



National Association of Railway Clubs (Southern Region)

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Sports Council

Sport & Competition Rules

(Updated August 2005)

These are the rules for Competitions and Sports organised by the Regional Council Sports Council. They will apply to all Regional and Area Competitions and will be strictly adhered to.

All competitors, by entering these competitions, will be deemed to have accepted these rules.

The Sports Council shall be the sole authority for the interpretation of these rules.

Any dispute arising out of a competition or these rules must be conveyed to the official in charge of the competition as soon as the dispute has arisen. The Sports Council official appointed to that competition shall have the final say in any dispute. Protests or objections must be sent, in writing, to the General Secretary within 5 days of the event.

National Association of Railway Clubs (Southern Region)
Standard Regulations for Regional Competitions

1. Each Competition shall be called National Association of Railway Clubs (Southern Region) Competition.
2. In the case of challenge trophies, these shall be competed for annually and cannot won outright by any team or competitor. Trophies shall be held by the winner for one season and where possible placed in the Club they are a member of. Trophies shall be insured by the General Secretary, but the holders shall take every precaution to ensure the safe custody of those in their possession. Individual awards will be made to the winners and runners up respectively.
3. The Competitions shall be governed by the Regional Sports Council.
4. The Competition shall be confined to all members of The National Association of Railway Clubs (Southern Region). Dependants of a member, who are aged 14 years or over and under the age of 18 years, may also enter these competitions. No person under the age 14 years will be able to participate in these competitions. No player will be eligible to play until an entry form has been received. Players will not be allowed to play for more than one team in any one tournament.
5. Competitions shall be played on the date set by the Regional Sports Council. A draw shall be made, where necessary, on the day by the organiser designated by the Regional Sports Council.
6. Referees/Umpires shall be supplied by the Regional Sports Council where necessary.
7. In the event of any problem during a competition, it must be brought to the organisers attention immediately and before the commencement of the next round. Their decision shall be final. Should a protest need to be made it must be made in writing and sent, in duplicate, to the General Secretary within 5 days.
8. Any alterations or amendments to these standard regulations and the specific rules governing any Competition will be notified to all Clubs.
9. These competitions are open to ALL members of a Branch/Club affiliated to the National Association of Railway Clubs (Southern Region). All competitors must show, on demand, a current membership card of their Branch. In the case of persons under the age of 18 years (as per rule 4 above) who do not hold a Branch membership must be accompanied at all competitions by their official guardian who must be a member as per Rule 4 above. All entries must be submitted on the approved competition entry form and by the due closing date. Where a fee is payable it must accompany the entry form, cheques should be made payable to 'NARC(SR)'

Regional Sports Council

General Rules

Team Events

The number of competitors in a team shall not be altered from that advertised, i.e. a team of four shall comprise of a team of four, however;

A Branch may include **one** competitor from another Branch within their Area Council to make up their team numbers if they are unable to provide sufficient competitors from their own Branch.

Regional Finals

Where two or more different events are held at the same venue on the same day no competitor may participate in more than three competitions.

Note:

An event is the discipline, i.e. Darts, Pool, Snooker, Angling etc.

A competition is a definitive tournament, i.e. Darts Mens Team of Four, Mixed Pool Pairs, Snooker Individual, Angling Branch team etc.

Area Competitions

All Area competitions, such as Crip, Pool, Darts and Dominoes will be run over three heats (Three Area Councils). The three finalists from these heats together with the Winner(s) of the relevant competition the previous year will attend and compete in the Regional Finals. Should a 'team' need to replace a member, after the Area Final, then the replacement cannot have competed in the Area Finals.

Note: Each previous winner(s) must comprise of;

50% of the original competitors in Pairs and Fours.

66% of the original competitors in Threes.

In Individual events, should the original winner be unable to attend the original runner up may take their place.

Regional Sports Council

Bowls

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

The Competition shall be known as the NARC(SR) Bowls Triples Competition

The competition will be run under EBA & EWBA rules with the following exceptions/additions.

The competition shall be a one day open event comprising of Triples from Branches affiliated to the NARC(SR) at the time of the event. The Sports Council may restrict the number of entries per Branch or Area.

Each competition shall provide their own woods which must comply with EBA rules, and all other clothing, including wet weather dress, and equipment required to allow continuous play. Bowls shoes or over shoes are mandatory and competitors without these items will be banned from the competition. The dress code shall be whites

Format of the Competition

All Rounds, Semi Finals and Final will be played over seven ends. There will be no trial ends and the jack shall be set prior to the commencement of the first end of each Round/Semi Final/Final.

