



**GAMES**



**&**

**SPORT**



**CALDONAZZO  
2011**

# Introduction

In light of the educational goals of Caldonazzo SOS Holiday Village, the following would seem to be the ideal motto for the "Games & Sports" team for this summer:

**“Get moving to get things moving!”**

The sports and games programme has been drawn up in light of previous years' experiences and the results of the evaluation report. Lots of tried and tested ideas were kept, but there have also been some changes.

The following pages will explain the different **sporting competitions** and their rules. There is also information about when the competitions take place, how they are carried out and who is eligible to take part.

Next to a wide selection of sporting competitions there are also a number of friendly games and sporting activities, with no winners or losers. For most of these "**Just-for-fun contests**" there is no need to register, the children can have a go and simply take part for as long as they want. Many of these events take place one or more times a week at the same time and place. Single activities can also be put on for villages with special interest. What is offered depends on the resources of the "Games & Sports" team and demand from the villages.

Possible events could be:

- cycle track, skill runs, action trails
- skipping, bowls, frisbee,...
- Water sports (water basketball, lilo races,...)
- Relaxation and fitness programme: yoga, aerobics,...
- Training for the sporting competitions
- *NEW: Speedminton und OGOsport*

Manfred Pirk offers this year football medal "**Fußballabzeichen**" again. More: [www.fussballabzeichen.de](http://www.fussballabzeichen.de)

We naturally want to make this year an unforgettable summer for sports and outdoor activities for our children and youngsters. To ensure we achieve that goal, we are asking for the active support of all PE supervisors, the co-workers in the various teams and all volunteers. As we have seen in the past, such a full and varied physical education programme for our camp cannot be a success unless we all pull together.

## DATES

- 1. Week: 12.07.2011 – 17.07.2011
- 2. Week: 18.07.2011 – 24.07.2011
- 3. Week: 25.07.2011 – 31.07.2011
- 4. Week: 01.08.2011 – 07.08.2011
- 5. Week: 08.08.2011 – 14.08.2011
- 6. Week: 15.08.2011 – 18.08.2011

## AGE CLASSES FOR 2011

B 04 = born in 2004

B 03 = born in 2003

B 02 = born in 2002

B 01 = born in 2001

B 00 = born in 2000

B 99 = born in 1999

B 98 = born in 1998

B 97 = born in 1997

B 96 = born in 1996

B 95 = born in 1995

# TIMETABLE

| DATE          | COMPETITION   | ELIGIBILITY  |
|---------------|---|--|
| <b>Week 1</b> | <b>Athletics:</b> 60 metre sprint<br>long jump<br>long throw<br>Mixed relay Children<br>Mixed relay Teenagers   | Boys and girls: B 03/04 up to B 95/96<br>Boys and girls: B 03/04 up to B 95/96<br>Boys and girls: B 03/04 and B 01/02<br>Boys and girls: B 00 up to B 04<br>Boys and girls: B 95 up to B 99  |
| <b>Week 2</b> | <b>Football Euro-tournament</b><br><b>Beach-Volleyball Tournament</b><br><b>Swimming:</b> 1 length Breaststroke<br>1 length Crawl<br>Mixed relay Children<br>Mixed relay Teenagers<br><b>Chess:</b> Children<br>Teenagers | Boys and girls: B 95 up to B 99<br>Boys and girls: B 95 up to B 99<br>Boys and girls: B 03/04 up to B 95/96<br>Boys and girls: B 01/02 up to B 95/96<br>Boys and girls: B 00 up to B 04<br>Boys and girls: B 95 up to B 99<br>Boys and girls: B 00 up to B 04<br>Boys and girls: B 95 up to B 99 |
| <b>Week 3</b> | <b>Junior Football</b><br><b>Baseball or Frisbee</b><br><b>Aquathlon (Swimming &amp; Running)</b><br><b>Football-Tournament Girls</b>   | Boys and girls: B 04 up to B 00<br>Boys and girls: B 95 up to B 99<br>Boys and girls: B 00/99 up to B 95/96<br>Girls B 95 up to B 00 and B 01 up to B 04   |
| <b>Week 4</b> | <b>Football Short-tournament Boys</b><br><b>Athletics:</b> 60 metre sprint<br>long jump<br>long throw<br>Mixed relay Children<br>Mixed relay Teenagers<br><b>Football-Tournament Girls</b>                                | Boys: B 95 up to B 99<br>Boys and girls: B 03/04 up to B 95/96<br>Boys and girls: B 03/04 up to B 95/96<br>Boys and girls: B 03/04 and B 01/02<br>Boys and girls: B 00 up to B 04<br>Boys and girls: B 95 up to B 99<br>Girls B 95 up to B 00 and B 01 up to B 04                                |
| <b>Week 5</b> | <b>Junior Football</b><br><b>Badminton:</b> Singles (boys, girls)<br><b>Chess:</b> Children<br>Teenagers<br><b>Fun Olympic games</b>  | Boys and girls: B 00 up to B 04<br>Boys and girls: B 00/99 up to B 95/96<br>Boys and girls: B 00 up to B 04<br>Boys and girls: B 99 up to B 95<br>Boys and girls: B 00 up to B 04  |
| <b>Week 6</b> | <b>Swimming:</b> 1 length Breaststroke<br>1 length Crawl<br>Mixed relay Children<br>Mixed relay Teenagers<br><b>Tablesoccertournament</b>   | Boys and girls: B 03/04 up to B 95/96<br>Boys and girls: B 01/02 up to B 95/96<br>Boys and girls: B 00 up to B 04<br>Boys and girls: B 95 up to B 99<br>Boys and girls: B 03/04 up to B 95/96  |

