age category – adults and children 2 x Bronze – awarded to losing semi finalists
Trophies *(Presented at the sport)*	McFaddon Quaich Trophy awarded at the sport to winning adult male.
Medal Ceremonies	At the end of the event
Attire and Equipment	STRICTLY Squash shoes or non-marking training shoes. Competitors with incorrect footwear will not be allowed to compete. Competitors **MUST** supply their own racquets
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Rules/Format	Men's Singles Ladies Singles
	• One set match to semi-final. • Best of 3 sets in Final, subject to number of entries. • First to 9 points • Last year's semi-finalists should be seeded

	• A round robin league system should be used up to the semi-final stage. If there are more than 16 entrants within an age category, then a knockout system could be used for that age category, this will be dependent on facility time and resource available. • Finals will be 1 or 3 sets dependent on the number of entries i.e., if only 2 entries in an age category a straight final of 3 sets will be played, in a pool of 4 it will be 1 set throughout.
Swimming	
Date	Saturday 3rd August
Time	**Childrens Swimming Arrival**: 09:00 Childrens Swimming Competition: 09:30 – 12:30 **Adults Swimming Arrival**: 13:00 Adults Swimming Competition: 13:30 – 17:30
Categories	**ADULTS** Adults 18 - 29 Seniors 30 - 39 Super Seniors 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 + **CHILDREN** 9-11 12-14 15-17 **Live Donor** Your age category is based form your age on 30th June 2024
Venue	Harvey Hadden Sport Village Wigman Road Nottingham NG9 4PB WHAT THREE WORDS///tones.roof.gains
Car Parking	Parking on site is free for 2 hours. For additional parking the cost is £3.00 and can be paid for using the RingGo app. The RingGo location ID for Harvey Hadden Sports Village is 18917.
Catering	On site catering.
Photography	The venue does not allow photography, there will be an official photographer. Unauthorised use of mobile phones for taking photos & videos & image capturing devices on poolside, in the sports hall & changing rooms/village is strictly prohibited. Any person found to be in contravention of this will be required to leave the venue and may face disciplinary action by the venue.

Points	1st Place – 3 points, 2nd place – 2 points, 3rd place – 1 point
Medal structure	Gold Silver Bronze for each age event – adults and children
Trophy *(Presented at the at the pool)*	John Kelly Trophy – Relay team Lyndsey Ward Trophy – Children's Relay Team
Medal Ceremonies	Interspersed throughout the programme
Attire and Equipment	Ideally, swimming hats should be worn by all competitors. If not, long hair should be tied back. Goggles are also encouraged but not mandatory.
Results	1 x official results forms should be taken to the Results Office 1 x official results forms should be taken to the announcer from the results office once results have been processed. The Sports Manager must ensure official results form is handed to the Event Office.
Rules/Format	**A schedule will be available to Competitors at the Games.**

Adult Swim Programme

Heat Declared winner format

25m Short Course

50 Metres Freestyle 100 Metres Freestyle 200 Meters Freestyle 50 Metres Breaststroke 100 Metres Breaststroke 50 Metres Backstroke 50 Metres Butterfly	• Timed Heats, in a heat declared winner format. • At least one Female Swimmer per team for relays
4 x 50 Freestyle Relay	• Units that enter 4 or more athletes into the relay will only be allowed to enter full relay teams. e.g. 5 Athletes = 1 team, 6 Athletes = 1 team, 7 Athletes = 1 team, 8 Athletes = 2 teams. • Units that have less than 4 athletes will be placed by the event into teams. No individual relay entries will be accepted on the day. • All Relay teams must be confirmed on the event day. • Teams must be identified on the day and those units with spare athletes can make changes due to injury etc. • NO points are awarded to team scores or individual scores. Medals are awarded (to all four members of the team) that finish in the first three positions.