Points will awarded as follows;

2 points for a win

1 point for a draw

Where there are two or more entries on the same number of points the ends won will be counted to determine the winner of each group.

Only one shot will count on the first end of each Round/Semi Final/Final

Entries will be drawn into groups (max of six groups - four per group)

The first round will be run as a 'Round Robin' with each entry in that group playing one another.

The winners from each group will be drawn to play in the semi finals, this will be a straight knockout over 7 ends. The winners will proceed to the final (played over seven ends)

Regional Sports Council

Cribbage

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

Singles

1. Each hand shall be played with five cards.
2. The match shall consist of the best two of three games.
3. Each game shall consist of once round a cribbage board (61 points).
4. Each player shall discard two cards in the box.
5. Players will cut for deal at the commencement of the first game and the deal will continue to alternate in the following games. In the event of a third and deciding game being necessary, both players will again cut for deal.
6. The player losing the deal will peg three points
7. In the event of a misdeal, the cards shall be dealt again by the same player.
8. Each hand shall be concluded when the total of 31 or the nearest score is reached, no further cards will be played.
9. A game may not be won by going out on the turn of a Jack.

Regional Sports Council

Cribbage contd

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

Pairs

1. The "Five" card game will be played.
2. The match shall be decided by the best two of three games.
3. The pair scoring the most points will be the winner. A game shall consist of twice round a cribbage board (121 points)
4. All four players at each table will cut for deal at the commencement of the first game. The player cutting the lowest card (ace to count as low) will deal first, commencing with the player on their left. Subsequently, the player on the first dealers left will deal and so on in rotation until the end of the second game. In the event of a third and deciding game being necessary, all four players will again cut for deal. Prior to each deal, the dealer will shuffle the cards and they will be cut by the player on the dealers right.
5. After the box card has been laid out by each player, the player on the dealers left will cut the pack and the top card will be turned over as the "Start".
6. A game may not be won by going out on the turn of a Jack.

Regional Sports Council

Cribbage contd

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

Teams of Three

1. Each member of the team shall play each member of the opposing team making a total of nine matches.
2. The rules shall be the same as for the Singles Competition.
3. Each match shall consist of the best two of three games.
4. The result shall be decided by the total number of Matches won by each team and Not on the total number of games
5. The “Away” team shall move around at the end of each match.

Darts

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

Singles

1. Competitors shall have three darts each, and shall throw alternatively with his or her opponent. The right for first throw shall be decided on a toss of a coin. The 2nd game shall be started by the player who lost the toss of a coin. The 3rd leg will be decided on the toss of a coin. Where five legs are played the 3rd leg will be started by the player who started the 1st leg and the fourth leg will be started by the player who started the 2nd leg, the 5th leg will be decided upon the toss of a coin.
2. All matches shall consist of three “legs” each of 501, straight start and finish on a double with the exception of the Regional Final when the final match will be played over five legs
3. The exact number must be obtained, and if a player obtains more than the requisite number with any one of their three darts, the score shall not count. On the next throw a player shall throw for the original number required.
Example: If a player requires 6 and gets a 3 with their first dart and a 1 with the second, they obviously require double 1 to win. If however they score any other number with the third dart then the score shall not count and they revert back to 6.
4. A player is not bound to go for a double required but can obtain the number in their own way, provided that they obtain the exact number required and that they finish on a double which completes the exact number to constitute a game.
Note: 50 counts as double 25 and is a game shot.
5. If a dart falls out of the board before the score is recorded then it does not count. Only darts touching the board are counted when the score is announced. If a dart falls out after the score as been recorded it does count.
6. If a dart is resting on the top of another dart or darts, the point of such must be actually touching the board to score the number it is pointing at, otherwise it scores nothing.
7. Any protest regarding correctness of throw shall be made at the time, any dart which is thrown illegally shall constitute a foul and the dart forfeited, and any score made by the dart shall not count.
8. All darts thrown count as a throw, whether they stick in the board or not.
9. Players shall be permitted to use their own darts.
10. If a player desires to know the number required he/she may be told, but it is not permissible for the player to be informed how to obtain the score.
11. The Board shall be placed at a height of 5ft 8ins from the floor to the centre of the board. The throw line shall be 7ft 9¼ins from the board.

Regional Sports Council

Darts contd

12. Scorers shall be appointed by the organiser and by agreement by both players at the commencement of a match.
13. The Sports Council shall be umpire for the competition and their decision shall be final.

