

LEEDS
SCHOOLS' ATHLETIC ASSOCIATION.

●

GIRLS'
TEAM GAMES

for
DISTRICT and FINAL
SPORTS

●

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Leeds 9

MARKING OF THE GROUND.

A — * — A

B — * — B

F
○
C — * — C
○
E

○
G

D — * — D

Leeds Schools' Athletic Association.

GIRLS' TEAM GAMES

for

District and Final Sports

Number of girls in team 10, and 2 extra girls for holding apparatus.

Each team will play 5 games consecutively.

Total Apparatus required for each Team.

- 10 Tennis Balls (or Hand Balls).
- 2 Regulation Skipping Ropes (9 ft. 9 ins. long).
- 1 Football.
- 2 Bean Bags.
- 1 Skittle.
- 2 Shinty Sticks.
- 1 Cane or Stick (3 ft. long).
- 1 Braid.

The Leader No. 1 **must** wear a **Distinctive** colour.

Games.

1. Bean Bag Race.
2. Bounce and Dribble Relay.
3. Pass-ball Relay.
4. Shinty Race.
5. Pat Bounce.
6. Skipping.
7. Target.
8. Braid and Stick Relay.

Marking of the Ground.

Four parallel lines A, B, C and D, 8 ft. long.

Distance A—B is 9 ft. }
B—C is 9 ft. } Length of Pitch A—D is 50 ft.
C—D is 32 ft. }

In front centre of line C is circle E—2 ft. in diameter.

Behind centre of line C is circle F—18 ins. in diameter.

Midway between centre of lines C and D is circle G, also 18 ins. in diameter. Skittle is placed in centre of line D.

Score.

- 3 points for the first place in each game.
- 2 points for the second place in each game.
- 1 point for the third place in each game.

The team scoring the highest number of points is to be declared the winner. The winning school of each District will compete at the Central Sports.

MARKING OF THE GROUND.

A — * — A

B — * — B

F
○
C — * — C
○
E

○
G

D — * — D

1. Bean Bag Race.

Apparatus : 2 Bean Bags, one placed in circle F, other in circle G.

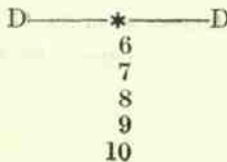
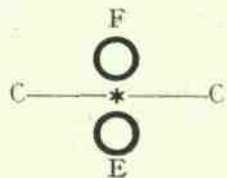
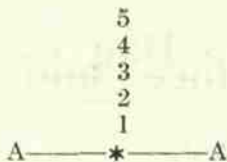
The team is divided into halves, Nos. 1 to 5 standing behind Line A, and Nos. 6 to 10 standing in front of Line D.

On signal No.1 runs to Circle F and picks up Bean Bag, runs on to Circle G and picks up second Bean Bag. She then runs on to No. 6, hands her the Bags and then runs behind No. 10. No. 6 now runs forward with Bean Bags and places first in Circle G, and the other in Circle F and runs behind No. 5. As No. 6 passes over line A, No. 2 starts.

If the bag is not in the circle, the runner must return and replace it.

The game is finished when No. 10 has replaced Bean Bags and crossed line A, touching No. 6, who holds up her hand.

GAME 1.



2. Bounce and Dribble Relay.

Apparatus: 1 Football and Skittle in centre of Line D.

Girls are arranged behind centre of Line A, as in diagram, and No. 1. has football.

On signal, No. 1 runs forward and before reaching Skittle, bounces the Football three times in front of her and catches it again as she proceeds down the pitch. Immediately she has passed round the skittle in centre of Line D, she places the Ball behind Line D and dribbles back with foot past Line A, where she **picks** up the Ball and **hands** it to No. 2.

When dribbling, ball to be kept within 2 yards of foot.

The game is finished when No. 10 has given the Ball back to No. 1, and the latter holds it above her head.

GAME 2.

10
9
8
7
6
5
4
3
2
1



Skittle

3. Pass-Ball Relay.

Apparatus : 1 Football.

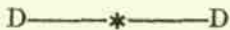
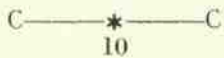
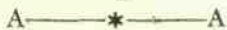
No. 10 stands with ball in front of line C, Nos. 1 to 9 stand in file behind Line A.