Children's Swim Programme *Heat Declared winner format* **25m Short Course**	
Boys 9 – 11 years	25m Freestyle
Girls 9 –11 years	25m Freestyle
Boys 12-14 years	25m Freestyle
Girls 12-14 years	25m Freestyle
Boys 15 - 17 years	25m Freestyle
Girls 15 – 17 years	25m freestyle
Boys 12 – 14 years	50m Freestyle
Girls 12-14 years	50m Freestyle
Girls 15-17 years	50m Freestyle
Boys 15-17 years	50m Freestyle
Girls 15 – 17 years	100m Freestyle
Boys 15 – 17 years	100m Freestyle
Boys 9 – 11 years	25m Breaststroke
Girls 9 – 11 years	25m Breaststroke
Boys 12 – 14 years	25m Breaststroke
Girls 12 – 14 years	25m Breaststroke
Boys 15 - 17 years	50m Breaststroke
Girls 15 -17 years	50m Breaststroke
Boys 12 – 14 years	50m Breaststroke
Girls 12 – 14 years	50m Breaststroke
Boys 9 – 11 years	25m Backstroke
Girls 9 – 11 years	25m Backstroke
Boys 12 – 14 years	25m Backstroke
Girls 12 – 14 years	25m Backstroke
Boys 12 – 14 years	50m Backstroke
Girls 12 – 14 years	50m Backstroke
Boys 15 - 17 years	50m Backstroke
Girls 15 - 17 years	50m Backstroke
Boys 12 – 14 years	25m Butterfly
Girls 12 – 14 years	25m Butterfly
Boys 15 – 17 years	50m Butterfly
Girls 15 – 17 years	50m Butterfly
Open age 12 +	Relay – 4X25m

- Units that enter 4 or more athletes into the relay will only be allowed to enter full relay teams. e.g. 5 Athletes = 1 team, 6 Athletes = 1 team, 7 Athletes = 1 team, 8 Athletes = 2 teams.
- Units that have less than 4 athletes will be placed by the event into teams. No individual relay entries will be accepted on the day.
- All Relay teams must be confirmed on the event day.
- Teams must be identified on the day and those units with spare athletes can make changes due to injury etc.
- NO points are awarded to team scores or individual scores. Medals are awarded (to all four members of the team) that finish in the first three positions.

Table Tennis	
Date	Thursday 1st August (**Childrens**) Friday 2nd August (**Adults**)
Time	**Childrens** Registration: 12:30 – 13:30 **Childrens** Competition: 13:30 – 17:30 **Adults** Registration: 08:30 – 09:30 **Adults** Competition: 09:30 – 15:00
Categories	**ADULTS** Male and Female Competitions Adults 18 - 29 Seniors 30 - 39 Super Seniors 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 + **CHILDREN** Male and Female Competitions 6 - 8 9 - 11 12 -14 15 –17
Venue	David Ross Sports Village Beeston Lane Lenton Abbey Nottingham NG9 2RZ **Location – Hall A & B** WHAT THREE WORDS///boat.modern.wider
Car Parking	Parking on site is free for 2 hours. Additional parking can be paid for using the RingGo app. The RingGo location ID for David Ross Sports Village is 18953.
Catering	On site catering
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point. Competitors will umpire their own games during the group stages.
Medal Structure	Gold Silver Bronze for each age category – adults and children 2 X Bronze – awarded to losing semi finalists
Trophies *(Presented at the sport)*	David Higgins Cup – Adult Men David Higgins Cup – Adult Women
Medal Ceremonies	At the end of the event
Attire and Equipment	Non marking trainers White clothing NOT to be worn Balls will be provided Competitors **MUST** provide their own ITTF approved bats

Results	The Sports Manager must ensure official results form is handed to the Event Office.

Table Tennis Adult Guidelines
Men's Singles **Ladies Singles**
• Best of 3 games of 11 points • Last year's semi-finalists should be seeded • A round robin league system should be used up to the semi-final stage. • If there are more than 16 entrants within an age category, then a knock out system could be used for that age category, this will be dependent on facility time and resource available.
Table Tennis Children's Guidelines
• Best of 3 games of 11 points • A round robin league system should be used up to the semi-final stage. • If there are more than 16 entrants within an age category, then a knock out system could be used for that age category, this will be dependent on facility time and resource available.