# SPORT FOR ADULTS

Sport is not only on offer to our children and teenagers, but also to all the co-workers at the camp.

## Regular weekly events.

Adults can take part in the following events without having to register.  
for example:

- Football
- Beachvolleyball
- Yoga, Poweryoga
- Aerobics
- Frisbee
- Landhockey
- Baseball

The "Games & Sport" team will inform everyone on the notice board about what's being offered and the starting times of the sporting activities.

We are also looking forward to telling you in person about what we offer.

## **Registration for the sporting competitions / Entry procedure:**

Entries for sporting events must be registered using the official lists available from your "Games & Sports" team. All entry lists have to be filled out carefully by the person responsible for sport in the village and returned to the sportsteam. When filling out the list please be aware of the fact that only children and teenagers can take part in a competition who have also been cleared to take part, so as to make it fair.

For sporting reasons, children should only be nominated if they are staying in Caldonazzo for the full duration of the event. Children and teenagers should be asked wether they want to participate instead of being written on the list without their consent. In addition, those children and teenagers who are taking part should have an idea of the rules and be physically prepared for each competition.

The deadline for entry will be made known when the entry lists are handed out and should be adhered to.

If an individual event in a particular age group is cancelled due to lack of entries, the nominated children can compete in the next age group up.

### **Times**

On Monday, there is no sport programm.  
No competitions are also held on Saturday evenings or Sunday mornings to enable the children to attend church services.

### **Supervision**

Children and teenagers taking part in a sporting competition must always be overlooked by a supervisor. It should be emphasized once more that the adults should lead by example when it comes to sportsmanship and fair-play.

### **Politeness**

Competitors are expected to show politeness to one another, e.g. by saying hello and good-bye.

# ATHLETICS



## Eligibility:

|                        |                                    |
|------------------------|------------------------------------|
| Long jump:             | boys and girls B 03/04 to B 95/96  |
| Long throw:            | boys and girls B 03/04 and B 01/02 |
| 60-metre-sprint:       | boys and girls B 03/04 to B 95/96  |
| Mixed relay Children:  | boys and girls B 00 to B 04        |
| Mixed relay Teenagers: | boys and girls B 95 to B 99        |

## Organisation & Rules

In events with more than 6 people entered per B-group, there will be a qualification competition. The best 6 in each event will take part in the final. A competition will only take place when there are more than three people entered. If a competition does not take place due to a small number of entrants, then these children can start in the next age group up.

### Entrants/teams are disqualified if...

- they fail to appear at the start after two calls,
- they obstruct other competitors when changing lanes (60-metre-sprint)
- they finish in the wrong lane. (60-metre-sprint)

Long jump: 3 jumps, take-off zone

Long throw: 3 attempts

60-metre-sprint: Crouch and standing starts permitted.  
The race will be started using a starter clapper and the words:  
Get ready - Set - Go!

Relay race: Mixed Relay Children: 3 starters, each has to run 60m  
Mixed Relay Teenagers: 3 starters, each has to run 60m

It is possible in each relay competition to enter more than one team per village. Each runner can only be registered once.