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

Pairs

1. The match shall consist of the best of three games of 601 for men with the exception of the Regional Final when the final match will be played over five legs and 501 for ladies and mixed pairs with the exception of the Regional Final when the final match will be played over five legs. All games will be a straight start and finish on a double.
2. All other rules the same as the individual.

Fours

1. Each team shall consist of four players who each shall have three darts each.
2. The match shall consist of the best of three games of 801 for men, 601 for ladies, with the exception of the Regional Final when the final match will be played over five legs. All games will be a straight start and finish on a double.
3. The teams order shall be displayed before the start of the game. This order must be adhered to during the whole game. After each leg the team starts in the same order.
4. All other rules the same as the individual.

Regional Sports Council

Dominoes

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

10. All games will be played as Five's and Three's (Double six pack)
2. Dead Hole to be pegged in all legs.
3. Players cannot go out on the down.
4. Each set of dominoes must be checked before play commences. If a fault is found after play has commenced then the game will continue until the end of the hand, after which a the pack can be changed. The result of any previous legs won with the faulty pack will stand.
5. Players must not seek guidance from spectators or be told which domino they must lay. Players in breach of this rule will be expelled from the competition.
6. Before every game, the players shuffle or mix the dominoes with the pips facing the table. The players hands may not stay on the same domino while shuffling.

Regional Sports Council

Dominoes contd

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

Singles

1. Each hand shall be played with 7 dominoes.
2. The match shall consist of the best two of three games.
3. Each game shall consist of once round a cribbage board (61 points).
4. The game begins with the dominoes being shuffled by either of the competitors. Each player will choose a domino the one with the lowest number of pips will begin the game.
5. If a player does not pick up the correct number of dominoes and play has commenced that player will go back 8 holes, if 8 holes have not been pegged then the opponent will move forward 8 holes. Play will cease and a reshuffle takes place with the same player who downed previously downing again.
6. It is the mutual responsibility of each player to know whose down it is. There is no penalty for playing out of turn.
7. If a player lays a domino that will not go either end the player will go back 8 holes, if 8 holes have not been pegged then the opponent will move forward 8 holes. the offending domino will be removed from play and placed face up in the pack. Play will continue with the offender losing a turn. To play a domino a player must position his domino at either end and release it. Accidentally dropping a domino does not constitute a domino being played. If the wrong domino is laid, not noticed and play has continued, the game will proceed with no penalty.
8. If a player plays a domino that will not go at one end, but will go at the other then he will be allowed to reverse.
9. If a player cannot go either end then he must physically “knock” the table. If a player “knocks” and then realises that he can go before the next player has laid then he will go back 8 holes and any score that he would have made will not count. All dominoes not played shall be shown at the end of each hand and if a player is found to hold a domino which could have been played when he knocked then that leg will be awarded to his opponent.
10. If stalemate occurs after hand completed then no score for lowest domino or last domino laid (unless it is a scoring domino).
11. If by accident a domino is exposed during the course of the pick up, a reshuffle will take place with the same player downing a gain.

Regional Sports Council

Dominoes contd

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

Pairs

The pairs game will be the same as the singles except with the following ;-

1. Each hand shall be played with 6 dominoes.
2. Each game shall consist of twice round a cribbage board (121 points).
3. The player on the left of the player who shuffles takes their dominoes first, the player on their left takes their dominoes next etc.

Regional Sports Council

Fishing -Freshwater

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

The swims will be zoned into 4 areas. (Amount per Area will depend on total amount of pegs). Team captains will then be required to select one envelope which will contain 4 score cards with a peg number in each zone and one registration slip.

Each slip should be completed immediately and returned to the steward in charge before leaving the registration point. Once all the captains have selected envelopes the individual competitors will be required to draw a card with a peg number on.

The competition will be run on a points basis. The competitor with the highest weight will score one point, next highest two points, etc. The lowest weight will score the highest points.

The Competition winner will be the person/team with the lowest points.

The method of starting the competition will be announced on arrival.

Conduct

1. On arrival all competitors must report to the steward in charge.
2. Once the swims have been drawn the competitors may proceed to their swim and fix up tackle. If permitted at the venue, ground bait may be prepared.
3. Competitors can position keep nets, plumb the depth and mix ground bait. They must not feed the swim before the start of the competition.
4. Anglers must fish at the pegs and not between them, which means that the angler shall be allowed to stand or sit at a position not more than one meter on either side of the peg.
5. An angler moving the position of their peg without previous consent of a steward will be disqualified
6. An angler vacating a swim must not compete elsewhere in the competition.
7. No angler shall allow their float to travel into the next anglers swim.

