

SUFFOLK FEDERATION OF YOUNG FARMERS CLUBS  
YFC OFFICE, OTLEY COLLEGE, OTLEY, IPSWICH, SUFFOLK IP6 9EY

☎ 01473 785547

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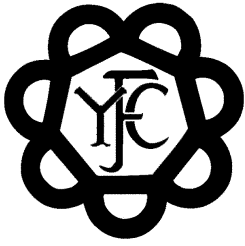
Website: [www.suffolkyoungfarmers.com](http://www.suffolkyoungfarmers.com)

County Chairman: Andrea Taylor

County Fieldworker: Mrs Tory Lugsden

# SUFFOLK YFC

## SPORTS AND COMPETITIONS RULES FOR THE YEAR STARTING 1<sup>st</sup> September 2009



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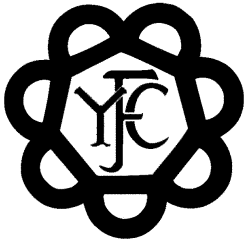
County Fieldworker: Mrs Tory Lugsden

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## RULES AND REGULATIONS FOR THE COMPETITIONS YEAR 2009/2010

To All Sports Chairman:-

Dear All,

Please find attached the rules and entry forms for all sports taking place this year.

The points scoring situations are as follows:-

### Competitions/Sports

1 <sup>st</sup> place	12 points
2 <sup>nd</sup> place	10 points
3 <sup>rd</sup> place	8 points
4 <sup>th</sup> place	6 points
5 <sup>th</sup> place	4 points
6 <sup>th</sup> place	2 points

### Attendance

2 points are awarded for every member present (they must have signed the attendance book, if they aren't in it they don't get points). At the end of the year the total attendance points are added together and divided by the number of paid up members in that club.

Whichever club (junior and senior) have the highest number wins the trophy.

**Please remember that all the sports and competitions are for "fun" and, although should be taken seriously for safety reasons, you are there to enjoy yourself. Healthy competitiveness is acceptable and expected of you but any bad temper or attitude will not be tolerated. If there is any intolerable behaviour - points will be deducted. This is at the discrepancy of the County YFC Team.**

### PAYMENTS FOR SPORTS AND COMPETITIONS

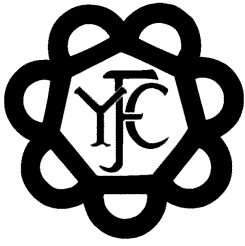
The total cost of the sports and competitions will be added up at the end of the year, divided by the number of paid up members in the county membership and each club will be charged a levy per head of membership. This will be invoiced at the end of the sports year.

Please ensure that your Intention to Enter form (attached at the back of the pack) is sent to the County Sports Co-ordinator as stated in the rules PRIOR to the day. You do not need to state member's names just your intention to enter. Full players details using the Entry Form also attached at the back of this pack, must be given on the day as well as showing signed photo membership cards.

I hope everyone has a good year and enjoys being involved in the sports and competitions this year,

Many thanks

*Suffolk YFC County Committee*



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## MIXED HOCKEY COMPETITION

**Venue:** Ipswich School Hockey Pitch, off Constitution Hill  
**Date:** Sunday 27<sup>th</sup> September 2009. 10.00am for Juniors, 11am for Seniors  
**Trophy:** The Garrod (1970) Hockey Cup

### RULES

#### 1. ELIGIBILITY.

SENIOR:- A squad of NINE players all of whom must be 30 years of age or under on the 1<sup>st</sup> September 2009 and full members of a club affiliated to Suffolk YFC may be nominated, from whom SEVEN players shall be chosen to form the team for each game, with a minimum of seven players per team; **women are allowed** to play in goal. **ALL PLAYERS MUST BE OVER 18.**

JUNIOR:- A squad of NINE players all of whom must be between the ages of 12 and 14 years of age or under on the 1<sup>st</sup> September of the membership year and full members of a club affiliated to Suffolk YFC may be nominated, from whom SEVEN players shall be chosen to form the team for each game, with a minimum of seven players per team; **women are allowed** to play in goal.

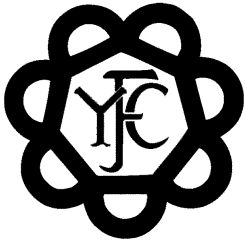
COMPETITORS WILL BE REQUIRED TO SHOW THEIR PHOTOGRAPHIC MEMBERSHIP CARDS.

2. PROCEDURE. The rules of the game of hockey will apply. A full size grass or all-weather pitch will be used. The teams will be drawn into two leagues – A and B.  
The winners of League A will play the runners-up in League B, and vice-versa, to determine the Finalists. The two losers in the Semi-Finals may play off for 3<sup>rd</sup> and 4<sup>th</sup> place.  
The game will consist of two halves of ten minutes each. The final will be fifteen minutes each way. In the Final and Semi-Finals, should the scores be equal at full-time, the match will go to penalty flicks which 5 members from each team will take.

League points will be awarded as follows:-

Win	3
Draw	2
No Score Draw	1
Loser	NIL

3. The umpire shall be the sole arbiter on points of dispute.  
4. During the game 2 substitutions may be made.  
5. All competitors must be suitably dressed in matching kit i.e. hockey boots, socks, shorts or skirts and shirts.  
6. **ALL PLAYERS MUST WEAR SHINPADS.**  
7. Goalkeepers must provide their own kit.  
8. Each team **MUST** state their colours and reserve colours on the entry form.  
9. A player who is “sent off” shall take no further part in that day’s game.  
8. Suffolk YFC cannot accept responsibility for expenses incurred by Competitors.  
5. Suffolk YFC reserves the right to amend or cancel any of the foregoing rules, should circumstances deem this necessary.  
6. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 and [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by e-mail by the Friday before the competition



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## LADIES NETBALL COMPETITION

**Venue:** Debenham Leisure Centre  
**Date:** Sunday 25<sup>th</sup> October 2009 10.00am for Juniors, 11.00am for Seniors  
**Entry Fee:** £5.00 per team  
**Hosts:** Stowmarket YFC

### RULES

1. ELIGIBILITY. A squad of up to TEN players, all of whom must be 30 or under on the 1<sup>st</sup> September in the year of the competition and members of a Club affiliated to Suffolk YFC may be nominated, from which SEVEN players shall be chosen to form the team for each game. Clubs may enter up to TWO teams.

COMPETITORS WILL BE REQUESTED TO SHOW THEIR PLASTIC MEMBERSHIP CARDS.

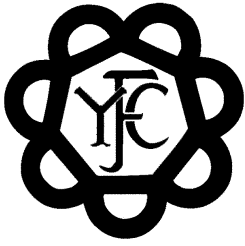
2. All matches will be based on the rules of the All England Netball Association. See <http://www.England-netball.co.uk/dyncat.cfm?catid=1119>
3. A game shall consist of two equal periods of 7 minutes each way (depending on time available). Allowances may be made in either period for time lost through any cause, the amount of which shall be a matter for the discretion of the umpire. The duration of the games may be amended to the time available.
4. A maximum of 3 substitutions may be made.
5. The games will be played outdoors on a league basis. League points will be awarded as follows:

Win	3
Score Draw	2
No Score Draw	1
Losers	NIL

In the event of the points being tied after all the games have been played the order will be decided using the greatest positive goal difference. The umpire shall be the sole arbiter on points of dispute.

In the semi-finals and Final, should the scores be equal at full time, a further four minutes each way will be played. If the scores are still tied the game will continue until the next score, when the team scoring will be declared the winner.