# FOOTBALL



## Eligibility for taking part:

|                        |   |
|------------------------|---|
| Euro-Tournament:       | Girls and boys: B 99 up to B 95           |
| Junior Football:       | Girls and boys: B 04 up to B 00           |
| Tournament Girls:      | Girls B 95 up to B 00 and B 01 up to B 04 |
| Short-tournament Boys: | Boys: B 99 up to B 95                     |

## Euro Tournament:

|                    |                            |
|--------------------|----------------------------|
| Length of match:   | 2 x 25 minutes             |
| Number of players: | 9 players                  |
| Substitutes:       | 4 changes allowed per game |
| Location:          | large football pitch       |

## Junior Football:

|                    |                      |
|--------------------|----------------------|
| Length of match:   | 2 x 10 minutes       |
| Number of players: | 7 players            |
| Substitutes:       | no limit             |
| Location:          | small football pitch |

## Short-Tournament:

|                    |                                   |
|--------------------|-----------------------------------|
| Length of match:   | 2 x 15 minutes                    |
| Number of players: | 7 or 9 players (depends on field) |
| Substitutes:       | 4 changes allowed per game        |
| Location:          | large/middle football pitch       |

## Football-Tournament Girls:

|                    |                            |
|--------------------|----------------------------|
| Length of match:   | 2 x 12 minutes             |
| Number of players: | 7/8 players                |
| Substitutes:       | 3 changes allowed per game |
| Location:          | middle football pitch      |



## Organisation and Rules

If six or more teams enter, lots are drawn to allocate the teams to groups. In each group, all the teams play against each other. How the competition is run depends on the number of teams taking part.

The names of all players (including substitutes) should be entered on the registration form. Any discrepancies between those names entered on the list and the actual people playing should be cleared with the referee or person responsible for the sport before the game. No player may play for more than one team.

In the Euro-tournaments there must be players from at least two nations on the pitch, this should cross borders and bring together people from different nations. In the other tournaments teams can be made up of players from a single village, lots of villages or different nations.

Semi-finals and finals are played with linesmen if possible. If the score is a draw at the end of normal time in the semi-finals and finals, extra time is played (2 x 5 minutes on the small pitch, 2 x 10 on the large pitch). If there is a goal during extra time, the scoring team wins immediately (golden goal rule). If the score is still drawn after extra-time, the match is decided on penalties.

The "back pass"-rule does not apply in any of the tournaments. On the small and middle pitch, there is no off-side.

In the Junior Football tournament the referee uses the blue card instead of a yellow card. This means the player goes to the sin-bin for 5 minutes. Two blue cards add up to a red card, and the player is sent off for the match going on and the next match.

Each game won counts for 3 points in the Table. If a game ends with a draw, each team receives a point. The order of the teams is established on the number of points. In the case of equal points, a decision is made on goal difference. In case of equal goal difference, a decision is made on the highest number of goals scored. If the number of goals scored is equal, then a decision is made based on the number of victories.

Any team that is not ready to play five minutes after the scheduled start, will be penalised with a 0:3 loss. Every team must play in football kit. Only football boots with rubber or plastic studs may be used (no visible metal pins). Any player found to have broken or dangerous studs must change them.

# CHESS



## Eligibility

Tournament Children: Boys and girls: B 00 up to B 04  
Tournament Teenagers: Boys and girls: B 99 up to B 95

## Organisation & Rules

There are several rounds to be played. The draw is made by a chess software. One point is awarded for a win and half a point for a draw.

If, at the end of the competition, there are players with the same number of points, the Buchholz ranking system decides. This system equals the goal-difference in football. The system gives more Buchholz-points for a win against a strong opponent than against a player positioned at the end of the table.

The competition will be held According to one of the following systems:

### System 1:

The draw for a round will be published in a list. The two players should then organise among themselves, or with help from the sports officer from their village, a time and place to play the game. The results should be given to the sports office at a particular time that is published on the list of the draw. Both players are responsible for the results being handed in correctly. Results that are not handed in on time will be registered as a draw. If there is a game that, for whatever reason, is not played, this will also be registered as a draw.

### System 2:

The draw for a round will be published in a list, together with place and time when the round is going to be played. All games of one round are played at the same place at the same time and are supervised by the "Games & Sports" team.

Any player who is not ready to play five minutes after the scheduled start, will be counted as having lost the game. Any player who does not appear more than twice to play his game, will be disqualified.