Ten Pin Bowling	
Date	Friday 2nd August
Time	The competition is split into 2 groups with separate registration times for each group. Times will be sent to competitors in advance of the competition.
Categories	Male and Female Competitions Juniors 15 – 17 Adult 18 - 29 Senior 30 - 39 Super Senior 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 +
Venue	MFA Bowl Ilkeston Derby Road Ilkeston DE7 5FH WHAT THREE WORDS///pounds.edits.window
Car Parking	On-site Car Parking available
Scheduled	The competition is split into 2 groups with separate registration times for each group. Times will be sent to competitors in advance of the competition.
Catering	Onsite catering available. Only food purchased on site is allowed to be consumed.
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point
Medal Structure	Gold Silver Bronze for each age category – adults and children
Medal Ceremonies	At the end of the event
Attire and Equipment	Bowlers may bring their own equipment i.e gloves, shoes or balls but the venue can accept no liability for any damage or loss. Shoes can be provided.
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Rules/Format	• Games will be played to independent rules as agreed by the Transplant sport UK sport committee. • The competition will be played in groups of 5 bowlers with the highest aggregate score for each age group determining the medal positions. • Detail of the oil pattern on the lane can be obtained from the Games office. • There will be a maximum of 5 players per lane.

Tennis		
Date	Friday 2nd August (**Childrens**) Sunday 4th August (**Adults**)	
Time	**Childrens** Registration: 13:00 – 13:30 **Childrens** Competition: 13:30 – 16:30 **Adults** Registration: 09.00 – 09:30 **Adults** Competition: 09:30 – 16:30	
Categories	**CHILDREN** Male and Female Competitions Juniors 12 – 14 Juniors 15 – 17 **ADULTS** Male and Female Competitions Adults 18 - 29 Seniors 30 - 39 Super Seniors 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 +	
Venue	Nottingham Tennis Centre University Boulevard Nottingham NG7 2QH Located in the **AirHall** WHAT THREE WORDS///signal.verge.shiny	
Car Parking	On site Car Parking available – Anyone who uses the Car Park will be given a code from the venue reception on the day to lift the barrier to depart.	
Catering	Café On Site	
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point	
Medal Structure	Gold Silver Bronze for each age category 2 x Bronze – awarded to losing semi-finalists in each age group	
Trophies	Sandoz Trophy awarded at the sport to the winning male adult	
Medal Ceremonies	At the end of the event	
Attire and Equipment	Sports clothing must be worn with trainers. Competitors **must** supply their own rackets	
Results	The Sports Manager must ensure official results form is handed to the Event Office.	
Rules/Format	Men's Singles Ladies Singles	One set match to semi-final. Best of 3 in Final, subject to entries.

	Last year's semi-finalists should be seeded
	• To be played under LTA rules • A round robin league system should be used up to the semi-final stage. If there are more than 16 entrants within an age category, then a knockout system could be used for that age category, this will be dependent on facility time and resource available. • Sets will be tie break sets (6 all) the Games will be played with 1 point at deuce. Receiver chooses side of court to receive at deuce. • Finals will be 1 or 3 sets dependent on the number of entries i.e., if only 2 entries in an age category a straight final of 3 sets will be played, in a pool of 4 it will be 1 set throughout. • All players responsible for line calls.

Mini Tennis		
Date	Friday 2nd August	
Time	Registration: 09:00 – 09:30 Competition: 09:30 – 12:30	
Categories	**CHILDREN** Male and Female Competitions 6 – 8 – Mini Tennis Red 9 -11 – Mini Tennis Orange	
Venue	Nottingham Tennis Centre University Boulevard Nottingham NG7 2QH Located in the **Indoor Court.** WHAT THREE WORDS///signal.verge.shiny	
Car Parking	On site Car Parking available – Anyone who uses the Car Park will be given a code from the venue reception on the day to lift the barrier to depart.	
Catering	Café On Site	
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point	
Medal Structure	Gold Silver Bronze for each age category 2 x Bronze – awarded to losing semi-finalists in each age group	
Medal Ceremonies	At the end of the event	
Attire and Equipment	Sports clothing must be worn with trainers. Rackets will be provided	
Results	The Sports Manager must ensure official results form is handed to the Event Office.	
Rules/Format	Boys Singles Girls Singles	2 boxes, each player plays 7 matches, winner & runner up play for final, subject to number of entries.
	• First to 10 points wins • 2 clear points needed to win • All serves to be underarm • Serve once on spin of racket, followed by two serves alternatively until winner of match. • Winner and runner up of each box play for 1st, 2nd and 3rd place.	