On signal No. 10 throws the Ball to No. 1, who returns it, then runs behind No. 9, No. 2 having moved up to Line A now receives pass from No. 10 and returning the ball, runs to the end of the file. The game proceeds in this way until No. 9 at Line A receives the pass. She then runs in front of Line C and becomes the principal thrower, while No. 10 runs to the back of the file. Nos. 8, 7, 6, 5, 4, 3, 2 and 1, each become principal thrower in this way.

The game ends when No. 10 having received the Ball from No. 1, runs back over Line C.

GAME 3.

9
8
7
6
5
4
3
2
1



4. Shinty Dribbling.

Apparatus : Handball, 2 Shinty Sticks and 1 Skittle in centre of Circle G.

Team arranged behind Line A, Nos. 1 and 2 holding Shinty Sticks. No. 1 has Ball beside her behind Line A.

On signal, No. 1 dribbles the Ball down the field round the Skittle in Circle G and straight back past Line A, where she passes Ball to No. 2 and then hands her stick to No. 3—the Ball to be kept within 2 yards of Stick.

The game is finished when No. 10 has passed over Line A, and running to the back of the Line, stands and holds the stick over her head.

GAME 4.

10

9

8

7

6

5

4

3

2

1

A — * — A

B — * — B

C — * — C



G * Skittle

D — * — D

5. Pat Bounce Relay.

Apparatus : Each girl has a Handball and Skittle is placed in centre of Line D.

Team is arranged behind Line A as in diagram.

On signal, No. 1 runs forward pat-bouncing round the Skittle and behind the Skittle changes to bouncing on hand during the return journey. There must be no holding the Ball, except at the turn. When No. 1 has passed over line A, No. 2 sets off.

The game is finished when No. 10 has passed over Line A, running to the back of the Line, holds up her Ball.

GAME 5.

10
9
8
7
6
5
4
3
2
1

A — * — A

B — * — B

C — * — C

D — * — D
Skittle

6. Skipping Relay.

Apparatus : 2 Regulation Skipping Ropes 9 ft. 9 ins. long, and Skittle in centre of Line D.

Players are arranged in pairs and at their right hand of Line A, first and second couples each holding a rope.

On signal, the first couple skip down the pitch, passing to the **right**, round the Skittle and back to Line A. The second couple start when the first couple has passed over Line A. No couple must run without skipping.

The game is finished when the fifth couple has passed over Line A.

GAME 6.

10 9
8 7
6 5
4 3
2 1

A — * — A

B — * — B

C — * — C

D — * — D
Skittle

7. Target Relay.

Apparatus : 1 Hand Ball and a Skittle in front in circle E—*i.e.*, 20 ft. from player.

Players are arranged behind the centre of Line A as in diagram and two fielders in front and near circle E.

On signal, No. 1 who holds the Ball aims at the Skittle with an **over**-arm throw. If the ball hits the Skittle, the thrower scores two points, if it hits inside the circle she scores one point. The Ball is fielded by the helpers. No. 1 runs across and the fielder hands the ball to her. No. 1 passes round the Skittle and she returns and gives the Ball to No. 2.

The game is finished when No. 10 has passed over Line A and given the Ball to No. 1, who holds it up.

GAME 7.

10
9
8
7
6
5
4
3
2
1

A — * — A

B — * — B

E
C — * — C



* Skittle

* *
Fielders

D — * — D

8. Braid and Stick Relay.

Apparatus : 1 Braid, 1 Cane or Stick 3 ft. long, 1 Skittle. 2 extra girls are required.

Positions for Play : No. 1 stands behind Line A, holding the Braid, with all other players in file behind her. The two extra girls kneel down in half-kneel standing position, the stationary leg being at right angles to the thigh, on either side of circle G about $2\frac{1}{2}$ ft. apart with cane resting on the stationary knee. The helpers may keep the stick in position by placing one finger very lightly on the end. The Skittle is placed in the centre of Line D.

On signal, No. 1 runs and jumps over the Cane, round the Skittle, returning over the Cane to Line A, handing the braid to No. 2, who has moved up. No. 1 then runs to the end of the file. Immediately No. 2 has received the Braid, she repeats this procedure.

The game is finished when No. 1 receives the Braid from No. 10 and holds it above her head.

Note : If knocked down, the cane may be replaced by the supports, but the player must jump again over the Stick.

GAME 8.

