

**Mission Statement**  
**The Interschools' Sports Association (ISSA)**  
(for results click [here](#))

**1. Aim**

The primary goal of the ISSA is to facilitate the organisation of sports events between a group of Cork primary schools. The ISSA organises sports events in which teams of member schools meet and compete in a **fun and fair environment**.

**Participation of school teams is emphasised over competition.**

School teams play friendly matches, tournaments and competitions under the **approved rules** of the ISSA. Sports events are organised each of the below disciplines:

1. Hockey: friendly matches, tournament, blitz
2. Soccer tournament
3. Tag Rugby tournament
4. Swimming gala
5. Athletics.

**2. Members**

The ISSA currently consists of Church of Ireland, multi-denominational and Educate Together primary schools in Co. Cork.

1. Cork Educate Together NS, Cork
2. Rockboro Primary School, Cork
3. St Fin Barre's NS, Cork
4. St John the Baptist NS, Midleton
5. St Luke's, Douglas
6. St Luke's, Montenotte
7. St Mary's, Carrigaline
8. St Michael's, Blackrock
9. St Multose, Kinsale
10. South Abbey, Youghal
11. Templebreedy NS, Crosshaven

**3. Structure**

Delegates of the schools attend four meetings per year in the Canon Packham Hall, Douglas. The meeting organises future events and evaluates past events with the view to improvement. The ISSA values democratic principles and aims to be transparent regarding their work and communications.

The ISSA developed a set of rules for each discipline in order to achieve fun and fairness. From time to time these rules need to be adjusted which happens following debate at an ISSA meeting. The changes are then documented in ISSA minutes and the new rules are communicated to each school. The rules are available to any school, parent or referee. The AGM is held every October. The following three offices are rotated after a 2 year term.

**Chairperson**

The chairperson calls the meetings of the association, invites topics to be brought onto the agenda and chairs the meetings. He or she liaises with the Secretary regarding accuracies of

decisions, procedures and minutes. In conjunction with the Secretary smaller working groups are created to address a particular task.

### Secretary

The Secretary co-chairs the meeting. He or she keeps all ISSA records, updates the contact/email list, presents the minutes and gives input into meetings and supports the work of the Chair and the Treasurer.

### Treasurer

The treasurer provides the ISSA with an annual financial report. He or she pays bills, updates insurance and organizes medals and trophies. He or she will give an indication if the fees are adequate to cover the costs of the events, i.e. booking locations, ambulance.

### Delegates

The principal of each school decides on sending their own delegates, depending on size of the school and participation in a number of sports. It is possible for a school to send one sport representative per sport. Each school needs to nominate a main contact. Often delegates double-task. Delegates can be teachers, parents or coaches of that school.

The main contact attends the ISSA meetings and liaises with the respective principal regarding organising the sport events, booking participation and matters arising to be brought to the ISSA meetings.

Sport representatives can also attend meetings and contribute to developing the ISSA. It is advisable for sport representatives to coordinate with their own main contact before addressing the principal, representatives from other schools.

## **4. Documents**

The ISSA keeps minutes of each meeting and circulates these to the participating schools. After each meeting the contact list is updated and circulated. The ISSA produces a set of rules for each sport discipline. These rules, a calendar of events and the results of the sport events will be published on Google Docs. It is the responsibility of participating schools to provide a link on their website to the ISSA Google Docs. This way referees and participants can access the most recent version of rules. The aim of using Google Docs is to ensure decisions and results of the ISSA are more transparent.

## **5. Safety**

Training for ISSA sports events is insured by individual school policies. All ISSA sport events then are insured by ISSA insurance which is covered by our fees. All school policies, e.g. Code of Behaviour, Data Protection, Child Protection also govern these activities. Each school is responsible for organising the Garda vetting of sports volunteers. It is the duty of the schools to bring a First Aid kit to friendly matches and competitions.

Any feedback in relation to ISSA events should be made through the school's ISSA main contact or principal in writing/by email.