Track and Field	
Date	Sunday 4th August
Time	**Childrens** Competition: 09:00 – 15:30 **Adults** Competition: 09:00 – 17:30
Categories	**ADULTS** Adults 18 - 29 Seniors 30 - 39 Super Seniors 40 - 49 Veterans 50 - 59 Super Veterans 60 - 69 Super Super Veterans 70 + Live Donor **CHILDREN** 5 and under 6 - 8 9 - 11 12 - 14 15 - 17
Venue	Harvey Hadden Sports Village Wigman Road Nottingham NG9 4PB **Location – Track & Stadium** WHAT THREE WORDS///tones.roof.gains
Car Parking	Parking on site is free for 2 hours. For additional parking the cost is £3.00 and can be paid for using the RingGo app. The RingGo location ID for Harvey Hadden Sports Village is 18917.
Catering	Catering Available onsite
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point
Trophies (Presented at the sport)	Carl Whittaker Trophy - Fastest 100m Lauren Leach Cup – Children's Track Relay Matthew Thomas Trophy – 12-13 years Long Jump
Medal Structure	Gold Silver Bronze for each individual event for each individual age category – adults and children Gold, Silver and Bronze in relay events to each team member
Medal Ceremonies	**FIELD EVENTS** Presented at the field event. Ensure all medals are removed from packaging and presented around athlete's necks. **TRACK EVENTS** U5's, & 6-8 – medallists of each race to be taken to the medal presentation area for immediate presentations. All other Medal award ceremonies will be continuously interspersed in the Programme and presented at a dedicated presentation area approximately 20 mins after the event.

Attire and Equipment	Running shoes with spikes (6mm) are permitted. Tracksuits can be worn while competing.
Results	1 x official results forms should be taken to the Results Office 1 x official results forms should be taken to the announcer 1 x official results forms should be displayed in public area. The Sports Manager must ensure official results form is handed to the Event Office.

Adult Male Guidelines

TRACK

Heat winners plus fastest losers to make up the final. (Limited to track size)
100 Metres
200 Metres
400 Metres
Straight Finals
800 Metres
1500 Meters

FIELD

Shot Putt – Max 3 attempts	Weights: • 15-17 5.0kg • Adult 7.25kg • Senior 7.25kg • Super Senior 5.0kg • Veterans 5.0kg • Super Veterans 3.0kg • Super Super Veterans 3.0kg
Cricket Ball Throw	• Max 3 attempts
Long jump	• Max 3 attempts
High jump	• 3 consecutive failures = Out of the competition. • Minimum Height: 80cm. • Opening height in consultation on the day with officials and competitors.
Discus– Max 3 attempts	Weights • 15-17 1.5kg • Adult 2.0kg • Senior 2.0kg • Super Senior 2.0kg • Veterans 1.0kg • Super Veterans 1.0kg • Super Super Veterans 1.0kg
Javelin – Max 3 attempts	Weights • 15-17 700g • Adult 800g • Senior 800g • Super Senior 800g

	• Veterans 600g • Super Veterans 600g • Super Super Veterans 500g
Adult Female Guidelines	
TRACK	
Heat winners plus fastest losers to make up the final. (Limited to track size) 100 Metres 200 Metres 400 Metres **Straight Finals** 800 Metres 1500 Meters	
FIELD	
Shot putt – Max 3 attempts	Shot Weights: • 15-17 3.0kg • Adults 4.0 kg • Seniors 4.0 kg • Super Seniors 4.0 kg • Veterans 3.0 kg • Super Veterans 3.0 kg • Super Super Veterans 3.0 kg
Cricket Ball Throw	• Max 3 attempts
Long Jump	• Max 3 attempts
High Jump	• 3 consecutive failures = Out of the competition. • Minimum Height: 80cm. • Opening height in consultation on the day with officials and competitors.
Discus	• Max 3 throws - All age groups use 1 Kg discus