Fish

8. All fish to be shown on the request of the steward who shall register on the weigh-in card. A fish landed after the call of time to cease fishing shall be eligible for weighing in if hooked during the match.
9. Every competitor must land their own fish with the exception of those who have a physical disability, who at the discretion of the steward may receive assistance.
10. All litter must be cleared from around the pegged positions before the weigh-in commences.
11. The weigh-in will be made at the pegs, all nets must be shown at each weigh-in.
12. All fish may be weighed-in with the exception of minnows, pike and any restricted by local bye laws.

Regional Sports Council

Fishing -Freshwater contd

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

Rod and Line

13. Anglers shall have in use one rod or pole, one line and hook at one time, but may have another rod or pole and tackle set up provided it is not baited.
14. No live baiting, spinning, fly fishing or raking (except for the purpose of clearing the swim) permitted.
15. Keep nets must be used.

Regional Sports Council

Golf

The Competition shall be subject to the sports Councils Standard Competition Regulations And the following special rules:-

1. The Competition shall be open to all members of the NARC (SR).
2. Playing handicap must be declared registering for the Competition.
3. The competition will be played over as many holes, and at a time and location, as decided by the Sports Council.
4. The format on the competition day will be Stapleford.
5. Full handicap allowance for the competition will be allowed to those competitors with a handicap of 18 and below. Those players with a handicap above 18 are welcome to enter the competition, but for the duration of the competition will be restricted to a maximum 18 handicap.
6. Proof of handicap may be requested at any time before, during or after the competition. Any player unable to produce a valid club/society handicap certificate may be disqualified
7. The winner will be the player with the most Stapleford points scored during the duration of the competition. In the event of a tie a count back over the back 18 - 9 - 6 - 3 - 1 holes will decide the winner, if this does not produce a winner the lowest gross score will be declared the winner.
8. All players must adhere to the golf Rules of the Royal and Ancient Golf Club of St Andrews and any local rules that apply on the competition course. The breaking of these rules will result in disqualification.
9. The Sports Council will elect a committee for the duration of the competition.
10. The Committee's decision is final.

Regional Sports Council

Darts Southern Goodwill

The Competition shall be subject to the sports Councils Standard Competition Regulations And the following special rules:-

Rules

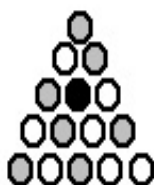
1. Teams shall consist of 6 players, 3 men & 3 women plus a chalker
2. The competition shall be played on a round robin style.
3. All games shall be of three legs, straight start & finish on double.
4. The right for first throw shall be decided on a toss of a coin. The 2nd game shall be started by the player who lost the toss of a coin. The 3rd leg will be decided on the toss of a coin.
5. The exact number must be obtained and if a player obtains more then the score shall not count. On the next throw the player shall throw for the original number required.
6. Mens singles will be 601
Ladies singles will be 501
Mixed pairs will be 501
Mens threes will be 801
Ladies threes will be 601

Regional Sports Council

POOL

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

1. It should be understood that the referee is the sole Judge of the game.
2. The balls are racked as shown.



3. During the break, an object ball must be pocketed, or at least two balls must hit any cushion - failure to do so is a foul break leading to a re-rack. The opposing player starts with two visits.
4. In any instance the "Black Ball" is pocketed off the break there will be a re-rack with no penalty to the same player.
5. The first time a player legally pots an object ball, even after a foul, determines the players group, unless one of each colour pockets, then the player must nominate.
6. If a player commits a foul off the break and pockets one or more object balls these are ignored.

FOULS

7. Cue ball pockets
8. Hitting opponents Ball (except after a foul)
9. Failing to hit an object ball
10. Jump shot (when the cue ball jumps over any part of the ball before making contact with a ball)
11. Hitting the "Black Ball" before you should (except after a foul)
12. Potting an opponents ball

Regional Sports Council

POOL contd

13. Any ball off the table (ball must be returned to the black spot or as near as possible)
14. If a player's clothes or any part of their body touches the ball during the game.
15. Player must have at least one foot on the floor.
16. Player touching an object ball with cue.
17. Striking the cue ball with any part of the cue, except for the tip
18. Playing out of turn
19. Playing before all balls have stopped or have been respotted.
20. Hitting the cue ball more than once.
21. Push shot
22. Failing to nominate when required.
23. Foul break.