# SWIMMING



## Eligibility:

|                        |                                   |
|------------------------|-----------------------------------|
| Breast stroke:         | boys and girls B 03/04 to B 95/96 |
| Front crawl:           | boys and girls B 01/02 to B 95/96 |
| Mixed relay Children:  | boys and girls B 00 to B 04       |
| Mixed relay Teenagers: | boys and girls B 95 to B 99       |

## Organisation & Rules

Elimination heats are held in all events with more than six entries per age class. The swimmers with the six fastest times in each event (per discipline, B and sex) qualify for the final. Events are only held if at least three entrants are nominated. If an event is cancelled because of a shortage of entries, the nominated children can compete in the next-highest age class.

### Swimmers/teams are disqualified if...

- they fail to appear at the start after two calls,
- they change strokes (except in freestyle events),
- they obstruct other swimmers by changing lanes,
- they finish in the wrong lane.

Start command: On you marks - whistle!

### **Relay competitions:**

Mixed relay Children: 3 starters, boys and girls up to B 00,  
*freestyle*

Mixed relay Teenagers: 3 starters, boys and girls B 95 to B 99,  
*1 x backstroke, 1 x breaststroke, 1 x crawl*

It is possible in each relay competition to enter more than one team per village. Each swimmer, however, can only be registered once.

# BEACH-VOLLEYBALL TOURNAMENT



## Eligibility:

Boys and Girls: B 95 up to B 99

Number of players: 5

## Organisation:

If six or more teams enter, lots are drawn to allocate the teams to groups. In each group, all the teams play against each other. How the competition is run depends on the number of teams taking part.

## Rules:

Each match is played on a best-of-three games basis. Each game is played to 21 points (without a 2-point lead). Each team can score a point from every service. Two points are awarded to the winners of each match. If two teams in a group have the same number of points, the winner is worked out from the set scores.

Any team that is not ready to play five minutes after the scheduled start will be penalised with a 0 : 2 loss. A draw is made between the captains to decide which of the teams has the first throw or which half of the court, after that, the team that lost the previous game serves. Sides are changed after each set.

If a third set is necessary to decide a game, is played to 15, sides are changed after 7 points have been reached by one team. In the third set a 2-point lead is required to win (e.g. 17 : 15).

Serving the ball must take place from below the ball and directly after the ball has been thrown up. The ball must cross the net immediately on being served.


The ball can be played with every part of the body, limited on 3 contacts within a team (then the ball has to be played to the other side). It is allowed to play the ball outside the field. It is counted as a mistake when a player hits the ball twice (exception: „block“). Touch the net, a team loses the ball. On the line counts as in.

# Aquathlon

## Eligibility:

Boys and girls: B 00/99 to B 95/96



„“ **WARNING:** The Aquathlon is an offer for children and teenagers who regularly practise sports. Distances to absolve see below.

## Organisation

The Aquathlon consists of two disciplines, which have to be done directly one after the other. The two disciplines are swimming and running.

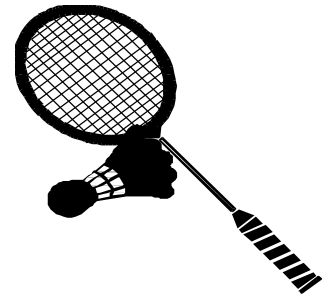
## Distances:

|           |                                 |
|-----------|---------------------------------|
| AK 00/99: | 40 m swimming<br>1000 m running |
| AK 97/98: | 60 m swimming<br>1300 m running |
| AK 95/96: | 60 m swimming<br>1500 m running |

# BADMINTON

## Eligibility:

Girls singles: girls B 00/99 to B 95/96  
Boys singles: boys B 00/99 to B 95/96



## Organisation

The competition is played on a knock out basis. Loosing semi-finalists play for the third place. If a competition is not played due to few entrants, then these children can start in the next age group up.

## Rules

Each game is played to 7 points for singles. The player who has the service can only score points. The match is decided on the best-of-three principle. If the score reaches deuce, the game is extended to 8 points in the singles (no 2 points lead rule!).

The winner of the toss decides on whether to have the first serve, or on which side to start. Thereafter (in the 2<sup>nd</sup> and 3<sup>rd</sup> games), the loser of the previous game serves first. If a third, decisive game needs to be played, the players change sides as soon as one player has 4 points.

The service must be executed underhand (racket head lower than the grip). During a serve, the player serving and the player receiving must be standing in diagonally opposite service courts. If the number of points (or zero points) is even, the server should take the serve from the right-hand service court, and from the left serving area if the number of points is odd.

