Football/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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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 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.

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.

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:**

**football3 and netball3 is**

- A mixed-gender game where women and girls are actively included.
- A standard competition.
- Based on the principle that fair play is just as important as skill.
- Based solely on skill and points scored.
- Focused on winning or losing.

**football3 and netball3 is not**

- A game of three halves.
- A methodology to educate young people.
- A tool to empower young people to become role models in their community.

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**Increased communication, decision-making and conflict-mediation skills**

**Increased participation in the community, NCOEs and schools**

**Increased willingness to include others, regardless of gender, ability, age or ethnic and religious background**

**Improved respect for women and minorities, and appreciation of gender and ethnic equality**

**Social Cohesion**

**Increased desire to become a role model for others**

**Enhanced sense of fair play, responsibility and accountability**
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:*

- Substitutions are unlimited and can be made at any time.
- When a foul occurs, the fouled player raises his or her hand to indicate a foul and obtains ball possession.
- Matches are eight-a-side.
- Matches are 24 minutes long – halftime and change of ends.
- Each team needs a team name and team call.
- If a player goes to ground, the match is stopped and the opposing player should give them a hand up.
- If the ball goes out, the teams must decide who has possession.
- Two boys and two girls must be outfield players at all times (or, if your teams have an even number of players, then an equal number of boys and girls must be on the pitch at all times).
- Before and after the game both teams celebrate together a ritual.
- Fair play is a must – no fouls, no slide tackles and no insults; respect for teammates, opponents and the mediators is key.
- Open field also applies for Netball.
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.

**Match points**
- 1 point for participating,
- 2 points for a draw,
- 3 points for a win

**Evaluation of the opposing team**
- 0 points for not respecting the rules,
- 1 point for respecting some of the rules,
- 2 points for respecting all
2.3 Rituals before and after match:

1. Team Name – e.g. ‘Fair Bees’

2. Team Call

3. Joint Circle and Call – e.g. “We play Fair Play”

3. The role of the mediator

Mediators are fundamental to the success of football/netball3.

Their role includes:

1. Preparing and facilitating football/netball3 sessions with participants.

2. Facilitating the pre- and post-match discussions.

3. Monitoring the matches and mediating between the players if any issues arise.

4. Completing a match form and evaluating their sessions.

5. Being a positive role model for players and the community.
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 netball games and 3 football 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 netball 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**

<table>
<thead>
<tr>
<th>Team A</th>
<th>Team B</th>
<th>Pitch</th>
</tr>
</thead>
</table>

**Start time**

### Match score

<table>
<thead>
<tr>
<th>Teams</th>
<th>Goals scored</th>
<th>Match points</th>
<th>Fair play points</th>
<th>Total points</th>
</tr>
</thead>
</table>

### Rules

*Descriptions and Observations*

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### Mediator observations

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