Javelin – Max 3 attempts	Weights • 15-17 500g • Adult 600g • Senior 600g • Super Senior 600g • Veterans 400g • Super Veterans 400g • Super Super Veterans 400g
ADULT OPEN EVENTS	
Track Relay (4x100m)	• At least one female athlete per team. No child athletes are allowed in the adult relay teams. • Units that enter 4 or more athletes into the relay will only be allowed to enter full relay teams. e.g. 5 Athletes = 1 team, 6 Athletes = 1 team, 7 Athletes = 1 team, 8 Athletes = 2 teams. • Units that have less than 4 athletes will be placed by the judiciary into teams. No individual relay entries will be accepted on the day. • All Relay teams must be confirmed on the event day. • Teams must be identified on the day and those units with spare athletes can make changes due to injury etc. • NO points are awarded to team scores or **individual scores. Medals are awarded (to all four members of the team) in the relay final that finish in the first three positions.**
Wheelchair Race	• 400m
Live Donor Events	• 100m • Ball Throw (Friday with Children's Ball throw) • Long Jump (Friday with Children's Long Jump)

Road Race & Walk Saturday 30th July		
Girls	TBC (Wollaton Park) 9-11, 12-14	Straight Final
Girls	3K Walk (Harvey Hadden Athletics Track) 9-11, 12-14	Straight Final
Ladies	5K Road Race (Wollaton Park) 15-17, 18 – 29, 30-39, 40-49 50-59, 60-69, 70+	Straight Final
Ladies	3K Walk (Harvey Hadden Athletics Track) 15-17, 18 – 29, 30-39, 40-49 50-59, 60-69, 70+	Straight Final
Boys	TBC (Wollaton Park) 9-11, 12-14	Straight Final
Boys	3K Walk (Harvey Hadden Athletics Track) 9-11, 12-14	Straight Final
Men	5K Road Race (Wollaton Park) 15-17, 18 – 29, 30-39 40-49, 50-59, 60-69 70+	Straight Final
Men	5K Walk (Harvey Hadden Athletics Track) 15-17, 18 – 29, 30-39 40-49, 50-59, 60-69 70+	Straight Final
During the Walk - running is not permitted. Running will lead to disqualification from the event.		

Children's Track and Field Guidelines	
	Runs **Heat declared winners** (Limited due to track size) **Best** of three 3 throws in a row
5 and under	• 25 m dash • Obstacle race (FRI) • Ball throw (FRI) • Wheelchair Race for Motorised Chairs – 50m • Wheelchair Race for Non-Motorised Chairs – 50m • Any competitor taking part as non-wheelchair athlete in any other sport will not be permitted to enter any wheelchair event.
6-8 years	• 50 m dash • Obstacle race (FRI) • Ball Throw (FRI) • Long Jump (FRI) (standing jump from edge of pit) • Wheelchair Race for Motorised Chairs – 50m • Wheelchair Race for Non-Motorised Chairs – 50m • Any competitor taking part as non-wheelchair athlete in any other sport will not be permitted to enter any wheelchair event.
9-11 years	• 50m • Long Jump (FRI) • Ball Throw (FRI) • Obstacle race (FRI) • Walk (SAT) • Road Race (SAT) • Wheelchair Race for Motorised Chairs – 50m • Wheelchair Race for Non-Motorised Chairs – 50m • Any competitor taking part as non-wheelchair athlete in any other sport will not be permitted to enter any wheelchair event.
12-14 years	• 100m • Long jump • Ball Throw (FRI) • Obstacle race (FRI) • Walk (SAT) • Road Race (SAT) • Wheelchair Race for Motorised Chairs – 50m • Wheelchair Race for Non-Motorised Chairs – 50m • Any competitor taking part as non-wheelchair athlete in any other sport will not be permitted to enter any wheelchair event.
15-17 years	• 100m • 200m • Long Jump • Ball Throw (FRI) • Road Race (SAT) • Walk (SAT)