6. All Competitors will be suitably dressed in matching kit, i.e. shorts or skirts.
7. Each team must state their colours and reserve colours on their entry form.
8. A player who is "sent off" shall take no further part in that day's games.
9. Suffolk YFC cannot accept responsibility for expenses incurred by Competitors.
10. Suffolk YFC reserves the right to amend or cancel any of the foregoing rules, should circumstances deem necessary.
11. Completed intention to enter forms must reach County Sports Co-ordinator Michael Lee on 07743 142298 by the Friday before the competition



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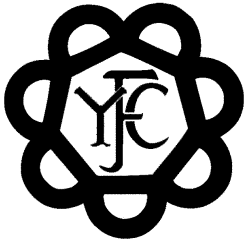
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#### JUNIOR BOYS UNDER 14'S 7 A-SIDE FOOTBALL COMPETITION

**Venue:** Debenham Community Centre  
**Date:** Sunday 26<sup>th</sup> October 2008 10.30am  
**Entry Fee:** £5.00 per team  
**Hosts:** Suffolk YFC

#### RULES

1. ELIGIBILITY. A squad of TEN players, all of whom must be 14 or 13 years old on 1<sup>st</sup> September in the year of the competition and members of a Club affiliated to Suffolk YFC may be nominated, from whom SEVEN players shall be chosen to form the team for each game.
2. COMPETITORS WILL BE REQUIRED TO SHOW THEIR PHOTOGRAPHIC MEMBERSHIP CARDS
3. PROCEDURE. As per Senior's 7 a-side
4. Games will be played on a league basis.
5. All competitors must be suitably dressed, **SHINPADS MUST BE WORN**
6. The referee shall be the sole arbiter on points of dispute.
7. Each team must state their colours and reserve colours on their entry form.
8. Suffolk YFC cannot accept responsibility for expenses incurred by Competitors.
9. Suffolk YFC reserves the right to amend or cancel any of the foregoing rules, should circumstances deem necessary.
10. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



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## SENIOR MEN'S 7 A-SIDE FOOTBALL COMPETITION

**Venue:** Debenham Community Centre  
**Date:** Sunday 25<sup>th</sup> October 2009 11am  
**Entry Fee:** £5.00 per team  
**Hosts:** Suffolk YFC

### RULES

1. **ELIGIBILITY.** A squad of TEN players, all of whom must be 18 years of age or over and 30 or under on 1<sup>st</sup> September in the year of the competition and members of a Club affiliated to Suffolk YFC may be nominated, from whom SEVEN players shall be chosen to form the team for each game.
2. **COMPETITORS WILL BE REQUIRED TO SHOW THEIR PHOTOGRAPHIC MEMBERSHIP CARDS.**
3. **PROCEDURE.**

#### LAW 1

The Pitch will be outdoors played on turf and on a 7 a-side football pitch.

#### LAW 2

The Ball is a size 4 or 5 provided by Suffolk YFC.

#### Replacement of a Defective Ball

If the ball bursts or becomes defective during the course of a match:

the match is stopped

the match is restarted by dropping the replacement ball at the place where the first ball became defective

If the ball bursts or becomes defective while not in play:

the match is restarted according to the Laws

The ball may not be changed during the match without the permission of the referee.

#### LAW 3

#### Substitution Procedure

Substitutes may be used in any match played under the rules of an official competition at FIFA, confederation or national association level.

The maximum number of substitutes permitted is three.

The number of substitutions made during a match is unlimited. A player who has been replaced may return to the pitch as a substitute for another player.

A substitution is one which is made when the ball is in or out of play for which the following conditions must be observed:

the player entering the playing area may not do so until the player leaving the playing area has passed completely over the boundary line where barricades are used the players must use the opening onto the playing area

a substitution is complete when the substitute enters the playing area from which moment he becomes a player and the player he is replacing ceases to be a player

a substitute is subject to the authority and jurisdiction of the referee whether called upon to play or not

#### Changing Places with the Goalkeeper

Any of the other players, or substitutes, may change places with the goalkeeper. The following conditions must be observed:

referee must be informed before the change is made

change may only be made during a stoppage in play

#### Infringements/Sanctions

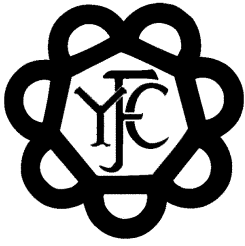
If, while a substitution is being made, a substitute enters the pitch before the player being replaced has completely left:

play is stopped

the player being replaced is instructed to leave the pitch

the substitute is cautioned and shown the yellow card

play is restarted by an indirect free kick to be taken by the opposing team from the place where the ball was situated when the game was stopped. However, if the ball was inside the penalty area, the indirect free kick is taken 2m from the penalty area line, at the place nearest to the position of the ball when play was stopped



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Where barricades are used if, while a substitution is being made, a substitute enters the pitch or a player being replaced leaves it from a place other than the recognised opening in the barricades:

play is stopped

the offending player is cautioned and shown the yellow card

play is restarted by an indirect free kick to be taken by the opposing team from the place where the ball was situated when the game was stopped. However, if the ball was inside the penalty area, the indirect free kick is taken 2m from the penalty area line, at the place nearest to the position of the ball when play was stopped

A match should not be considered valid if the playing strength of either team is reduced by more than two players.

#### LAW 4

##### The Players' Equipment

##### Safety

A player must not use equipment or wear anything which is dangerous to himself or another player, including any kind of jewellery.

##### Basic Equipment

The basic compulsory equipment of a player is:

a jersey or shirt in club colours identified prior to the start of the competition

shorts – If thermal undershorts are worn, they are of the same main colour as the shorts

socks

Shinguards – ARE COMPULSARY FOR ALL PLAYERS

footwear – which is subject to local conditions, football boots must be checked by the referee prior to kick off.

##### Shinguards

are covered entirely by the socks

are made of a suitable material (rubber, plastic or similar substances)

provide a reasonable degree of protection

##### Goalkeepers

the goalkeeper is permitted to wear long trousers

each goalkeeper wears colours which easily distinguish him from the other players and the referees

##### Infringements/Sanctions

For any Infringements of this Law:

the player at fault is instructed by the referee to leave the pitch to correct his equipment or to obtain any missing item of equipment. The player may not return to the pitch without first reporting to the referee, who then checks that the player's equipment is now correct. The player is only allowed to re-enter the match when the ball is out of play.

#### LAW 5

##### The Referee

##### The Authority of the Referee

Each match is controlled by a referee who has full authority to enforce the Laws of the Game in connection with the match to which he has been appointed, from the moment he enters the locality where the pitch is situated until he leaves.

##### Powers and Duties

##### The Referee:

enforces the Laws of the Game

allows play to continue when the team against which an offence has been committed will benefit from such an advantage and penalises the original offence if the anticipated advantage does not ensue at that time

keeps a record of the match and provides the appropriate authorities with a match report which includes information on any disciplinary action taken against players, and/or team officials and any other incidents which occur before, during or after the match

acts as timekeeper

stops, suspends or terminates the match for any infringement of the Laws or due to any kind of outside interference

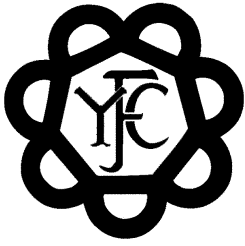
takes disciplinary action against players guilty of cautionable and sending-off offences

takes action against team officials who fail to conduct themselves in a responsible manner and may, at his discretion, expel them from the playing area and its immediate surrounds

ensures that no unauthorised persons enter the pitch

stops the match if, in his opinion, a player is seriously injured and ensures that he is removed from the pitch

ensures any player bleeding from a wound leaves the playing area



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allows play to continue until the ball is out of play if a player is, in his opinion, only slightly injured  
ensures that any ball used meets the requirements of Law 2

Decisions of the Referee

The decisions of the referee regarding facts connected with play are final.

#### LAW 7

The Duration of the Match

The duration of the game shall be divided into two equal periods of 10 minutes each period subject to the following:

Allowance shall be made in either period for time lost through stoppages as decided by the referee.

The duration of either half shall be extended to enable a penalty kick to be taken.

At half time the interval shall not exceed five minutes except by consent of the

Referee.

For matches ending in a draw, a further 5 minutes each way will be played. If a goal is scored during extra time this will be the winning goal and the match is then stopped. If the match is still drawn a penalty shoot out will take place. The penalties will continue to be taken until a winner is found.

#### LAW 8

Start of Play

Preliminaries

The choice of ends is decided by the toss of a coin. The team winning the toss decides which goal it wishes to attack in the first half of the match.

The other team takes the kick-off to start the match.

The team which wins the toss takes the kick-off to start the second half of the match.

In the second half of the match the teams change ends and attack the opposite goals.

Kick-off

A kick-off is a way of starting or restarting play:

at the start of the match

after a goal has been scored

at the start of the second half of the match

at the start of each period of extra time, where applicable

A goal may be scored directly from the kick-off.

Procedure

all players are in their own half of the field

the opponents of the team taking the kick-off are at least 3m from the ball until it is in play

the ball is stationary on the centre mark

the referee gives a signal

the ball is in play when it is kicked and moves forward

the kicker may not touch the ball a second time until it has touched another player

After a team scores a goal, the kick-off is taken by the other team.

Infringements/Sanctions

If the kicker touches the ball a second time before it has touched another player:

an indirect free kick is awarded to the opposing team to be taken from the place where the infringement occurred. However, if this offence is committed by a player in his opponents' penalty area, the indirect free kick shall be taken 2m from the penalty area line from the place nearest to where the infringement occurred.

For any other infringement of the kick-off procedure the kick-off is retaken.

