







Football/Netball3 Guideline for Inter-College Sports Exchange 2018/19

Football3 and Netball3 is a unique way of playing football that is changing lives across the world. It is based on the principle that the basic values of fair play, gender equality, teamwork and respect are just as important as football skill.

by

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Outline

1.	Introduction	3
2.	Playing the games	5
2.1	Select the rules:	5
2.2	Point system	6
2.3	Rituals before and after match:	7
3.	The role of the mediator	7
4.	Tournament structure for Inter-College Sports Meet 2018	.8
Ann	ex	9

1. Introduction

The games are named after its 'three halves' – a social warm-up with a pre-match discussion, the actual game, and post- match discussion - football and netball 3 incorporate key life lessons into every match. In mixed-gender teams, players collectively decide on the rules before the game. Following the match, they reflect on their behaviour and the behaviour of their opponents, with points awarded for goals as well as for fair play. As the games are played without referees, players must learn how to resolve conflicts themselves through dialogue and compromise.

'Three Halves':



The third half: post-match discussion

Following the match, the teams are brought together by the mediator to reflect on the match and how well they respected the rules. The teams have the opportunity to award their opponents fair play points based on their conduct. The mediator adds the fair play points to the match points resulting from goals scored to determine the final outcome.

The first half: social warm-up and pre-match discussion

The two teams warm up together with minor games embracing a reflection part. Subsequently prior to the match, the two teams come together to agree on the rules they want to use. Special rules are selected to tackle relevant social issues, such as increasing female involvement in sports. The discussion is facilitated by the trained PE lecturers. The mediator uses a match form

to record the rules players have agreed on.

The second half: the match



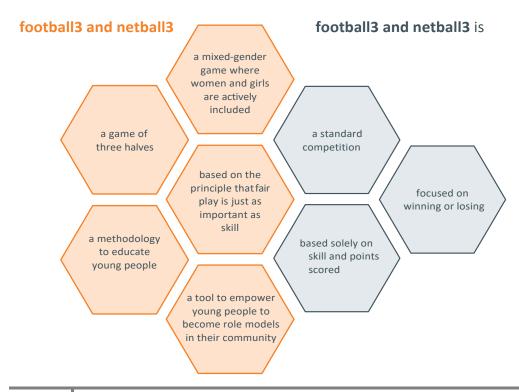
The match features teams of 8 players and are shorter with 10 minutes one half. They are played on smaller and improvised pitches (e.g. 40 x 20 m or smaller), on the ground. Teams are mixed-gender and matches are played without referees. Players take responsibility for their match and comply with the rules they agreed upon. During the match, they agree among themselves on fouls and goals scored. The mediator monitors the match and intervenes only if the two teams cannot come to an agreement on their own.

Objectives of football3 and netball3

The overall objective of football3 and netball3 is to promote key life skills and empower youth to become leaders in their communities. With its strong emphasis on dialogue and conflict resolution, both players and mediators acquire knowledge and life skills, including the following:



Football/netball3 what it is and what it is not:



2. Playing the games

The games are played with mixed teams including boys and girls and different players from the various NCoEs. To facilitate the getting to know each other process begin the games with social minor games which encourage learning the others names and making new friends, e.g. name ball, meet and greet or position play.

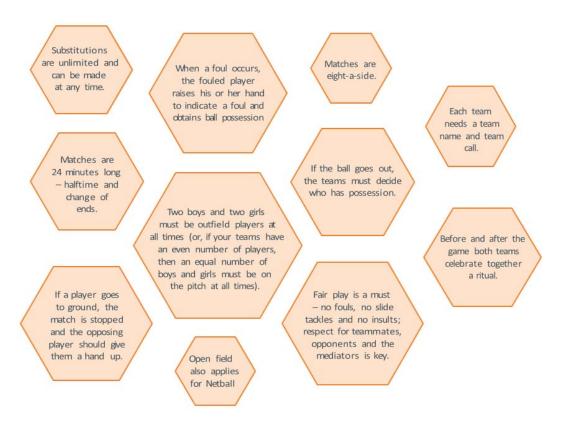
2.1 Select the rules:

There is not one correct set of fixed rules. Make the programme more educational by adapting the rules to meet the desired outcomes of your programme by, for example, emphasising female involvement or the integration of participants from various ethnic and religious backgrounds.

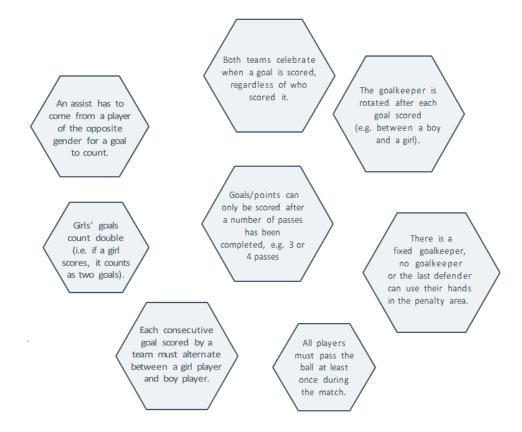
Fixed and open rules

The rules of are a combination of 'fixed rules', which are the same for every match, and 'open rules', which are open to negotiation in the pre-match discussion. Announce the fixed rules at the start the tournament and apply them in every match. Open rules differ from match to match, depending on what the teams agree upon, and are a powerful tool to emphasise fair play and the specific social topics you want to address. Encourage your players and mediators to be creative in selecting the open rules and develop new rules that will enrich the game.