	• High Jump • Shot Putt • Wheelchair Race for Motorised Chairs – 50m • Wheelchair Race for Non-Motorised Chairs – 50m • Any competitor taking part as non-wheelchair athlete in any other sport will not be permitted to enter any wheelchair event.
Track Relay (4x100m) **OPEN AGE GROUP 12+**	• At least one female athlete per team. No child athletes are allowed in the adult relay teams. • Units that enter 4 or more athletes into the relay will only be allowed to enter full relay teams. e.g. 5 Athletes = 1 team, 6 Athletes = 1 team, 7 Athletes = 1 team, 8 Athletes = 2 teams. • Units that have less than 4 athletes will be placed by the judiciary into teams. No individual relay entries will be accepted on the day. • All Relay teams must be confirmed on the event day. • Teams must be identified on the day and those units with spare athletes can make changes due to injury etc. • NO points are awarded to team scores or **individual scores. Medals are awarded (to all four members of the team) in the relay final that finish in the first three positions.**

NOTES:

In both Javelin and Discus, if field officials deem the competitor incompetent at either event the competitor will be immediately disqualified.

All non-competitors MUST stay off the inside field.

Tug of War will be run at the Track and Field event for all child competitors who have not received a medal at the Games.

Volleyball	
Date	Thursday 1st August
Time	Registration: 11:30 – 12:00 Competition: 12:00 – 16:00
Categories	Open Mixed
Venue	Clifton Campus Sports Centre Trent University Clifton Lane College Drive Clifton Nottingham NG11 8NS **Location – Hall A & B** WHAT THREE WORDS///ground.ready.gone
Car Parking	On-site Carparking available. There are 500 spaces onsite at no cost.
Catering	On site catering
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point **for each team member**
Medal Structure	Gold Silver 2 x Bronze **for losing semi-finalists** Medals awarded to each team member
Trophies	McGregor Cargo Access Trophy – Winning Team
Medal Ceremonies	At the end of the event
Attire and Equipment	Non marking trainers Jersey and shorts in team colours desirable, tracksuits acceptable Team captains must wear an identifiable arm band Shoes must be light, non – marking and pliable without heels.
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Rules/Format	Playing Area and Equipment: As per National Volleyball Rules Net Height: 2.43 Metres
	Players: • Each team is composed of six and a maximum of two substitutes. • At least one team member must be a woman. • At least one woman must be on the court at all times. • If a team does not have a woman you can't replace her with a male – you should play with just 5 men.

	Teams: • Each team has a nominated Captain. The Team Captain is the only player allowed to speak to Officials during play. • Teams will be made up from a single unit. If a unit has too few competitors for a full team and has team members who wish to play volleyball, the names of these competitors may be submitted to the games. • Organisers who in conjunction with the judiciary Committee will allocate these competitors to a Team. • Teams are not permitted to recruit players from other units. • No player may compete for more than one team **Substitution:** • There can be a maximum of two substitutions during any one game and these will be made at the request of the Team Captain. • No substitutions are allowed in the last 3 minutes of the game. **Duration of Play:** • Games will be played over a timed period which must be a minimum of 10 minutes. Match time is suggested to be 15 minutes in length. Time-out is not used, unless at the discretion of the referee. • 5 minutes change over in between matches. Semi-finals and finals to be played over 20 minutes
	Scoring: • Scoring is in accordance with National Rules but in timed competition, the winning team is the Team who scores the most points (not stopping at 15). Point's difference is taken into account in league Competitions. • Regarding the overall points scheme for the Games (3 for win, 2 for 2nd and 1 for 3rd) each member of the including substitutes, will gain these points. **Format** • Preliminary rounds are in a round robin format. • Air horn to sound start and finish of each game. • Any rally in progress to be played to its conclusion. • During the round robin stage, teams equal on points at the end of a match will be deemed to have drawn. • During knockout stage, the next team to score a point will be deemed the winner of the match. In the event of a draw, the team with (a) most points gained and (b) least points conceded will be the winner. • Semi-finals and finals – if scores are equal at the end of the next match, next team to score a point wins.