## Soccer Tournament

1. Three sections: Junior Boys (2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> class), Senior Boys (5<sup>th</sup> and 6<sup>th</sup> class) and Girls (2<sup>nd</sup>- 6<sup>th</sup> class).
2. Students may 'play up' a year but not down. i.e. a junior may play on a senior team but a senior player may not play on a junior team. This may only occur to help with numbers and not to gain a competitive advantage.
3. Schools may enter a maximum of two teams per section.
4. If a school enters more than one team per section it must do so on the basis that both teams are as equal as possible in terms of ability. No strong and weak team arrangements are permitted.
5. Where a school enters two teams they must be differentiated by name and not letters e.g. St. Luke's Dragons and St. Luke's Tigers. Not St. Luke's A and B.
6. Players can only play on one team for the entire duration of the tournament.
7. The tournament will take the form of groups **and** position play-offs.
8. 3 points for a win and 1 point for a draw.
9. No offside. Back passes are allowed and there will be corners and throw-ins.
10. 7/8 a side + 3/4subs.
11. No studs allowed on the astro turf.

### Positions

in the groups shall be decided in the following manner:

- Points won.
- Goal difference.

### Finals and 3rd/4th place playoffs:

Extra time to be played if teams are level.

Penalty Shoot out.

### Medals:

- Medals for 1st, 2nd and 3rd at Senior Boys, Junior Boys and Girls sections.

**Note.** Minor changes on the day to the rules are permitted to facilitate the smooth running of the Tournament. These however must be agreed to by all parties.

## **Mini-Hockey Guidelines (Tournament)**

1. Open to all children attending 3rd, 4th, 5th and 6th class (age restricted for Junior players).
2. The games are played in a ¼ of the pitch going lengthways across the hockey field.
3. The goal size, placed on the side line is at each end, is three metres.
4. No goalkeepers or kicking backs allowed.
5. Normal hockey rules apply regarding: push-off, line balls, feet, long-corners and obstruction.
6. All free hits are indirect and auto-pass applies.
7. The ball may not be raised from the ground.
8. A goal is scored when an attacker hits the ball across the goal line from 5 metres.
9. A goal is not scored when a ball is struck by an attacker and appears to be going outside the goal but is deflected into the goal in error by a defender (long corner given instead).
10. A goal is not allowed should it hit the designated cone marker (goal post) and deflect into the goal.
11. When an infringement occurs within 5 metres of the goal the ball must be moved to a safe position outside the 5 metre line for a free hit to the attacking team.
12. Umpires (adults only) are advised to use the advantage rule wherever possible.
13. Once the match has started a player cannot be switched between teams.
14. Duration of each game is 18 minutes.
15. All players must wear a gum guard-shield and are advised to wear shin pads.
16. There will be semi-final & final matches played at the end of the tournament in each Group (Senior & Junior).
17. In the event of a tie in the semi-finals or finals extra time of 5 minutes will be played. If the match is still tied after extra time the 'golden goal' rule will be used i.e. the next team to score wins the match.

## Hockey Blitz

1. Open to all children attending 2nd, 3<sup>rd</sup> & 4<sup>th</sup> class (Junior) and 5<sup>th</sup> and 6<sup>th</sup> class (Senior). There is an age restriction for Junior level.
2. The games are played in a ¼ of the pitch going length-ways across the hockey field.
3. The goal size, placed on the sideline at each end, is three metres.
4. No goalkeepers or kicking backs allowed.
5. Normal hockey rules apply regarding push-off, line balls, feet, long-corners and obstruction.
6. All free hits are indirect and auto-pass applies.
7. The ball may not be raised from the ground.
8. A goal is scored when an attacker hits the ball across the goal line from 5 metres.
9. A goal is not scored when a ball struck by an attacker appears to be going outside the goal but is deflected into the goal in error by a defender (long corner given instead).
10. A goal is not allowed should it hit the designated cone marker (goal post) and deflect into the goal.
11. When an infringement occurs within 5 metres of the goal the ball must be moved to a safe position outside the 5 meter line for a free hit to the attacking team.
12. Umpires are advised to use the advantage rule wherever possible.
13. Once the match has started a player cannot be switched between teams of different colours.
14. Duration of each game is 18 minutes.
15. All players must wear a gum guard-shield and are advised to wear shin pads.
16. There will be semi-final & final matches played at the end of the Blitz in each Group (Senior & Junior). The semi final is 1v4 & 2v3.
17. In the event of a tie in the semi-finals or finals extra-time of 5 minutes will be played. If the match is still tied after extra-time the 'golden goal' rule will be used i.e. the next team to score wins the match.