Penalty Following Any Foul

24. The opposing player receives two visits.
25. If the cue ball has not been pocketed, the player has a choice of playing, his first shot from where the white ball lies or moving it to behind the baulk line.
Players are advised to ask the referee to hand the ball to them

Loss Of The Game

26. If a player pockets the black ball before their 7 colours.
27. A player committing a foul whilst pocketing the black.
28. A player clearly not making any attempt to hit their own ball.

Regional Sports Council

POOL contd

Other Rules

29. If the ball is a “touching ball”. The player must play away.
30. The player is in control of the table once their body, clothes or cue touches the table until the opponent does likewise. Therefore any foul that happens during this time that player will receive all the benefits or punishments.

Stalemate

31. If the situation arises when a legal shot is impossible to play then there will be a re-rack.
32. If in the opinion of the Umpire there has been there has been no progress in an attempt to pot a ball and it is unlikely to be any then there will be a re-rack.
33. **COACHING IS DEEMED TO BE UNSPORTING BEHAVIOUR AND WILL BE DEALT WITH BY THE REFEREE IF HE SEES FIT.**

Pairs

34. There shall be a maximum time limit of two (2) minutes between opponents visiting the table. The penalty for exceeding this time limit shall be to miss your turn at the table.

Matches

35. Each match shall consist of the best of two out of three frames.

Individual Events

36. Individual events will consist of;
 - Single = a single person of either sex
 - Pairs = a team of two players of the same sex
 - Mixed Pairs = a team of two players, one of each sex

WORLD EIGHT-BALL POOL FEDERATION

CONDENSED RULES FOR USE IN 8 BALL POOL LEAGUES

1. The Spirit of the Game

It is expected that players will always play the game in the true spirit and in a sporting manner. The referee will take whatever action is necessary to ensure that the spirit and rules of the game are observed. The Referee's decision is final. Out of respect for the pool table and the people who own it, please do not smoke whilst at the table. If you do smoke at the table, this is not a foul but an ear bending from the landlord and/or the other players will be coming your way. If you wish to leave your chalk on the table during your visit you may do so, but please remove it when your visit is over.

2. The Break

The object balls are racked with the Eight-Ball on the Spot. In the absence of any competition / tournament rules to the contrary, a coin will be tossed to determine which player will break. If a series of frames are to be played (A Match), break of each subsequent frame will alternate.

The Break will be deemed a "Fair Break" if:-

At least one Colour is potted, and/or four Object Balls (at least) are driven to a cushion.

3. Foul Breaks

If the cue ball is potted from the break, a foul is called and the Oncoming player receives ONE shot. If the cue ball comes to rest anywhere but the playing surface after the break, a foul is called and the oncoming player receives TWO shots.

4. Deciding Colours

If you pot a colour or colours from the break, you can then nominate which colour you wish to be. If you nominate a colour that you potted from the break, you stay that colour no matter what. If you nominate a colour that you didn't pot from the break you must pot that colour on your next shot in order to stay that colour.

If nothing is potted, the oncoming player can go for either colour without nomination. If a ball is potted they stay that colour for the rest of the frame. If one or more colours are potted they must then nominate.

5. Time Allowed (This rule will only be enforced during the quarter finals or above in the competitions)

A player has a maximum of sixty seconds to play each shot. The Referee will start timing when all balls have come to rest from the previous shot. If the first thirty seconds elapses before a shot is played, the referee will call "Thirty Seconds Remaining" as a warning to the player. This call must be made the instant the thirty seconds has expired. A Referee should not postpone the call because it appears that the player is about to play a shot. If a shot is not played within sixty seconds it is a Foul and the oncoming player is awarded two visits from where the Cue Ball lies, OR, if the player wishes from Baulk.

6. Push Shots and Double Hits

Definitions: Most shots commonly known as "Push Shots" in the game of "Snooker" are allowed in the game of Eight-Ball Pool. Generally, any shot played with speed will not be deemed to be a Push Shot. If you are in a touching ball situation you must play away. If you play into a touching ball it will be deemed a foul and TWO shots away

7. Snookers

A player cannot be snookered on an Object Ball if the Cue Ball is touching that Object Ball.

A player cannot be snookered by the straight sections of the cushions. If a straight section of a cushion is preventing the finest possible cut on the side of an Object Ball, that section of cushion will be deemed not to exist for the purposes of determining Snooker on that Object Ball.

8. Total Snookers

Definition: A player is in a Total Snooker when it is impossible to play any part of any of the player's own Colour by way of a "straight line" shot. Leaving an opponent in Total Snooker is not a foul. If a player believes that Total Snooker exists, the player may ask the referee for a ruling.