Examples of fixed rules:



Examples of open rules:

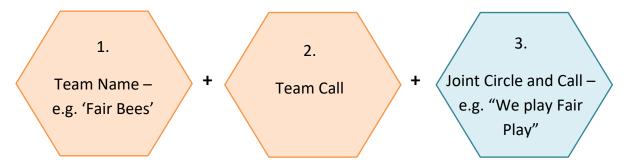


2.2 Point system

Football3 and netball 3 modify the point structure of traditional team sports to emphasise positive competition and personal accountability. The actual match points - points for goals scored – are combined with fair play points - points awarded by teams during the post-match discussion - to determine the winner

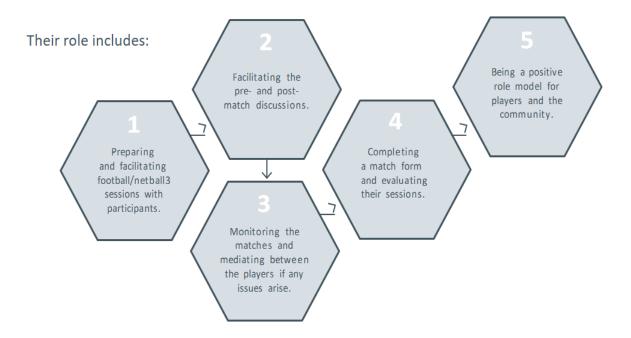


2.3 Rituals before and after match:



3. The role of the mediator

Mediators are fundamental to the success of football/netball3.



A Mediator is:

Empathetic

is sensitive to the emotions, identities and values of others, including differences in gender, ethnicity, religion, culture, etc.

Neutral

remains impartial or objective, without imposing their own opinion or taking sides

Trustworthy

maintains confidentiality and makes others feel comfortable with confiding in them

An active listener

shows genuine interest in what others are saying and gives all players the feeling that they are being heard

accepts delays, problems or conflicting opinions without becoming annoyed, anxious or judgemental

Patient



Enthusiastic

energetic and engages others light-heartedly to create a fun atmosphere for players

A clear communicator

speaks loudly and clearly so that everyone can understand

Organised

ensures that everything is well prepared and is on time

A problem solver

contributes good ideas that help others find a solution that is both effective and mutually agreeable

Gender sensitive

ensures that both genders are equally involved in the process

Observant

monitors actions closely and notes important moments and behaviour of individuals

4. Tournament structure for Inter-College Sports Exchange 2018/19

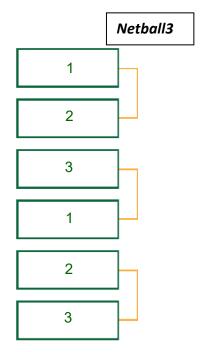
3 netball and 3 football teams will play Fair Play games as part of the Inter-College Sports Exchange 2018/19. In total there are 3 netball3 games and 3 football3 games. Each game has two halftimes with 15 minutes each and a 10 minutes halftime break.

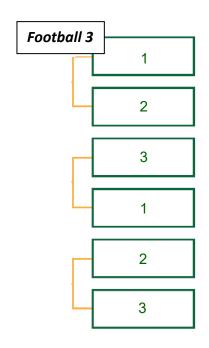
The football and netball teams have a total number of 13 players, 9 field players and 4 substitutes and one team has 14 players, 9 field players and 5 substitutes. The total number of players required is therefore 40 players for netball3 and 40 players for football3. Furthermore, two students from the team not playing at the time serve as the mediators to make sure the games are played in a fair manner and everyone is included and engaged and one student is the timekeeper. In total there are 40 students and 4 PE lecturers from the two NCoEs.

One PE lecturer from the hosting NCoE, who has been selected during the Inter-College Sports Exchange Preparation Programme, coordinates and moderates the Inter-College Sports Exchange.*

The netball games take place on Saturday morning and the football games take place on Sunday morning.

The structure is as the following:





Annex

Match form, along with an explanation of how the mediators should fill it out:



- * Record the match information.
- * Enter the **number of goals** scored during the match.
- * Record the **number of** match **points**, fair play points and total points for each team.
- * Provide a summary of the **most important fixed rules** prior to the match.
- * Record the **open rules** that the two teams agree upon in the pre-match discussion.
- * Take notes on the **behaviour of each team** during the match for the post-match discussion.





Match info

	NCoE					
	Mediator					
	Team A	Team B	Pitch			
	Start time	<u> </u>				
/latc	h score		_			
		Teams				
		Goals scored				
		Match points				
		Fair play points				
		Total points				
Rules	S					
Desci	riptions and Observations	3				
		100.00				
Medi	ator observation	ons				