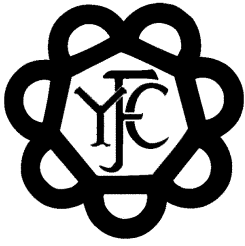
Dropped Ball

A dropped ball is a way of restarting the match after a temporary stoppage which becomes necessary, while the ball is in play and provided that immediately preceding the stoppage it has not passed over the touch line or goal line, for any reason not mentioned elsewhere in the Laws of the Game.

Procedure

The referee drops the ball at the place where it was located when play was stopped, unless it was in the goalkeepers possession, when the goalkeeper shall, at the referee's signal, return the ball into play by throwing the ball from any point within the Penalty Area.

Play restarts when the ball touches the ground.



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#### Infringements/Sanctions

The ball is dropped again:

if it is touched by a player before it makes contact with the ground

if the ball leaves the pitch after it makes contact with the ground, without a player touching it

#### LAW 9

The Ball In and Out of Play

#### Ball Out of Play

The ball is out of play when:

it has wholly crossed the goal line or touch line, whether on the ground or in the air

play has been stopped by the referee

#### Ball In Play

The ball is in play at all other times including when:

it rebounds from a goal post, the crossbar, or the barricades onto the pitch

it rebounds from the referee when on the pitch

#### LAW 10

The Method of Scoring

Goal Scored

Except otherwise provided by these Laws, a goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, unless it has been thrown, carried or intentionally propelled by the hand or arm by a player of the attacking side, the goalkeeper included.

#### LAW 11

Offside

There is no offside. Players may place themselves in any part of the playing area outside of the penalty area.

#### LAW 12

Fouls and Misconduct

Fouls and misconduct are penalised as follows:

Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits any of the following six offences in a manner considered by the referee to be careless, reckless or using excessive force:

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

A direct free kick is also awarded to the opposing team if a player commits any of the following offences:

holds an opponent

spits at an opponent

slides in an attempt to play the ball when it is being played or attempted to be played by an opponent (sliding tackle), except when the match is being played on a natural grass playing surface

handles the ball deliberately, except for the goalkeeper in his own penalty area

A direct free kick is taken from the place where the infringement occurred.

Penalty Kick

A penalty kick is awarded if a player commits any of the aforementioned offences inside his own penalty area, irrespective of the position of the ball but provided that it is in play.

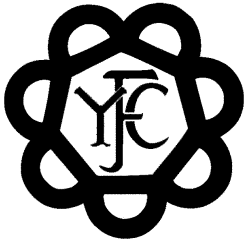
Indirect Free Kick

An indirect free kick is awarded to the opposing team if a goalkeeper commits one of the following offences:

touches or controls the ball with his hands after it has been deliberately kicked to him by a team-mate

touches or controls the ball with his hands after he has received it directly from a kick-in taken by a team-mate

touches or controls the ball with his hands or feet, in the penalty area, for more than four seconds



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An indirect free kick is also awarded to the opposing team, to be taken from the place where the infringement occurred, if, in the opinion of the referee, a player:

plays in a dangerous manner

deliberately impedes the progress of an opponent when the ball is not being played

prevents the goalkeeper from releasing the ball from his hands

commits any other offence, not previously mentioned in Law 12, for which play is stopped to caution or dismiss a player

The indirect free kick is taken from the place where the infringement occurred, unless this was in the penalty area, in which case the indirect free kick is taken 2m from the penalty area line at the place nearest to where the infringement occurred.

Play within the Penalty Area

Only the defending goalkeeper is allowed within the penalty area except where a penalty kick is awarded, and then only the player taking the kick can enter the penalty area. If a goalkeeper leaves the penalty area he is treated as any other player.

Punishment for infringement

By the attacking side – a direct free kick at a point 2 metres outside the penalty area nearest to where the infringement occurred.

By defending side – a penalty kick.

(Note: Referees should distinguish between accidental and intentional entry into or exit from the penalty area. Only deliberate actions when the player either plays the ball or tries to play the ball should be penalised. Accidental entry or exit which has no effect on the play should be ignored).

Goalkeeper returning the ball into play

After holding the ball the goalkeeper must return the ball into play by throwing the ball from any point within the Penalty Area.

Punishment for infringement

An indirect free kick shall be taken by a player of the opposing team from a point 2 metres outside the penalty area nearest to where the infringement occurred.

Disciplinary Sanctions

Cautionable Offences

A player is cautioned and shown the yellow card if he commits any of the following offences:

is guilty of unsporting behaviour

shows dissent by word or action

persistently infringes the Laws of the Game

delays the restart of play

fails to respect the required distance when play is restarted with a corner kick, kick-in, free kick or goal clearance.

enters or re-enters the pitch without the referee's permission or infringes the substitution procedure

deliberately leaves the pitch without the referee's permission

For any of these offences, an indirect free kick is awarded to the opposing team, to be taken from the place where the infringement occurred. If the offence was committed within the penalty area the indirect free kick is taken 2m from the penalty area line at the place nearest to where the infringement occurred. A caution is also given provided that a more serious infringement of the Laws has not been committed.

Sending-Off Offences

A player is sent off and shown the red card if he commits any of the following offences:

1. is guilty of serious foul play

2. is guilty of violent conduct

3. spits at an opponent or any other person

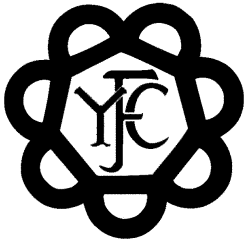
4. denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)

5. denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick

6. uses offensive, insulting or abusive language

7. receives a second caution in the same match

If play is stopped because a player is sent off the pitch for offence 6 or 7, without having committed any additional infringement of the Laws, the game is restarted by an indirect free kick, awarded to the opposing team, to be taken at the place where the infringement occurred. However, if the offence is committed in the penalty area, the indirect free kick is taken 2m from the penalty area line at the place nearest to where the infringement occurred.



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## Decisions

A player who has been sent off may not take any further part in the match nor may he sit on the substitutes' bench, where provided. A player who is sent off will be reported to Suffolk FA as per their rules.

### LAW 13

#### Free Kicks

##### Types of Free Kicks

Free kicks are either direct or indirect.

For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker may not touch the ball a second time until it has touched another player.

##### The Direct Free Kick

if a direct free kick is kicked directly into the opponent's goal, a goal is awarded

##### The Indirect Free Kick

a goal can be scored only if the ball subsequently touches another player before it enters the goal

##### Position of Free Kick

all opponents must be at least 5 m from the ball until it is in play unless standing on the line defining his own Penalty Area

the ball is in play after it has been touched or played

##### Infringements/Sanctions

If, when a free kick is taken, an opponent is closer to the ball than the required distance:

the kick is retaken

If, after the ball is in play, the kicker touches the ball a second time before it has touched another player:

an indirect free kick is awarded to the opposing team, taken from the place where the infringement occurred. However, if this offence is committed within 2m of the penalty area, the indirect free kick is taken 2m from the penalty area line at the place nearest to where the infringement occurred

##### Signals

Direct Free Kick: the referee keeps one arm horizontal pointing in the direction the kick has to be taken

Indirect Free Kick: the referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play

### LAW 14

#### The Penalty Kick

A penalty kick is awarded against a team which commits any of the offences for which a direct free kick is awarded, inside its own penalty area and while the ball is in play.

A goal may be scored directly from a penalty kick.

Additional time is allowed for a penalty kick to be taken at the end of each half or at the end of each period of extra time.

##### Position of the Ball and the Players

The ball:

is placed on the penalty mark

The player taking the penalty kick:

is properly identified

The defending goalkeeper:

remains on his goal line, facing the kicker, between the goalposts, until the ball has been kicked

The players other than the kicker are located:

inside the pitch

outside the penalty area

behind or to the side of the penalty mark

at least 5m from the penalty mark

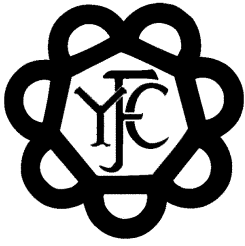
##### Procedure

the player taking the penalty kicks the ball forward

he may not play the ball a second time until it has touched another player

the ball is in play when it is kicked and moves forward

whether or not a goal is scored from the kick the player concerned must leave the Penalty Area immediately after taking the kick and before taking any further part in the play.



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When a penalty kick is taken during the normal course of play, or time has been extended at half-time or full time to allow a penalty kick to be taken or retaken, a goal is awarded if, before passing the goalposts and under the crossbar: the ball touches either or both of the goalposts, and/or the crossbar and/or the goalkeeper

**Infringements/Sanctions**

If any of the following situations occur:

A player of the defending team infringes this Law:

the kick is retaken, only if a goal is not scored

the kick is not retaken if a goal is scored

A team-mate of the player taking the kick infringes this Law of the Game:

the kick is retaken if a goal is scored

the kick is not retaken if a goal is not scored

The player taking the kick infringes this Law of the Game after the ball is in play:

an indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred, unless this was in the penalty area, in which case the indirect free kick is taken 2m from the penalty area line at the place nearest to where the infringement occurred

#### LAW 15

**The Kick-In**

A kick-in is a method of restarting play.