If the referee rules that Total Snooker exists, you must still hit one or more of your colours but you don't need to hit a cushion afterwards. If you don't hit one or more of your colours, TWO shots are awarded to your opponent.

9. Fouls

All fouls carry the penalty of TWO shots away, except if the white is potted from the break, this is a foul and ONE shot away. If an object ball is touching a cushion you must make sure that the cue ball or another ball hits a cushion after impact with the object ball, failure to do so would be TWO shots away. If the object ball is very close to the cushion ask the referee to confirm that it is not touching the cushion before you take your shot.

10. Foul Snookers

Definition: When an opponent plays a foul shot and this results in the incoming player not being able to see both sides of at least one of their colours. If a player believes that Foul Snooker exists, the player may ask the referee for a ruling. If the referee rules that a foul snooker exists, the player initially has the following options:-

Play the Cue Ball from where it lies. If the player chooses to play the Cue Ball from where it lies, the player may, if they wish to, nominate the Eight Ball but potting it would result in loss of frame, or choose one of the opponent's colours by nominating a particular ball by pointing at it. The Referee may ask for further information if any doubt exists as to which ball has been nominated. Once nominated, a ball is deemed to "become one" of the player's Colour for the first shot of the first visit. The player may then play any of the player's own Colour or the nominated ball. If any of the player's Colours and/or the nominated ball are potted, the player continues with the first visit.

You can also ask the referee to remove the Cue Ball so as to allow the player to play from Baulk. You still get TWO shots if the cue ball is moved to Baulk (behind the line). If you still can't see both sides of at least one of your colours after the cue ball has been moved to Baulk you can again nominate another ball. Still TWO shots.

If a player is "On" the Eight Ball and Foul Snookered:- the player may play a nominated ball or the Eight Ball and pot either or both of these balls, directly or indirectly, in any pocket or pockets. If neither the Eight Ball or the nominated ball is potted, the player's first visit is complete. If the nominated ball is potted and the Eight Ball is not, the player continues is potted, the player's first visit is complete. If the nominated ball is potted and the Eight Ball is not, the player continues with the first visit. If the nominated ball and the Eight Ball are ported, the player wins the frame. If the Eight Ball is potted and the nominated ball is not, the player wins the frame.

11. Foul Jaw Snookers.

If an opponent fouls and the Cue Ball comes to rest on or near a Jaw (curved part of a cushion), and that jaw is preventing the player from playing the finest cut possible on both sides of any of that player's own colour by way of a "straight line shot", the player is deemed to be Foul Snookered and all the rules pertaining to a Foul Jaw Snooker will apply.

12. Balls Falling Without Being Hit

If one or more of your opponents colours fall into a pocket or pockets during your visit without being hit, it becomes end of visit and your opponent has ONE shot.

If one of your own Colour falls without being hit you are deemed to have potted that ball and continue with that visit. If the eight ball or the cue ball falls at any time without being hit, it is replaced as near as possible to its original position and you continue with your visit.

13. Impossible-Shot

A situation may arise during a frame where it is impossible for a player to play a shot without fouling. In such a situation the player has no other option but to commit a foul.

Regional Sports Council

Superclub Competition

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

Rules for Finals

The Competition shall be open to all member Clubs of the N.A.R.C. (Southern Region)

A team must consist of only registered members of the Club they represent.

A Club team shall consist of six persons, each competing in an individual sport. These sports shall be,

Darts Ladies Singles; Darts Mens Singles

Pool Ladies Singles: Pool Mens Singles

Cribbage & Dominoes (either sex)

Each Competitor shall play three games against the opposing team's representative in his/her particular sport.

Each game won shall be awarded one point. The total point score of all six members of a Club team shall determine the winner.

Should two teams tie with an equal number of points, the lady and man dart players of those teams shall play an additional matches a mixed pair to determine the result.

All dart matches shall be straight in , double out.

The Ladies singles 501; Mens singles 501: Tie break 501

Regional Sports Council

Snooker

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

1. The match shall be played in accordance with the standard rules of the game.
2. Each match shall consist of the best two out of three frames for qualifying rounds the final shall be the best three of five games.
3. A marker & umpire shall be appointed by the organiser.