## **Friendly Hockey Matches (Saturdays)**

1. Open to all children attending 2nd, 3rd, 4th, 5th and 6th class.
2. The games are played on a  $\frac{1}{4}$  of the pitch going length-ways across the hockey field. If pitch space is available senior games can be  $\frac{1}{2}$  a pitch.
3. The goal size, placed on the sideline at each end, is three metres.
4. No goalkeepers or kicking backs allowed.
5. Normal hockey rules apply regarding push-off, line balls, feet, long-corners and obstruction.
6. All free hits are indirect and auto-pass applies.
7. The ball may not be raised from the ground.
8. A goal is scored when an attacker hits the ball across the goal line from inside 5 metre line.
9. A goal is not scored when a ball struck by an attacker appears to be going outside the goal but is deflected into the goal in error by a defender (long corner given instead) – no own goals.
10. A goal is not allowed should it hit the designated cone marker (goal post) and deflect into the goal.
11. When an infringement occurs within 5 metres of the goal the ball must be moved to a safe position outside the 5 metre line for a free hit to the attacking team.
12. Umpires are advised to use the advantage rule wherever possible.
13. All players must wear a gum-shield and shin-guards.
14. The umpire must blow the whistle and award a free when dangerous play is evident – hacking is deemed dangerous play.
15. When the goal difference reaches 5 goals the umpire and coaches are to gather the teams together and divide them fairly and evenly so no team suffers heavy defeats.

## Tag Rugby Guidelines

- Ten per side. Matches 15 min a game.
- Senior teams (5th and 6th class). Junior teams (3rd and 4th class). Players can play up (e.g. one or two second class pupils can play up to Junior) but not down (e.g. a 5th class child cannot play Junior)
- At least 4 girls per team.
- If 4 schools take part: 3 matches will be played. 3 schools will play 4 matches and play each other twice.
- Medals for 1st and 2nd place.
- Trophy for winning team in Junior and Senior Draws.
- Event organiser to supply balls and tags for each pitch. The teams hand the tags back at the end of every match. The organiser from the previous year should have the tags. Munster Rugby Development Officers have been helpful in the past.
- Each team look after their own first aid.
- A meeting of referees and team managers must happen at least a half hour before kick-off to agree on these tag rugby guidelines..

### Rules

1. Loose ONE tag and one must pass the ball within 3 steps.
2. Loose TWO tags and one must pass the ball IMMEDIATELY.
3. A player must have TWO tags when scoring.
4. The player taking the tag must return the tag to the player they took it from.
5. Any offside, forward pass, foot in touch etc. results in a tap and pass restart.
6. Penalties are to be taken from where the infringement took place.
7. No quick penalties, teams must retreat 5 metres.
8. After 5 tags without scoring it is turnover ball. Restart is via tap and pass.
9. Try scores: 1 point for boys and 3 points for girls. If there are more than 4 girls on a team only 4 are eligible to score 3 point tries.
10. A player cannot score more than 2 tries in a row.

General consensus to be agreed and upheld by all referees. Rules cannot be over used. If a team is trying their best,...then leave them at it. Referees should to try to keep the score tight. Best team must win the match but no team should be humiliated. If a team is lacking players or right balance between boys and girls then the other team should adjust accordingly. Referees need to check for this at the start of each match. In the interest of Fair-Play, if one team is winning outright early in a game, the referee will impose limits on the winning team (e.g. 5 passes before a try is scored, or 3 tries and that player comes off. No back-chat or foul language is to be entertained by the referees and will result in immediate penalty. Referees record scores and note 3 or 1 point tries. Final Scores are decided by referees. Referees bring the score cards to the score-keeper at the end of each game.