A goal cannot be scored directly from a kick-in.

A kick-in is awarded:

when the whole of the ball passes over a touch line, either on the ground or in the air, or hits the ceiling

from the place where it crossed the touch line or 2m into the playing area adjacent to where the ball left the playing area when barricades are in use

to the opponents of the player who last touched the ball

**Position of the Ball and the Players**

**The ball:**

has to be stationary on the touch line; or 2m into the playing area from the barrier where barricades are in use

is kicked into play in any direction

**The player taking the kick-in:**

has part of each foot either on the touch line or on the ground outside the touch line at the moment of kicking the ball; or must stand between the ball and the barricade where in use

**The players of the defending team:**

are at least 5m from the place where the kick-in is taken

**Procedure**

the player taking the kick-in may not play the ball a second time until it has touched another player

the ball is in play immediately after it is kicked or touched

**Infringements/Sanctions**

The kick-in is retaken by a player of the opposing team if:

the kick-in is taken incorrectly

the kick-in is taken from a position other than the place where the ball passed over the touch line or where indicated by the referee where barricades are in use

any other infringement of the Law occurs

#### LAW 16

**The Goal Clearance**

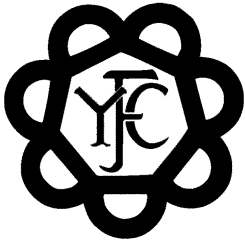
A goal clearance is a method of restarting play.

A goal may not be scored directly from a goal clearance.

The goal clearance is awarded when:

the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10

**Procedure**



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the ball is thrown from any point within the penalty area by the goalkeeper of the defending team

opponents remain outside the penalty area

the goalkeeper does not play the ball a second time until it has touched another player

the ball is in play when it is thrown directly beyond the penalty area

Infringements/Sanctions

If the ball is not thrown directly beyond the penalty area:

the goal clearance is retaken

If, after the ball is in play, the goalkeeper touches the ball a second time, before it has touched another player:

an indirect free kick is awarded to the opposing team from the place where the infringement occurred, unless it was committed in the penalty area, in which case the indirect free kick is taken 2m from the penalty area line from the place nearest to where the infringement occurred

If, after the ball is in play, the goalkeeper receives it back from a team mate:

an indirect free kick is awarded to the opposing team, to be taken 2m from the penalty area line from the place nearest to where the infringement occurred

#### LAW 17

The Corner Kick

A corner kick is a method of restarting play.

A goal may be scored directly from a corner kick, but only against the opposing team.

A corner kick is awarded when:

the whole of the ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored in accordance with Law 10

Procedure

the ball is placed inside the corner arc at the nearest corner

opponents remain at least 5m from the ball until it is in play

the ball is kicked by a player of the attacking team

the ball is in play when it is kicked or touched

the kicker does not play the ball a second time until it has touched another player

Infringements/Sanctions

An indirect free kick is taken by the opposing team if:

the player taking the corner kick plays the ball a second time before it has touched another player. The indirect free kick is taken from the place where the infringement occurred

For any other infringement:

the corner kick is retaken

Where the playing area is surrounded by barricades the corner kick is replaced by a kick-in at a point 2m inside the playing area at the corner nearest the point where the ball left the playing area.

Procedures to Determine the Winner of a Match

The Golden Goal Procedure

During the period of extra-time played at the end of normal playing time the first goal is declared the winner

If no goal is scored the match is decided by kicks from the penalty mark

**KICKS FROM THE PENALTY MARK PROCEDURE**

Taking kicks from the penalty mark is a method of determining the winning team where competition rules require there to be a winning team after a match has been drawn

Procedure

the referee chooses the goal at which the kicks will be taken

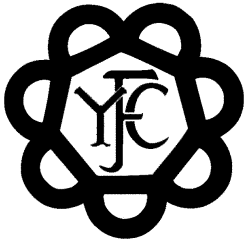
the referee tosses a coin and the team whose captain wins the toss takes the first kick

the referee keeps a record of the kicks being taken

in principle each team takes five kicks, depending on the circumstances described hereafter

the kicks are taken alternately

the names of the players taking the kicks are announced to the referee by the captains of each team before the kicks from the penalty mark are taken and must be among those included on the list of players submitted before the match. Only those players on the pitch at



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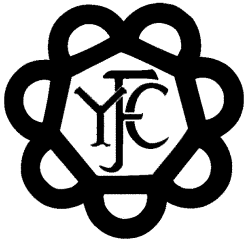
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the completion of the game are eligible to take part in Kicks from the Penalty Mark where a player(s) has been sent off by the referee the opposing team must reduce the number of players to equalise the participants in each team prior to the Kicks from the Penalty Mark commencing  
if, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks are taken  
if, after both teams have taken five kicks, both have scored the same number of goals or have not scored any goals, kicks continue to be taken in the same order, until one team has scored one goal more than the other from the same number of kicks  
any player who has been sent off may not take part in the kicks from the penalty mark  
any eligible player may change places with his goalkeeper  
only the eligible players and match officials are permitted to remain on the pitch when kicks from the penalty mark are taken  
all players, except the player taking the kick and the two goalkeepers, must remain in the opposite half to that where the kicks are being taken

4. All competitors must be suitably dressed. **The wearing of shin guards, which must be covered by stockings, is COMPULSARY.**
5. The referee shall be the sole arbiter on points of dispute.
6. Each team must state their colours and reserve colours on their entry form.
7. Suffolk YFC cannot accept responsibility for expenses incurred by Competitors.
8. Suffolk YFC reserves the right to amend or cancel any of the foregoing rules, should circumstances deem necessary.
9. Completed intention to enter forms must reach the County Sports Co-ordinator; Michael Lee on 07743 142298 and [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition.



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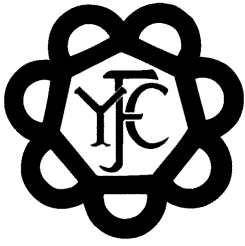
County Fieldworker: Mrs Tory Lugsden

## LAZERQUEST COMPETITION

**Venue:** Kidz Kingdom, Martlesham Heath  
**Date:** Weds 11<sup>th</sup> November 2009 for Seniors 7.30pm, Friday 13<sup>th</sup> Nov 2009 for Juniors 7.30pm  
**Entry Fee:** £50 per club  
**Host:**

1. Eligibility. Each Club may enter one team of NINE members (four male and four female), all of whom must be 30 years old or under, on the 1<sup>st</sup> September 2008 and full members of a Suffolk YFC affiliated clubs. COMPETITORS WILL BE REQUIRED TO SHOW THEIR PHOTOGRAPHIC MEMBERSHIP CARDS.
2. The competition will be played on a league basis with all clubs competing against each other. The highest score wins with points as follows:-

Win	3 points
Draw	1 point
Loss	0 points
3. Each team score is computerised. The combined score of each team will be added together and the final score will determine the places of the teams.
4. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



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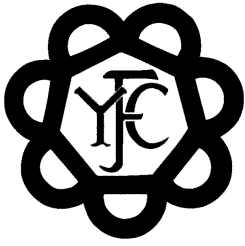
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## SINGLES AND MIXED DOUBLES BADMINTON TOURNAMENT

**Venue:** To be confirmed  
**Date:** Friday 4<sup>th</sup> December 2009 7.30pm  
**Entry Fee:** £5 per club regardless of number of entries.  
**Hosts:** Debenham YFC

### RULES

1. ELIGIBILITY. Each club may enter up to three teams of mixed doubles, three men's singles and three ladies singles in the competition, all of whom must be 30 years of age or under on the 1<sup>st</sup> September in the year of the competition and full members of a Club affiliated to Suffolk YFC. COMPETITORS WILL BE REQUIRED TO SHOW THEIR PLASTIC MEMBERSHIP CARDS.
2. The matches will be played on a knockout basis. A draw will take place at the start of the competition to select the opponents for the competition. With the advent of an odd number of teams, the number of byes necessary to balance the second round of matches will be drawn for by the teams taking part. All matches will be played to the rules of The Badminton Association. The match shall comprise of one game.
3. SCORE. The winning team being the one to reach 11 points, by a clear two points win or should still be undecided, the match will continue until a team is leading by two clear points.
4. An umpire provided by Suffolk YFC will oversee the whole tournament.
5. Players will provide their own badminton rackets.
6. The decision of those umpiring shall be final.
7. Suffolk YFC cannot accept responsibility for expenses incurred by Competitors.
8. Suffolk YFC reserves the right to amend or cancel any of the foregoing rules, should circumstances deem this necessary.
9. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



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## TEN PIN BOWLING COMPETITION

**Venue:** Bury Bowl for Junior, King Pin, Martlesham for Senior  
**Date:** Juniors Friday 8<sup>th</sup> January 2010 7.30pm, Seniors Weds 6<sup>th</sup> January 2010 at 8pm  
**Entry Fee:** £30 per team  
**Trophies:** Best Team – Reg Curtis Award  
Highest Scoring Male – Standley Challenge Cup  
Highest Scoring Female – Clement Smith Challenge Cup  
**Hosts:** Lark Valley for Juniors  
Halesworth for Seniors

### RULES

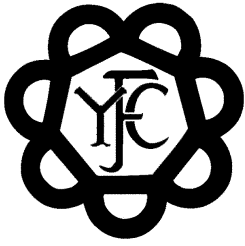
1. Eligibility. Each Club may enter one team of **SIX** members (two male and two female), two of whom must be 30 years of age or under and two of whom must be under 21 years of age, on the 1<sup>st</sup> September in the year of the competition and full members of a Suffolk YFC affiliated clubs.