Football - Small Side (5 aside)

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

1. The Laws of the game of Association Football shall apply with the exception of, Law 1. (size of the pitch), Law 3. (number of players), Law 7. (duration of the game) and Law 11. (offside).
2. The Competition shall be registered with the Football Association so that any cautions and sendings off will be reported to them.
3. Six players may be nominated from which five shall be chosen to form a team.
4. The game shall be played by a team of five, one who shall be a goalkeeper. A match shall be considered invalid if there are fewer than four players on either side.
5. Any player sent off during a game shall take no further part in the rest of the Competition.
6. The total number of entries in the Competition will be divided into as many leagues as the Tournament Committee shall deem necessary for the efficient working of the competition. The winner shall go forward to a knockout competition.
7. Each team in the league shall play the others in that league on the basis of 2 points for a win and 1 point for a draw. The winners of each group will be the team with the highest total of points. In the event of teams being equal on points then goal difference will decide the winner. (GD = GF - GA). In the event of goal difference being equal then goal average shall decide the winner. (GA = GF / Games played).
In the event of both teams still equal then penalties shall decide the winner. Three each then sudden death.
8. All matches shall be 10 min duration, each of two equal halves of 5 min each way. The semi-finals will be 15 min duration, each of two equal halves of 7.5 min each way. The final shall be 20 min duration, each of two equal halves of 10 min each way. Should teams be equal in the knockout Competition after full time then extra time shall be played. 3 min total and 5 min for the final. If teams are still equal then penalties shall decide the winner. Three each then sudden death.
9. The Knockout Competition will be organised on the day and teams will be notified before play commences.

Regional Sports Council

Football - Small Side (5 aside) contd

10. No centre circle will be marked on the pitch. At kick off all the players of the opposing team must stand a minimum of 3 yards from the centre spot.
11. In the event of two teams being drawn against each other having similar colours then the first team mentioned in the draw shall change.
12. There shall be no off-side.
13. A goal kick shall be taken from the goal line, left or right of the goal according to where the ball passes out of play.
14. The goalkeeper shall not handle the ball except in the penalty area. The free kick must be taken from where the offence occurred.
15. The goalkeeper shall throw the ball into play at all times except as in Rule 13. Breach of this rule results in an indirect free kick where the offence takes place.
16. Shin pads must be worn by all players. Failure to do so will mean the player will not be able to participate in the game.
17. A referee shall be appointed to each game. His decision shall be final on all points of play. The referee shall report his results to the competition organiser.
18. A competitor may only play one team for which he is nominated before the start of the days play.
19. The Tournaments Committee shall appoint an organiser to run the competition and his decision shall be final regarding any problems throughout the tournament, subject to the right of Appeal to the Sussex County FA
Any complaints regarding the running or the organisation of the competition must be put in writing to the general Secretary of the N.A.R.C. within 10 days of the date of the tournament.

Regional Sports Council

Football - Small Side (5 aside) contd

20. Depending on how the pitch is marked out then either rule 20a or 20b will be enforced.
- 20a (i) The penalty/goal area extended from touch line to touch line.
- (ii) The goalkeeper may leave his area to kick the ball.
- (iii) All players are allowed into the penalty area.
- 20b (i) The goal area marked as a semi-circle.
- (ii) The goalkeeper shall not leave his area.
- (iii) No other player is allowed into the goal area.
- (iv) If a defender enters the goal area then a penalty shall be given.

Regional Sports Council

Football - Small Side (6 aside)

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the majority of the rules for the Small Side (5 aside) competitions, exceptions shall be;-

3. Eight players may be nominated from which six shall be chosen to form a team.
4. The game shall be played by a team of six, one who shall be a goalkeeper. A match shall be considered invalid if there are fewer than five players on either side.

The pitch size will be that generally used for 6 a side competitions and various other pitch variations may be made.

Regional Sports Council

Whist Drive (pairs)

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

Normal Whist rules apply i.e. pair play pair, one hand(round), Max. 13 tricks per hand

Number of tables = 50% of entries i.e. 24 pairs = 12 tables numbered 1 - 12

If an odd number of entries an extra table is included i.e. 25 pairs = 13 tables numbered 1 - 13

A draw is made to ensure that there are two pairs at each table, an odd pair will sit out on the last table i.e. 13.

There will be a total of 24 Round (hands) only

Each round = one hand of whist. On each round trumps will be declared on a rotation basis, Hearts, Clubs, Diamonds and Spades. At the start of each round each pair will cut the pack, the pair with the highest card (ace high) will deal. All thirteen cards will be dealt and all tricks played (maximum of 13 per hand (round))

After each hand tricks are recorded on a sheet, the pair with the least number of tricks moves to the next table in rotation i.e. losing pair from table one moves to table two. (If an odd pair is included the losers from table 12 move to table 13, they sit out that round and the pair on table 13 move to table one)

(After 12 hands (rounds) a break may be held for lunch.)