### Faults leading to loss of a point or of service include:

- If the serve is not carried according to the rules.
- If, during play, the shuttlecock touches a player's body or clothes.
- If a player touches the net when the shuttlecock is still in play, or if the player or racquet impedes, either under or over the net, into the opponent's side of the court before hitting the shuttlecock. It is not a foul if contact with the shuttlecock is made on the player's own side and the racquet continues over onto the opponent's side.
- If the shuttlecock is hit twice.
- If the shuttlecock is hit into or under the net.
- If the shuttlecock touches the ground.
- If the shuttlecock lands outside the court.
- If, in doubles, the wrong player serves.

On the line counts as in.

If the shuttlecock touches the net and goes over it, the game continues. If a shuttlecock touches the net on the serve, it counts as a fault and leads to a change of service.

Players are disqualified if they are not ready to play after two calls.

# BASEBALL

Eligibility: Girls and boys: B 95 up to B 99

Number of players: 8

## Organisation:

If six or more teams enter, lots are drawn to allocate the teams to groups. In each group, all the teams play against each other. How the competition is run depends on the number of teams taking part.

## Rules:

Each defender takes his position in the field. The Pitcher stays in the middle of the inner field. At the beginning, the forwards sit on the bench and wait for their turn to hit the ball. It will be played without Catcher. After the Pitcher has thrown the ball, the first Hitter tries to hit the ball and throw it onto the field to the forward team.



A throw will count for the Pitcher only if it will be thrown through the Strike Zone, which is an imaginary area between the batter's upper arms and their knees, to which the ball has to be pitched. Each forward has three possibilities to hit the ball with the bat. If the batter doesn't manage to hit the ball after it has been thrown from the pitcher for three times into the Strike Zone, he will be "out" and will have to leave the field and sit on the bench.

If the batter hits the ball and throw it outside the field, the throw will be not counted, as it is a Strike. As soon as the batter hits the ball, he has to leave the bat and start running through all the bases, trying to reach as many bases as possible, in order to score points. Each forward who manages to run around all the four bases and return to the home base will earn 1 point (Run) for his team. If the batter throws the ball beyond the border of the field, he will be allowed to run around all the bases without stopping (Homerun). If the pitcher fails four throws, the batter can go to the first base without hitting the ball (Free walk).

The defence controls the hit ball and tries to occupy all the bases. If the Runner reaches the first base before the defence manage to take back the ball, he will stay at the first base and another forward will go to the home base. Each base can be occupied from one forward. The Runner is out when:

- He's been hit from the ball
- All the bases are occupied
- The ball is caught before it touches the ground

Length of match: 2 x 10 minutes, if the score is drawn, the "Outs" will be counted.

# ULTIMATE FRISBEE

Eligibility: Girls and boys: B 95 up to B 99

Number of players: 7 Players  
3 Substitutes possible

## Organisation

If six or more teams enter, lots are drawn to allocate the teams to groups. In each group, all the teams play against each other. How the competition is run depends on the number of teams taking part.

## Rules:

The length of one match is 20 minutes. After 10 minutes, the sides are changed. 2 points are awarded to the winners of each match. If a team is not ready to play five minutes after the scheduled start, the match is scored as 2 points for their opponents. After each point players can be changed.

A draw is made between the captains to decide which of the teams has the first throw or which half of the court. At the beginning of the game both teams take their position at the front part of the end-zone-line (X). The game starts when the captain of the defending team (not in possession of the frisbee-disc) raises one arm. After the throw all players can move in every direction wanted. Players are not allowed to be in the end-zone for longer than 5 seconds.

Each time when the attacking team catches a throw in the end-zone of the other team, one point is awarded. After each point both teams start from the beginning but change the direction of the attack. The team, which receives the point, starts again. Catching the frisbee-disc, two steps can be made.

The frisbee-disc can be thrown in every wanted direction to another team-mate.

The player with the frisbee-disc is not allowed to run and has only 10 seconds time to do the throw. *One* player of the opposing team can only mark the player with the frisbee-disc at the same time.

### Change of ownership of Frisbee-disc:

When the throw is not caught by a team-mate (for example the disc is outside the pitch), falls down, is being blocked or being caught by the other team, the defending team gets the frisbee-disc and is then the attacking team.

Players are not allowed to get in contact with their bodies (at least a distance of one diameter of the Frisbee-disc must be kept) and leads to a loss of the frisbee-disc like obstruction of sight of the thrower.