**COMPETITORS WILL BE REQUIRED TO SHOW THEIR PHOTOGRAPHIC MEMBERSHIP CARDS.**

NB Clubs may enter a second team or an Associate team (again including two male and two female members. There is no age limit. **These teams will be accepted on a first come first served basis.**

“Of Age” teams will be guaranteed a lane if they book on time, otherwise they will relinquish their place to an Associate member team.

2. Each team is asked to complete one full round of bowling to the rules as laid down by the Ten Bin Bowling Authorities at the centre.
3. Each team score is computerised. The combined score of each team will be added together and the final score will determine the places of the teams. In the event of a tie, the team with the most strikes scored will be declared the winner. Should the teams have equal strikes then a rematch will be played to decide the winner.
4. Individual awards are available for the highest scoring male and female.
5. The Adjudicators decision is final.
6. Suffolk YFC cannot accept responsibility for expenses incurred by Competitors.
7. Suffolk YFC reserves the right to amend or cancel any of the foregoing rules, should circumstances deem this necessary.
8. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



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SUFFOLK YFC HAS TALENT

Venue:

Date: Friday 15<sup>th</sup> January 2010

Entry Fee: £30 per team

Hosts: Suffolk YFC

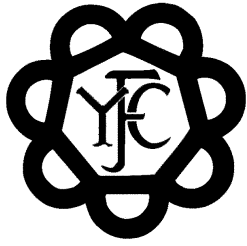
### RULES

1. Eligibility.

**COMPETITORS WILL BE REQUIRED TO SHOW THEIR PHOTOGRAPHIC MEMBERSHIP CARDS.**

# Rules to be confirmed

2. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



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JUNIOR SPEAKING  
**NYFC Competition**

Venue: TBC  
Date: Sunday 7<sup>th</sup> February 2010 10.00am  
Entry Fee: £5 per team  
Host: Suffolk YFC

1. **ELIGIBILITY** - The team shall consist of a Chairman, Speaker and Proposer of the Vote of Thanks all of whom must be 16 or under on 1<sup>st</sup> September 2009.
2. **PROCEDURE** –  
The procedure will follow that of a normal meeting.
  - a. Fifteen minutes before his team is due to compete, the Chairmen will be introduced to the speaker.
  - b. The Speaker will provide written notes giving subject chosen and personal background (e.g. school, special interests, YFC membership, Club Offices held, activities within the Club, etc.). These notes to be written on the card provided and handed to the Chief Steward at the beginning of the competition and will be **available** for the Chairman and Judges.
  - c. The Speaker, who will be the guest of another team, will choose his/her own subject. The Speaker will then answer a question put by the Proposer followed by two questions from the Judges.
  - d. The Proposer will be seated in the body of the hall. He/she will take up some point in the Speaker's address, comment, agree or disagree and ask one pertinent question on the subject matter of the address. He/she will give the Vote of Thanks to the Speaker after all questions have been dealt with.
  - e. No communication, written or verbal between any of the team members, or the audience, will be permitted, and to do so will result in **immediate disqualification**.

Competitors may take notes FOR REFERENCE onto the platform as long as these notes are written on POSTCARD. However, excessive and obvious use of notes will be penalised. No other reference books or papers may be used by teams while on the platform, except for visual aids intended to add to the understanding of the subject by the audience.

3. **TIMING**

Chairman (opening)	2 minutes
Speaker	6 minutes
Proposer of Vote of Thanks (question)	no time limit
Proposer of Vote of Thanks (thanks)	1 minute

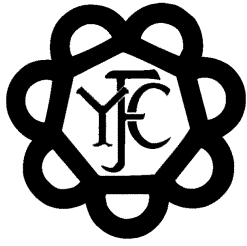
Penalties: Time deductions are one mark for each half-minute (or part thereof) over the allocated time by any member of the team.

**SEATING**- Stewards to make sure that competitors are seated as a team and in a designated area, separate from parents and supporters.

4. **SCALE OF MARKS**

Speaker	Presentation of speech and ability to speak	20	
	Content of speech and knowledge of subject	20	
	Answer to questions	10	50
	Chairman	30	
	Proposer of Vote of Thanks	20	
	<b>TEAM TOTAL</b>	<b>100</b>	

5. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



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INTERMEDIATE BRAINSTRUST

**NFYFC Competition**

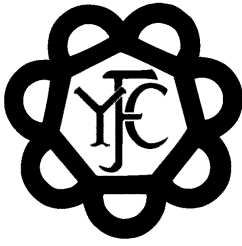
Venue: TBC  
 Date: Sunday 7<sup>th</sup> February 2010 10.00am  
 Entry Fee: £5 per team  
 Host: Suffolk YFC

1. **ELIGIBILITY** - A team shall consist of four members, each of whom must be 21 years of age or under on 1 September 2009 and full members of a Club affiliated to the NFYFC
2. **PROCEDURE** –
  - a. The team shall consist of a Chairman and a panel of three members. Draw for order of appearance will be made at the start of the Competition. All competitors will be expected to be present.
  - b. 20 minutes before going onto the platform, the Chairman will be given a choice of sealed envelopes. One will be chosen which will contain six question topics, three of a general nature and three on rural affairs, from which he/she will select three for discussion by the team. One question must be selected from each section plus one other. The Chairman will have no prior communication with the team about the questions he/she has selected to be discussed. ***No written communication on the topics to be discussed may be given to the Panel at any time.*** The penalty will be automatic disqualification.
  - c. The Chairman will be responsible for introducing the panel to the audience, putting each question to the panel, summarising their answers, concluding the meeting, timing, control of the panel and coverage of each question.
  - d. The competition should be treated as a formal meeting.
  - e. Competitors may make their own notes FOR REFERENCE on the platform, but excessive and obvious use of notes will be penalised. No other reference books or papers may be used while on the platform.
3. **TIMING** - 20 minutes will be allowed each team from the commencement of the Chairman's introduction and the teams will be expected to keep to the timing stated.  
 Penalties: Time deductions are one mark for each half-minute (or part thereof) over the allotted time.

4. **SCALE OF MARKS**

Chairman	Opening introduction & handling questions	10	
	Handling of panel including timing	15	
	Summing-up of discussions	10	
	Closure of Meeting	5	
	Ability and style	10	
		50	
Panel:	Quality, relevance & range of discussion	20	
Each question:	Co-operation and team work	15	
		35 x 3	105
Panel:	General department and style	15	
Overall:	Audibility	10	
	Overall impression of team	20	45
		200	
	TOTAL	200	

The judges will have before them a duplicate copy of the question topics from which the selection was made for the team that is competing.



