



Sportstada 3-A-Side Guidelines

All play within the Sportstada arena is based on 3-A-Side games, for children aged between 5 – 12 years old.

The Sportstada playing area is 10m x 5m for 5 - 12 years

An optional large panel package is available for children over 12 years where the playing area is increased to a size of 12m X 5m

A qualified coach, teacher, appointed person, parent or play instructor, must supervise all play within Sportstada.

Suitable insurance should be in place before using Sportstada to limit the liability of the operator.

It is the responsibility of the operator to ensure that all persons using Sportstada are fit to do so, and the all necessary health and safety considerations have been taken included but not limited to: -

- Fire Safety
- Evacuation
- First aid
- Ambulance access
- Risk assessment

Suggested Sports Play Guidelines

These following rules are provisional guidelines for how Sportstada sports may be played.

We have tried to make the games as fun as possible, and in doing so have restricted the game rules to 5 points.

The operator may amend or adjust these guidelines to suit the age range and ability of the children.

Sportstada LTD takes no responsibility for use outside these guidelines.

An appointed person should be decide on the amount of time allowed for each game and what breaks are taken.

To ensure smooth playing of each game, it is recommended that a person is selected to act as referee for each game.

FOOTBALL

1. The three a side game is played with no goalkeeper, all players may try to stop the opposition scoring, but the use of hands is forbidden. Touching the ball with your hands gives a free kick to the other team at the point of impact
2. The starting team plays kick-off from centre, ball must be passed to another player.
3. Players must not push or kick each other, or a free kick is taken from where the foul occurred.
4. Ball must not leave the stadium, if it does; the opposite team takes a free kick from where the ball went out.
5. A goal is scored when the ball enters the goal. Play stops and the opposite team kick-off from the centre.

NOTES:

- General Football rules and guidelines should also be considered
- An appointed person should act as a referee where possible
- The guidelines should be interpreted in a way that allow the children maximum fun

HOCKEY

1. Play starts from the centre and the ball must be passed to another player.
2. Each Game is played with no goalkeeper, all players may try to stop the opposition scoring, but the use of hands or feet is not allowed.
3. A fair tackle, intercepting a pass or blocking a shot at the goal, may take possession of the ball. The hockey sticks should never be raised higher than shoulder height.
4. A goal is scored if the ball goes into the goal. Play continues with the opposite team starting from the centre.
5. If the players raises the stick above shoulder height; the ball leaves the Sportstada; the ball is touched by the players' hands/feet or a player pushes another player excessively, this is a foul, and a free kick is taken from this point.

NOTES:

- General hockey rules and guidelines should also be considered
- An appointed person should act as a referee where possible
- The guidelines should be interpreted in a way that allow the children maximum fun

CRICKET

1. The batting team exits the stadium leaving 1 batsman inside.
2. The fielding team take it in turn to bowl; each "Over" consists of 6 Bowls. The fielders must not obstruct the batsman when running
3. The batsman is out if the ball hits the wicket at any time; the players bat hits the wickets; the ball is caught before it hits the ground; the ball leaves the stadium or the batsman is run-out.
4. If the batsman is out, he leaves the stadium and is replaced by the next batsman until all 3 players have batted. The opposing team then take their turn to bat
5. Scoring: 1 run is scored if the batsman runs to the other wicket.

NOTES:

- General cricket rules and guidelines should also be considered
- An appointed person should act as a referee where possible
- The guidelines should be interpreted in a way that allow the children maximum fun



NETBALL

1. Play starts from the centre, and the ball must be passed to another player.
2. The player holding the ball may not move more than one step.
3. The ball can be taken by grabbing the ball without pushing the other player, intercepting a pass, intercepting a shot or if the player loses control of the ball.
4. A point is scored if the ball goes through the opposite hoop. Play continues with the opposite team from the centre.
5. If a player runs with the ball, the ball leaves the stadium or a player pushes another player excessively, then a foul is awarded and a free shot can be taken 2m approximately from the net.

NOTES:

- General netball rules and guidelines should also be considered
- An appointed person should act as a referee where possible
- The guidelines should be interpreted in a way that allow the children maximum fun

BASKETBALL

1. Play starts from the centre, with each individual dribbling or passing from one player to another.
2. The player holding the ball may not run with the ball unless dribbling.
3. A player can take possession of the ball by grabbing the ball without touching the other player, intercepting a pass or blocking a shot or if the ball is accidentally spilled by an opponent
4. A point is scored if the ball goes through the opposite hoop. Play continues with the opposite team from the centre of Sportstada.
5. If a player runs with the ball, the ball leaves the stadium or a player pushes another player excessively, then a foul is awarded and a free shot can be taken 2m approximately from the net.

NOTES:

- General basketball rules and guidelines should also be considered
- An appointed person should act as a referee where possible
- The guidelines should be interpreted in a way that allow the children maximum fun