### Checklist for Tournament Planning

1. 4 Pitch Managers – to make sure teams are ready to go on at correct times. These people need to mark out the pitches beforehand and also to make sure tags are on correctly and bibs are correct.

2. 4 Referees
  3. 1 Person to coordinate progress on results.
  4. Make out the draws on a large board and place this central to both pitches and update as scores come in.
  5. Make out referee's cards (different colours for Junior and Senior matches)
  6. Timekeeper
  7. Overall Event Manager
  8. Pitches each divided into 2=4 matches at a time
  9. Trophies, 60 medals, water, 4 whistles, belts and tags, match balls, cones, bibs
- One Team should wear coloured bibs in each match (organiser to provide)
  - Use hooter to start and end all matches at same time
  - Have a megaphone so instructions can be heard
  - Circulate 'draw-pool or round-robin' prior to event to all tag reps prior to the day
  - When completing the draw, keep an eye out for how many matches each team is likely to get. If teams get knocked out early, it might be a good idea to run another competition for these. Give a bronze medal to the winners.
  - Organise helpers to clean up at the end of the event.
  - Sort tags, belts, medals and pass on to the following year's event organisers.

Email to Entrants should include

1. List of teams submitted by certain date
2. Managers per team
3. Bring own water
4. School's First Aid kit
5. Return of Trophies from previous year
6. Referees availability
7. Meeting of coaches and Referees at the start to confirm rules and general consensus
8. Send draw of games
9. Directions to the pitch



## Rules for the Annual Swimming Gala

1. The host school is agreed at an ISSA meeting at least 6 months in advance of the gala
2. The gala will take place in late April each year – or as close to late April as possible (Easter holidays permitting)
3. The host school is responsible for
  - a. Booking the pool and facilities - the pool must accommodate a minimum of 6 lanes
  - b. Organising the provision of all referees and officials (with the exception of finishing judges) necessary to run the gala. At a minimum this means the host school provides:
    - i. Gala organiser
    - ii. Starter
    - iii. Race referee\*
    - iv. Scoring official(s)
    - v. Medal presentation officials
    - vi. Crowd management officials
    - vii. Master finishing judge\*

\*Ideally these two positions will be filled by people not directly connected with the any of the participating schools. Often a staff member at the pool will do the job. The posts should be filled by qualified swimming instructors/coaches

The race officials do not all have to come from the host school. The host school does have to ensure that people are available to fill the roles. The host school may ask other schools to provide officials

  - c. Managing the entries and printing the gala program
  - d. Publicising the various arrangements to the participating schools
  - e. Ensuring the successful running of the various activities of the gala
  - f. Tracking and publishing the scoring for the various cup competitions
  - g. Presenting the medals for all races and trophies to winning schools
  - h. Ensuring the race referee is on hand to resolve any disputes
  - i. Providing any necessary public address at the event
  - j. Sending a copy of all results (including points awarded and tallies) to each competing school
4. The host school will email the official ISSA gala entry form to all participating schools at least eight weeks before the date of the gala. Schools will be given a minimum of three weeks to decide their entries and e-mail the completed entry forms to the host school
5. Only the swimming rep from a school may complete the entry form or represent the school opinion in gala-related discussions. Submissions must be made via the school swimming representative

6. Each school (including the host school) must provide:
  - a. A team manager – this person will be responsible and accountable for the activities of the pupils from their school at the event. This person must be on deck throughout the gala to ensure swimmers from their school present to the start on time
  - b. A team helper – this person aids the team manager
  - c. A finishing judge – in each race this person will “spot” the particular finishing position allocated to them by the race referee

These are the only officials from outside the host school permitted on the pool deck at the gala

7. Starting blocks are not permitted. To begin their race, swimmers may:
  - a. Dive from the edge of the pool
  - b. Enter the water from a seated position
  - c. Begin the race in the water, holding the wall