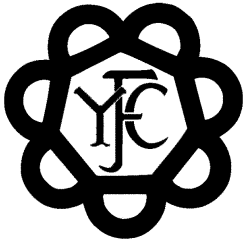
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Website: [www.suffolkyoungfarmers.com](http://www.suffolkyoungfarmers.com)  
County Chairman: Andrea Taylor  
County Fieldworker: Mrs Tory Lugsden

SENIOR DEBATING  
**NFYFC Competition**

**Venue:** TBC  
**Date:** Sunday 7<sup>th</sup> February 2010 10.00am  
**Entry Fee:** £5 per team  
**Host:** Suffolk YFC

1. **Eligibility** - A team shall consist of five members, each of whom must be 26 years of age or under on 1 September 2009 and full members of a Club affiliated to the NFYFC.
2. **SUBSTITUTION** - If two or more of the original team are unable to go forward to subsequent rounds, then the next highest placed team will represent the Area
3. **PROCEDURE** – Each team will comprise of a Chairman, two principal speakers and two support speakers.
  - The teams will be split so that the Chairman, Proposer and Seconder, Opposer and Seconder will all operate with different teams, e.g. the Chairman from Team A will work with the Proposer and Seconder from Team B and the Opposer and Seconder from Team C. The Chairman and Debaters must be available to meet each other at least thirty minutes before competing time, to enable the Chairman to prepare his/her introductory notes.
  - All teams will be notified **twenty-one days** before competing of their debating subjects.
  - Debating subjects in the National Finals will be provided by the NFYFC. Area rounds will debate subjects provided by the Area Committee.
  - Competitors may use notes but may be penalised if these are excessive.
  - The situation should be that of a formal meeting.
    - a) The Chairman opens the meeting, introduces the debate and the debater and then calls upon the Proposer to put the motion for debate. He/she will then invite the Opposer to reply.
    - b) The Seconders for the proposition and opposition will speak in turn.
    - c) The Chairman shall then throw the debate open and will limit speakers from the floor of the house to five minutes.
    - d) The Chairman will then ask for OPPOSER TO SUM UP.
    - e) The Proposer then speaks for the last time.
    - f) The Chairman, as concisely and impartially as possible, shall sum up the debate ending by reminding members of the exact terms of the motion.
    - g) The Chairman at his/her discretion may appoint tellers.
    - h) The Vote shall be taken by a show of hands.



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County Chairman: Andrea Taylor

County Fieldworker: Mrs Tory Lugsden

- i) The Chairman shall announce the result of the Vote and declare the meeting closed.

4. **SCALE OF MARKS** – Marks will be scored for technique in opening the proceedings.

Chairman	40	(Chairman 25 – Summary 15)
Proposer	25	Opposer 25
Seconder	25	Seconder 25
Proposer (for quality of debate in summary)	30	
Opposer (for quality of debate in summary)	30	

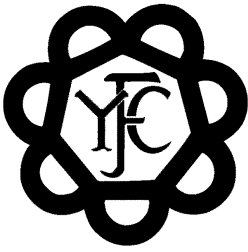
TOTAL 200

5. **TIMING** – Time shall be allocated as follows:-

Chairman	Opening	3 minutes
Debate	5 minutes	maximum
Proposer	4 minutes	
Seconder	3 minutes	
Opposer	4 minutes	
Seconder	3 minutes	
Opposer (final reply)	4 minutes	
Proposer (final reply)	4 minutes	

Penalties – time deductions are one mark for each half-minute (or part thereof) over the allotted time.

6. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



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County Fieldworker: Mrs Tory Lugsden

## JUNIOR MEMBER OF THE YEAR

**Venue:** TBC  
**Date:** Sunday 8<sup>th</sup> February 2009 10.00am  
**Entry Fee:** £5 per team  
**Host:** Suffolk YFC

1. **ELIGIBILITY** Competitor must be 16 years of age or under on 1 September 2007

2. **PROCEDURE**

3. **PART 1 - PORTFOLIO**

Two weeks prior to the Final, The portfolio should be a maximum of 15 sides of A4 – one page per month depicting their involvement in YFC over the previous twelve months from the date of the competition, plus 3 extra pages for their own use this is to include the front cover, which will show details of their YFC activities at all levels. The portfolio to include:-

Name, address, age and YFC Club  
Background information  
Activities within YFC over previous 12 months  
School/career aspirations  
Activities outside YFC

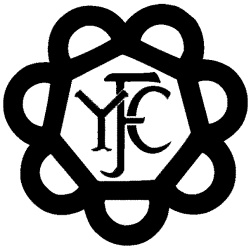
Photos, collage, drawings and any other medium, may be used within the portfolio.

The portfolio will be marked on presentation and content and should raise questions for interview.

4. **PART 2 - INTERVIEW**

The Judges, in an informal atmosphere, will interview competitors (there will be no actual interview on a stage). The interview will involve the following points:-

- Activities over previous twelve months (Club, County, Personal, Team) and should include such activities as Show/Rally entries, a variety of competitions (public speaking, quiz, cookery,sports), skills training, Club Officer posts and training, attendance at Club meetings and events, community involvement and activities and fund raising.
  - Knowledge of YFC, e.g. what are the current issues in YFC for young people.
  - General enthusiasm
  - Presentation of the competitor
5. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



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## SENIOR YFC AMBASSADOR

**Venue:** TBC  
**Date:** Sunday 7<sup>th</sup> February 2010  
**Entry Fee:** £5 per team  
**Host:** Suffolk YFC

1. **ELIGIBILITY** Competitor must be 30 years of age or under on 1 September 2009 (to compete at the Eastern Area final the member must be 26 years of age or under on 1 September 2009).

### 2. PROCEDURE

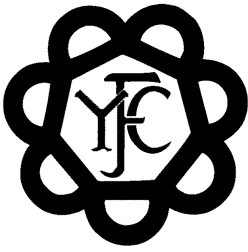
**PART 1** Two weeks prior to the County Competition, competitors will be required to complete a form provided, which will show details of their YFC activities and submit to the County Office. (Special emphasis should be placed on their involvement at Club level).

**PART 2** Competitors will be interviewed at the Indoor Competitions Final by a panel of Judges, in an informal atmosphere.

**PART 3** Competitors will be interviewed on stage.

The winner of the National Final of the YFC Ambassador competition final is expected to work with the competition sponsors, Farmers Guardian, for a period of 12 months by submitting 6 written reports (and photographs) of YFC activities. These reports to be submitted directly to Farmers Guardian every other month. To help with this the NFYFC will extend invitations to the winner over the 12 month period to events (both YFC and outside events) to ensure that the YFC Ambassador is kept abreast of the breadth of work of the National Federation of Young Farmers' Clubs.

3. **OBJECTIVES** - The objective of the competition is to select a member who has shown that they are involved in all aspects of the YFC Movement. Judges will be looking for:-
  - i. Involvement at club level for period of membership
  - ii. Overall YFC involvement (i.e. club, county, area **or** national)
  - iii. Specific involvement in activities in the previous 12 months (conservation, competitions, recruitment, programming, charity, sport, club officer)
  - iv. General commitment to YFC - awareness of fellow members' interests in YFC and objective view of the future of the organisation
  - v. Knowledge of the YFC at Club, County, Area and national levels and to share that knowledge over the 12 month period following the final
4. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



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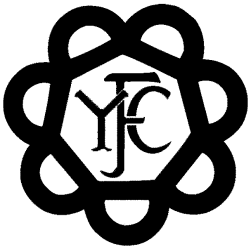
County Chairman: Andrea Taylor

County Fieldworker: Mrs Tory Lugsden

#### SENIOR AND JUNIOR POOL COMPETITION

**Venue:** TBC  
**Date:** Wednesday 10<sup>th</sup> February 2010 – Juniors and Seniors  
**Entry Fee:** TBC  
**Host:** Stowmarket YFC

1. **ELIGIBILITY** – A squad of 3 boys and 3 girls all to be members of a senior Suffolk YFC club and 30 years of age or under on 1<sup>st</sup> September 2000 and full members of a club affiliated to Suffolk YFC.
2. **RULES.** The matches will be played on a knockout basis. A draw will take place at the start of the competition to select the opponents for the competition. With the advent of an odd number of teams, the number of byes necessary to balance the second round of matches will be drawn for by the teams taking part. There will be a girls competition, a boys competition and a mixed competition.
3. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



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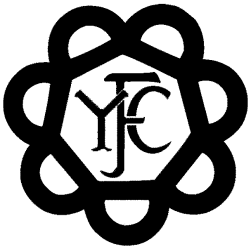
County Fieldworker: Mrs Tory Lugsden

## SUFFOLK YFC PUB QUIZ

**Venue:** Debenham Community Centre  
**Date:** Friday 26th February 2010 7.00pm  
**Entry Fee:** £5 per team  
**Trophy: Winning Team** Strutt and Parker Trophy  
**Runners Up** Barclays Perpetual Trophy  
**Junior Team** Suffolk YFC Schools Quiz Cup – E Kayler  
**Host:** Gipping Valley YFC