Under 5 Bean Bag Archery	
Date	Saturday 3rd August
Time	Registration: 13:00 – 13:30 Competition: 13:30 – 15:00
Categories	0-5 Male and Female Competitions
Venue	Clifton Campus Sports Centre Trent University Clifton Lane Collage Drive Clifton Nottingham NG11 8NS **Location – 1ST Floor Multi-Purpose Hall & Studio** WHAT THREE WORDS///year.stud.frogs
Car Parking	On-site Carparking available. There are 500 spaces onsite at no cost.
Catering	On Site catering
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1point
Medal Structure	Gold, Silver, Bronze in each age category for male and female competitions.
Medal Ceremonies	At the end of the event
Attire and Equipment	Essential equipment will be provided during the event
Results	The Sports Manager must ensure official results form is handed to the Event Office.
Format	• 3 Practice throws allowed prior to main competition • 3 throws each, with the scores added together to produce final score.

5 & Under Sport Stacking	
Date	Saturday 3rd August
Time	Registration: 13:00 – 13:30 Competition: 13:30 – 15:00
Categories	CHILDREN Male & Female Competitions (Points & Medals) 0-5 Male & Female Social Entries (Medals Only) 0-5
Venue	Clifton Campus Sports Centre Trent University Clifton Lane Collage Drive Clifton Nottingham NG11 8NS **Location – 1st Floor Multi-Purpose Hall & Studio** WHAT THREE WORDS///year.stud.frogs
Car Parking	On-site Carparking available. There are 500 spaces onsite at no cost.
Catering	On-site Catering
Points	0-5 (Competition Entries Only) - 1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point
Medal Structure	Gold, Silver, Bronze.
Medal Ceremonies	At the end of the event
Attire and Equipment	Essential equipment will be provided during the event.
Results	The Sports Manager must ensure official results form is handed or e-mailed to the Event.
Rules	**Stacks** 0 – 5 1-2-1 Stack. Uses 12 cups. The stacker creates two piles of cups and then put the cups back into one pile. • Sport stacking is done with specially designed plastic cups, made to prevent sticking to one another and with holes in the bottom to allow air to pass through quickly when stacking. They are designed with ribs reinforcing a ledge inside to keep them slightly apart when nested, so they can be quickly separated. • All attempts will be timed by official time keepers. • Practice tables will be operational for 90 minutes only to allow individuals to practice prior to setting times. • Every competitor has 3 attempts at each stack with the fastest time going forward.

Pétanque	
Date	Sunday 4th August
Time	Registration: 09:30 – 10:00 Competition: 10:00 – 15:00
Categories	**ADULTS – Mixed Open Pairs** Mixed Open
Venue	Nottingham City Pétanque Club Valley Road Nottingham NG5 3HU WHAT THREE WORDS///pounds.sunset.mile
Car Parking	On site Car Parking available Car Park Entrance What Three Words///mint.faster.values
Catering	Catering available on site
Points	1st place – 3 points, 2nd place – 2 points, 3rd place – 1 point in each event
Medal Structure	Gold, Silver and Bronze medals will be awarded for each category. Bronze medals will be awarded to both losing semi-finalists.
Medal Ceremonies	Medals to be presented at the end of the event.
Attire and Equipment	Competitors must wear sports clothing and sports shoes. No open toed sandals should be worn. Competitors should provide their own pétanque balls where possible. A small number of balls are available at the Club.
Results	The Sports Manager must ensure official results form is handed to the Event Office
Rules/Format	Round Robin in the elimination rounds to semi-finals. Matches play first to 13 wins or the score at 40 minutes counts (may change according to entries) The Pétanque tournament will be played by the rules set by the International Pétanque Federation except as modified here in. (http://is.gd/petanquerules).