After 24 hands the pair with the most tricks will be deemed the winners. If two or more pairs have an equal number of tricks the winner will be the pair who have won the most hands (rounds)

Regional Sports Council

Whist

The Competition shall be subject to the Sport Councils Standard Competition Regulations and the following special rules:-

Team of Six

1. Teams shall consist of six players.
2. Teams shall be split into pairs, each home pair to play each of the three pairs in the visiting team for one game.
3. A match shall consist of nine games, the result shall be decided on games and not points. Nine tricks constitute a game, that is then book of six tricks must be made before anything is counted, and then the number of tricks over the book of six must be entered on the score card until one side or the other obtains nine. Every game must start with a fresh deal.
4. All four players will cut for deal. The player with the lowest card (ace low) will deal first, commencing with the player on his left. Subsequently, the player on the first dealers left will deal and so on in rotation. Trumps for the first hand shall be hearts followed by clubs, diamonds and spades and rotating in this order thereafter. It will be permissible to use a trump indicator.
5. In the case of a revoke the opponents may, at the end of the hand, add three tricks to their own score. In all cases the hand to be completed. The revoking side cannot score.
6. A player is justified in looking back two tricks. In the event of a misdeal, the cards shall be dealt again by the same person. Only one pack of cards to be used on each table during a match.
7. In the event of a player becoming indisposed during the progress of a match, and not being able to continue, a reserve player shall immediately be permitted to take the place of the indisposed player for the remainder of the match.
8. The score cards must be used on each table and kept for the organiser at the end of the game.
9. In the event of a dispute during a match then the captains are to be consulted.

Regional Sports Council

Regional Beach Fishing

1. The competition shall be fished under N.F.S.A. rules.
2. All competitors must report to the official in charge, with their tackle, before taking up fishing positions.
3. Any limitations as to the fishing area will be announced on the day.
- 4(a) Only one rod and set of terminal tackle may be in use at any one time with not more than three hooks attached to the terminal tackle. (For the purpose of this rule, a treble hook, i.e. One having three points and barbs, shall count as one hook.)
- 4(b) A second set of baited tackle may be used to change traces after each retrieval from the water.
- 4(c) A competitor may have a reserve rod, but this must not be assembled in any way unless the other rod is disabled or has previously been dismantled.
5. All competitors must land their own fish without assistance, but once landed the fish may be removed from the hook by another person.
6. Time of weigh-in will be announced before fishing commences. Any competitor attending the weigh-in more than fifteen minutes after the time set shall be disqualified.
7. In the event of the weigh-in being equal, the quantity of fish will decide the placing, i.e. the most caught.
8. Minimum fish sizes must be strictly adhered to and will be issued on the day.

Regional Sports Council

6 a side Cricket

1. The rules of Cricket, except as amended below, will apply.
2. Each Team will comprise of 6 players
3. Each player, other than the wicket keeper, will bowl one over each, each match shall consist of five overs.
4. In the event of injury, if the injured player has not bowled or completed his over then the batting side may nominate who will bowl for the injured player. Such nominee shall also bowl his over. The wicket keeper cannot be nominated to bowl. A substitute may field and also bat if the injured player has not already done so.
5. The winner will be the side scoring the greater number of runs. If scores are tied, the team losing the least number of wickets wins. If this does not produce a result the match will be deemed a tie.
6. All games will be on a knockout basis, in the event of a tie the game will be decided on the team with the least wickets fallen. If still a tie the match will be decided on run rate per over.
7. Any batsman who scores 25 runs must retire unless he is part of a last wicket partnership. He may also return to bat at the fall of the last wicket.
8. Once five wickets have fallen the innings is closed leaving the undefeated batsman not out.
9. Wides will be signalled as defined in the laws of the game and also when the ball rises above the batsman's shoulder or in the umpires opinion delivered unfairly, applying the standards currently in use in first class one day games.
10. The umpires may consult but their decision will be final.
11. In the event of bad weather or any reason which shortens the time available for play then the number of overs in any match may be reduced at the discretion of the organisers in order to complete the tournament.

General Rules

Each team shall provide their equipment with the balls being provided by the organisers.

Cricket Whites should be worn or team colour co-ordinates as agreed by the organisers.

Two pitches will generally be used side by side with two wickets on each pitch.

The competition will be run on a round robin basis.