### RULES

1. **ELIGIBILITY.** Teams to consist of four members, two male and two female under the age of 30 years on the 1<sup>st</sup> January in the year of the County final and members of a Club affiliated to Suffolk YFC.  
N.B. Clubs may enter up to five teams. Please note that although Junior competitors will answer the same questions, they will be judged separately to the senior competitors.
2. **COMPETITORS WILL BE REQUIRED TO SHOW THEIR PHOTOGRAPHIC MEMBERSHIP CARDS.**
3. Each club shall provide a scorer who will be asked to score for another team in rotation.
4. Teams will be seated in full view of the Question Master.
5. There will be ten rounds of ten questions per round. Each question will be worth TWO marks. Part marks can be awarded at the discretion of the scorers.  
SCORE: Maximum possible for each team:  
10 rounds x 10 questions x 2 marks = 200
5. For each round, each team will be issued with a sheet of paper by the SCORERS, to write down their answers.
6. At the end of each round, the answers will be collected by the SCORERS.
7. Obvious cheating will be penalised at the discretion of the Question Master (Interpellator). His/Her decision is final.
8. The Judges decision is final.
9. Suffolk YFC cannot accept responsibility for expenses incurred by Competitors.
10. Suffolk YFC reserves the right to amend or cancel any of the foregoing rules, should circumstances deem this necessary.
11. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



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## SUFFOLK YFC YOUNG STOCKJUDGE OF THE YEAR

**Venue:** Jimmy's Farm, Ipswich  
**Date:** Sunday 14th March 2010  
**Entry Fee:** £10 per club

### **RULES**

#### **ELIGIBILITY**

Competitors must be **16** years of age or under on 1 September 2009 and a full member of a Club affiliated to NFYFC

### **PROCEDURE**

#### ***AREA EVENT***

- a) Competitors will be required to judge four rings of stock (4 Dairy Cows, 4 Butchers Cattle, 4 Butchers Lambs, 4 Bacon or Pork Pigs) and each member will give Reasons on all four rings of stock.
- b) Animals in each ring will be designated A, B, X, Y.
- c) Competitors will be required to complete a simple multi-choice Animal Health and Husbandry Questionnaire.

#### **TIMING – AREA ROUNDS AND FINAL**

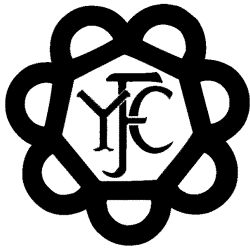
- a) Competitors will be allowed 10 minutes to judge each ring of stock and 5 minutes for preparing cards and handing to stewards.
- b) Competitors will be allowed up to 2 minutes for stating their Reasons on each ring of stock to the Judge. Competitors exceeding this time limit will incur penalties at the rate of 2 marks for each 15 seconds or part thereof. The marks to be deducted from their total score.
- b) The Chief Steward will allocate an appropriate time for the questionnaire.

#### **8. SCALE OF MARKS**

Stockjudging:	Placing 4 rings x 50	200
Reasons 4 rings x 50		200
Questionnaire	100	

Marks per Competitor 500

1. The decision of those umpiring shall be final.
2. Suffolk YFC cannot accept responsibility for expenses incurred by Competitors.
3. Suffolk YFC reserves the right to amend or cancel any of the foregoing rules, should circumstances deem this necessary.
4. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



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County Fieldworker: Mrs Tory Lugsden

## STOCKMAN OF THE YEAR COMPETITION

**Venue:** Jimmy's Farm, Ipswich  
**Date:** Sunday 14th March 2010  
**Entry Fee:** £10 per club

### RULES

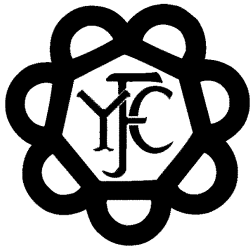
#### ELIGIBILITY

The Competitors must be 30 years of age or under on 1 September 2009 and a full member of a Club affiliated to NFYFC

### **PROCEDURE**

1. Competitors will be required to judge four rings of stock (4 Dairy Cows, 4 Butchers Cattle, 4 Butchers Lambs, 4 Bacon or Pork Pigs - *subject to availability*) and each member will give Reasons on all four rings of stock. Animals in each ring will be designated A, B, X, Y.
2. Competitors will be required to complete an Animal Health and Husbandry Questionnaire, which will be provided by NFYFC.
3. Timing: -
  - a) Competitors will be allowed 10 minutes to judge each ring of stock and 30 minutes to complete the Animal Health and Husbandry Questionnaire.
  - b) Competitors will be allowed up to 2 minutes for stating their Reasons on each ring of stock to the judge. Competitors who exceed this time limit will incur penalties at the rate of two marks for each fifteen seconds or part thereof. The marks to be deducted from their total score.
4. Scale of Marks: -

Stockjudging: Placing 4 rings x 50	200
Reasons 4 rings x 50	200
Animal Health & Husbandry Questionnaire	100
Per competitor	<u>500</u>
4. Suffolk YFC cannot accept responsibility for expenses incurred by Competitors.
5. Suffolk YFC reserves the right to amend or cancel any of the foregoing rules, should circumstances deem this necessary.
6. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 and [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by e-mail by the Friday before the competition



## VOLLEYBALL COMPETITION

**Venue:** To be confirmed  
**Date:** Sunday 5<sup>th</sup> April 2009  
**Entry Fee:** None  
**Trophy:**

### RULES

1. **ELIGIBILITY** - A squad of nine players, all of whom must be 30 years or under on 1 September 2009, and full members of a Club affiliated to NFYFC, may be nominated, from whom six players (three male/three female) shall be chosen to form the team for each game. Competitors will be required to show their membership cards.

Competitors are required *in person* to produce on the day of each round of the competition (County, Area and National) their current and signed Membership Card, with suitable photo-ID, or a fine of **£10** will be imposed for non-production.

During the game only six substitutions may be made. All substitutes must have been eligible to compete in the County Final.

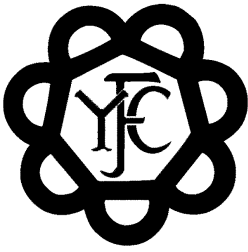
2. **PROCEDURE** – The competition will be played on a league basis. The teams shall be drawn into two leagues and matches will be run on a 'best of three basis' (like the three pulls of the Tug of War) with the winner of each game being the first to 15 points. There will be no time limit to each game. The highest scoring team from each league will play the second team from the other league (Semi-Final) to determine the two teams for the Championship Game. The two losers in the Semi-Finals may play off for 3rd and 4th place if desired. League points will be awarded as follows:-

Win	3
Lose	Nil

In the event of the league points being tied after all the games have been played, the order will be decided using the greatest positive points difference. If the points are still the same then the order will be decided by a knockout style situation – the two levelled teams will play, the first to five points. The winner will become first in the league; the loser will take the second place.

**The Referee shall be the sole arbiter on points of dispute. The Rules of the Game of Volleyball will apply.**  
**A player who is "sent off" shall take no further part in that day's games.**

3. All competitors must be suitably dressed.
4. Suffolk YFC cannot accept responsibility for expenses incurred by Competitors.
5. Suffolk YFC reserves the right to amend or cancel any of the foregoing rules, should circumstances deem this necessary.
6. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 and [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by e-mail by the Friday before the competition



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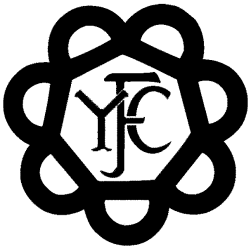
County Fieldworker: Mrs Tory Lugsden

## SENIOR & JUNIOR CLAY PIGEON SHOOT COMPETITION

**Venue:** Stowlangtoft Lime Pits (on A1088)  
**Date:** Saturday 11<sup>th</sup> April 2009  
**Entry Fee:** £20 per team  
**Trophy:** Kettleburgh Lodge Shooting Shield – YFC “High Gun”

### RULES

1. **ELIGIBILITY.** A team shall consist of FOUR full members of a Club affiliated to Suffolk YFC all of whom must members of a senior Suffolk YFC Club. All competitors must hold a valid shotgun certificate or be supervised by a certificate holder. Associate members are also allowed to enter. A club may enter any number of teams, but a member can only compete in one team. **COMPETITORS WILL BE REQUIRED TO SHOW THEIR PLASTIC MEMBERSHIP CARDS.**  
  
Juniors. A team shall consist of TWO full members of a Suffolk YFC club and TWO associate members of the junior club. Supervision of the junior members must be taken responsibility for by the associate members.
2. **PROCEDURE.** The competition shall consist of a 40 bird sporting shoot. Each team member shall complete all rounds. All scores will be added together, with a trophy for the highest team score.
3. **GUN SAFETY** must be adhered to **AT ALL TIMES.** Any unsafe behaviour, unsafe gun use or causing upset to other competitors will result in immediate disqualification.
4. The scorer's decision is final. Any complaints should be registered immediately.
5. A Clay Pigeon is deemed “killed” when a visible piece of clay is broken off.
6. Suffolk YFC cannot accept responsibility for expenses incurred by Competitors.
7. Suffolk YFC reserves the right to amend or cancel any of the foregoing rules, should circumstances deem this necessary.
8. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



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#### FARMING AND COUNTRYSIDE COMPETITION

**Venue:** To be confirmed by Ensors, Lacey, Scott & Knight

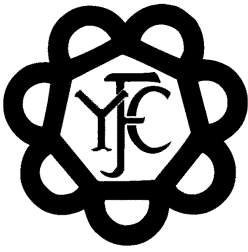
**Date:** Sunday 2<sup>nd</sup> May 2010

**Entry Fee:** None

**Trophy:**

#### **RULES**

Ensors will confirm these prior to the competition. There will be 4 members in each team; you may enter associate teams as well.