Races will be started by the official starter. The starter will say “Take your marks” to ensure all swimmers are ready. Once the swimmers are in position and ready, the starter will give a sharp blast on the whistle to begin the race
8. In the case of a false start, the referee or the starter can stop the race. The official starter will stop the race by making repeated blasts on the whistle and if possible by dropping the turning flags onto the swimmers. A swimmer committing a false start will be warned by the starter. The same swimmer committing a second false start will be disqualified from the race.
9. Races are not timed. The first swimmer to complete the course is the winner – and so on down through the places. Each school nominates a finishing judge for the gala and the race referee organises the selection of judges for each place. A swimmer must touch the destination wall of the pool to finish a race and be awarded points

10. Points are awarded in races as follows:

1st place	6 points
2nd place	5 points
3rd place	4 points
4th place	3 points
5th place	2 point
6th place	1 point

As they exit the water, each swimmer will be given a card to indicate their finishing position. The swimmers then proceed to the scoring table where their finishing position and points score are recorded by the scoring official(s).

11. In the case of a dead heat , both swimmers are awarded the full points for their placing – e.g., if there is a dead-heat for second place then the scoring is
 

1st place	6 points
Joint 2nd place	5 points

Joint 2nd place	5 points
4th place	3 points
5th place	2 points
6th place	1 point

12. Once the swimmers' scores are recorded they retain their score cards and proceed directly to the podium to receive their medals / certificates. Mandatory awards are as follows:
- 1st place – Gold Medal
  - 2nd place – Silver Medal
  - 3rd place – Bronze medal

In the widths races, all non-podium placings should also receive a medal.

In the lengths races, it is not necessary to award a medal for the non-podium placings

13. The list of races on the program is as set out in Appendix A of this document. It may only be changed by agreement among the swimming reps at the annual ISSA AGM. In an absolutely exceptional circumstances the ISSA Chairperson may use his/her discretion to convene a meeting of the swimming reps during the year to agree any emergency changes needed on the program. Most races are points-scoring but some are not. Details are in appendix A.
14. Each swimmer can participate in no more than two individual points-scoring races plus two points-scoring relays plus one non-points-scoring race. Failure to adhere to this rule will mean the swimmer is disqualified from the races which they have entered illegally.
15. In the case of freestyle races, the following FINA definition will be applied:  
 'Freestyle means that in an event so designated, the swimmer may swim any style...'  
 In backstroke races boards are used at finish to protect heads of swimmers.
16. Generally, it is preferred if swimmers enter races in their own age group. However, occasionally – especially in the case of smaller schools a swimmer may move up one age group in order to race. In doing this step-up a swimmer must still follow rule 14
17. Smaller schools cannot usually furnish a team for the sixth-class relay races. Since these races are not points-scoring it is permitted for smaller schools to “club up” and combine to enter a composite team
18. Swimmers are not permitted to wear skins. Boys are permitted to wear knee-length togs. All swimmers must wear swimming hats
19. The team manager must ensure that swimmers from the school are at the start in on time for their races. Individual races will not be called over the PA. The gala will not be held up to wait for individual swimmers who do not present on time

20. The gala referee accepts the ISSA rules for the gala and is responsible for the hearing and settling of all disputes according to the rules. The referee may call on the master finishing judge to aid in dispute resolution. The decision of the referee is final
21. The host school will keep a complete record of all finishing positions and will use these to calculate the overall winners of the various gala trophies. The school in a section which has gathered most points through the competition is the winner of that section
22. Once reminded by the host school, as a matter of good manners and respect for the other schools at the gala, each school must return any trophies won in previous years to the host school before the gala commences
23. The relevant team manager is accountable for the behaviour of the pupils, parents and supporters from a given school while attending the gala

24. For Trophies:

Schools are divided into 2 sections based on the previous year's points:

Section A  
6 schools

Section B  
4 schools

The school that comes 6th in Section A is entered in section B the following year. The school that comes 1st in section B is entered in Section A the following year.

25. No changes to be allowed to entries after 12 noon on the day of the gala.