## BASKETBALL COMPETITION

**Venue:**

**Date:** Friday 7<sup>th</sup> May 2010, 7.30pm

**Entry Fee:** £5 per team

**Host Club:**

### RULES

1. **ELIGIBILITY.** A squad of SEVEN players, all of whom must be 30 years of age or under on the 1<sup>st</sup> September 2009 and members of a Club affiliated to Suffolk YFC may be nominated, from whom FIVE players shall be chosen to form the team for each game. Teams to comprise of at least two players of the opposite sex. **COMPETITORS WILL BE REQUIRED TO SHOW THEIR PHOTOGRAPHIC MEMBERSHIP CARDS.**

2. **PROCEDURE.** The teams shall be drawn into two leagues. The highest scoring team from each league will play the second team from the other league (semi-final) to determine the two teams for the championship game. The two losers in the semi final may play off for 3<sup>rd</sup> and 4<sup>th</sup> place.

League points will be awarded as follows:

Win	3
Score Draw	2
No Score Draw	1
Loser	NIL

3. **Scoring:**  
2 points for a normal basket  
3 points for a basket beyond the semi-circle  
1 point for a foul shot

4. Duration of play will be 5 minutes each way.

5. During the game only two substitutes may be made.

6. The ball can only be moved around the court by passing, rolling or dribbling the ball.

A player with the ball can only move two steps, after that, the player has to either dribble or pass the ball. If not, you are penalised for "travelling".

Any physical contact against the player with the ball is deemed a foul, and a side line throw is awarded to the "fouled" players team. Once a player has committed 3 fouls, a free throw from the basket circle is given.

If the player with the ball runs into a defender who is not moving, the player with the ball is penalised.

Passing back into your own team's half is not allowed and, upon happening, a side line throw is awarded to the other team.

7. Once the ball goes out of play, a side line throw is awarded to the other team.

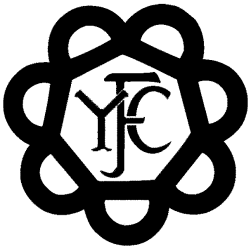
8. Once a basket has been scored, a throw is made from the end line of the team that conceded the basket.

9. The referee shall be the sole arbiter on points of dispute.

10. Each team must state their colours and reserve colours on their entry form.

11. Suffolk YFC reserves the right to amend or cancel any of the foregoing rules, should circumstances deem this necessary.

12. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 and [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by e-mail by the Friday before the competition



## MIXED ROUNDERS COMPETITION

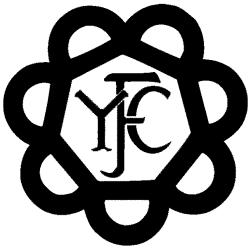
**Venue:** To be confirmed  
**Date:** Sunday 27<sup>th</sup> June 2010  
**Entry Fee:** £20 per club covering all of Sports Day

### RULES

1. **ELIGIBILITY.** A squad of eleven, comprising of at least 2 girls, all of whom must be 30 years of age or under on 1 September 2008 and full members of a Club affiliated to Suffolk YFC, may be nominated, from whom nine members shall be chosen to form the team for each innings, and which must include at least four male and four female players.  
**COMPETITORS WILL BE REQUIRED TO SHOW THEIR PLASTIC MEMBERSHIP CARDS.**
2. **PROCEDURE.** In this tournament, matches will consist of one innings per team, to a maximum of 20 good balls.

A batsman shall have ONE good ball bowled to him, unless he is the last batsman in, in which case he will have the choice of three good balls. The bat can be held in two hands.

3. **NO-BALLS**
  - a) A ball that is not within the reach of the batsman on his batting side, and is higher than the top of his head or lower than the knees, shall be considered a no ball.
  - b) All balls must be delivered by an underarm action from within the bowling square, and must reach the batsman without bouncing.
4. **BATSMAN OUT**
  - a) If caught, unless the ball is a no-ball
  - b) If his feet are over the front or back line of the batting square, when batting.
  - c) If stumped at the post to which he is running by a fielder holding the ball. **THE POST MUST BE STUMPED.**
  - d) If he breaks contact with the post while waiting to run.
  - e) If he leaves the post before the ball has left the bowlers hand.
  - f) If he runs inside a post.
  - g) If he overtakes another batsman
  - h) If two batters find themselves at the same post, then the first to arrive is out.
  - i) **SIDE OUT** – if there is no batsman waiting to bat, and the ball is returned to the batting square before the batsman has reached the last post.
5. A ball is hit and landing behind the baseline will permit the batter to run to the first post **ONLY** until the ball returns over the baseline. Completion of the track scores one rounder.
6. **SCORING**
  - a) One rounder is scored if a player completes the track before another ball is bowled.
  - b) Half a rounder is scored if:
    - A rounder is completed without the ball being hit
    - Two consecutive no-balls are bowled
    - A fielder obstructs a batter
    - If a batter hits the ball and runs to the second post**NOTE** Half a rounder may be awarded to the fielding side if:
    - A batter obstructs a fielder
    - A batter obstructs or deflects the ball
7. In all cases the umpire's decision is final.
8. Each team must state their colours and reserve colours on their entry form.
9. Suffolk YFC cannot accept responsibility for expenses incurred by Competitors.
10. Suffolk YFC reserves the right to amend or cancel any of the foregoing rules, should circumstances deem this necessary.
11. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



SUFFOLK FEDERATION OF YOUNG FARMERS CLUBS  
YFC OFFICE, OTLEY COLLEGE, OTLEY, IPSWICH, SUFFOLK IP6 9EY

☎ 01473 785547

E-mail: [office@suffolkyfc.com](mailto:office@suffolkyfc.com)

Website: [www.suffolkyoungfarmers.com](http://www.suffolkyoungfarmers.com)

County Chairman: Andrea Taylor

County Fieldworker: Mrs Tory Lugsden

## SINGLES AND MIXED DOUBLE TENNIS COMPETITION

**Venue:**

**Date:** Sunday 4<sup>th</sup> July 2010

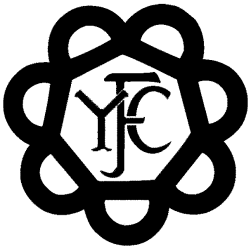
**Entry Fee:** £10 per club

**Trophy:** Adams Challenge Trophy – Singles

**Lord Alistair Graham Cup – Overall Winners**

### **RULES**

1. **ELIGIBILITY.** Each Club may enter up to three teams of mixed doubles, three men's singles and three ladies singles in the competition, all of who must be 30 years of age or under on the 1<sup>st</sup> September in the year of the competition and full members of a Club affiliated to Suffolk YFC. **COMPETITORS WILL BE REQUIRED TO SHOW THEIR PLASTIC MEMBERSHIP CARDS.**
2. **RULES.** The matches will be played on a knockout basis. A draw will take place at the start of the competition to select the opponents for the competition. With the advent of an odd number of teams, the number of byes necessary to balance the second round of matches will be drawn for by the teams taking part. All matches will be played to the rules of the All England Lawn Tennis Association. The match shall comprise of 5 games.
3. **SCORE.** The winning team being that one to reach three games.
4. Clubs are expected to provide at least one umpire per team to help adjudicate the points. Players will provide their own tennis rackets.
5. The decision of those umpiring shall be final.
6. Suffolk YFC cannot accept responsibility for expenses incurred by Competitors.
7. Suffolk YFC reserves the right to amend or cancel any of the foregoing rules, should circumstances deem this necessary.
8. Completed intention to enter forms must reach County Sports Co-ordinator; Michael Lee on 07743 142298 or [office@suffolkyfc.com](mailto:office@suffolkyfc.com) by the Friday before the competition



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County Chairman: Andrea Taylor

County Fieldworker: Mrs Tory Lugsden

**SUFFOLK YOUNG FARMERS**

**INTENTION TO ENTER FORM**

We, ..... YFC  
will be entering ..... Team(s)  
for the ..... Competition  
on .....

Signed.....  
Date.....  
Contact Name .....  
Contact Number .....

This form must be sent to the relevant host club prior to the event. The completed entry form must be brought to the competition with membership numbers/cards ready to show on arrival at the event.

