



THE BRITISH SCHOOL OF BEIJING, Shunyi



Federation of British International Schools in Asia

“The Friendly Games”

STUDENT & PARENT HANDBOOK

2014-2015

Sports Department

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Policies, Procedures and Practical Information

Forward

The Federation of British International Schools in Asia (FOBISIA) is a group of 38 schools in 12 countries. These schools have educational responsibility for over 29,600 students. The Federation aims to promote excellence in its member schools, British-style education in Asia and to provide the staff of member schools with professional development opportunities commensurate with those available in the United Kingdom.

Introduction

The FOBISIA Games are annual events hosted by different member school. Schools are grouped to provide a similar level of competition. Games are held at Under 15 (U15), Under 13 (U13) and Primary levels. All Games are age-group competitions and all Games are multisport competitions. Students take part in four sports over three days.

B2 Group of Schools

- BSB The British School of Beijing, Shunyi
- BSG British School of Guangzhou, China
- DCSL Dulwich College Seoul, Korea
- ISPU International School of Penang, Malaysia (Primary Only)
- KTJ Kolej Tuanku Ja Afar, Malaysia (Secondary Only)
- BPREP Bangkok International Prep and Sec School, Thailand
- STAGVSt Andrews International School Green Valley, Thailand
- HBS Hornbill School Brunei (Primary Only)
- BSKL British International School of Kuala Lumpur, Malaysia

Timings and Sports

U15 Games	November	Athletics, basketball, football and swimming
U13 Games	March	Athletics, basketball, football and swimming
Primary Games	May	Athletics, football, swimming and T-ball

For actual dates and hosts see Appendix A

Participation

Students wanting to be considered for selection must be eligible and already actively involved in the BSB sports program. Information regarding the sign-ups, training and deadlines are available from the Sports Department, on the school website and will be published in the weekly newsletter.

New Students

BSB welcomes new students who are interested in joining the FOBISIA squad to try-out for the team. Please speak to the Sports Department. Previous experience will be reviewed and considered on a case-by-case basis.

Eligibility

Secondary athletes compete in two age groups:

- U15 Athletes must be born after August 1st 1999 and before 1st August 2001
- U13 Athletes must be born after August 1st 2001

Primary athletes compete in three age groups:

- U11 must be born after August 1st 2003
- U10 must be born after August 1st 2004
- U9 must be born after August 1st 2005

Team Sizes

Squad sizes for all Games events are limited to 36. (Primary is 42 but TBA)

U15 and U13 squads may have up to 18 boys and 18 girls. Limited numbers of event entries in both swimming and athletics and restricted squad sizes in both soccer and basketball mean that teams would normally travel with squads of about 12 boys and 12 girls. This will be done on a year to year basis.

Primary squads' age- group teams (U11, U10 and U9) are made up from 7 boys and 7 girls each.

Costs

Selected students are responsible for their own participation fee and associated travel costs. The participation fee covers costs for venues, officials, medals and trophies, meals, snacks and drinks during the Games. Parents that wish to travel to support their child(ren) are responsible for their own costs, but help in coordinating this will be done through the Sport Office.

Travel

Attendance at individual Games may involve overseas travel. It is the parents' responsibility to ensure that their child(ren)'s passport is up to date and **satisfies the visa requirements for visits to host countries**. Travel bookings for squads will be made by the Sports Department using the most cost effective means of transportation.

Selection Process

All students are welcome to try out for the team. The Games are competitive and try-outs are organised in order to determine which students are best suited to the multi-sport Games format. The school will take into account sporting performance for school teams, prior experience, attitude and behavior in lessons when considering students. The school may also use a series of athletic and sports specific tests to aid in the selection process. An example of some of the tests that may be used can be found in the appendices. The school may also use other tests to determine eligibility.

Try-outs use direct comparisons and will assess (in order):

1. General athleticism through Physical Tests (Appendix B).
2. Swimming ability by timing a 100m IM time
3. Football ability (Appendix C)
4. T-ball batting/fielding skills or Basketball ability (Appendix D)

Successful student's parents will be contacted to confirm their desire to have their child(ren) included as part of the squad before team lists are published.

Event Entries

Athletics and swimming are an integral part of the Games and event entries are limited. While strong individual athletes and swimmers are given a priority, all squad members should maintain a positive attitude and try to take part in all events if possible. All students will be placed in at least one event in each of the competitions where they are strong. All athletes and swimmers are expected to do their best in each event they are entered. At U15, U13, primary levels these are team competitions; every athlete and swimmer that finishes an event will score valuable points for their team.

U15 / U13 Games

Selection

Players must submit a FOBISIA registration form and commit to the training schedule listed below. Priority will be given to students who have represented the school in football, basketball, athletics and swimming.

- The selection process for U15 will take place during September 2014
- The selection process for U13 will take place during November/December 2014

Training Schedule

U15 Squads

It is desirable, but not essential for students to have represented the school at U14 level in ISAC sports and these students will be looked upon favorably during the selection process. The selection process will start in September 2014 and training will continue until the Squad departs in November 2014 taking place at the following times:

Monday 3.45 - 5.15pm	Football
Tuesday 3.45 - 5.15pm	Swimming
Wednesday 3.45 - 5.15pm	Basketball
Thursday 3.45 - 5.15pm	Football
Friday 3.45 - 5.15pm	Athletics

U13 Squads

It is desirable, but not essential for students to have represented the school in ISAC sports and these students will be looked upon favorably during the selection process. The selection process will start in November 2014 (Squad will be announced at the end of the autumn term). Training will continue until the Squad departs in March 2015 taking place at the following times:

Training will take place at the following times

Monday 3.45 - 5.15pm	Athletics
Tuesday 3.45 - 5.15pm	Basketball
Wednesday 3.45 - 5.15pm	Swimming
Thursday 3.45 - 5.15pm	Basketball
Friday 3.45 - 5.15pm	Football

Athletics Events

Two athletes, A and B, may enter each event. A will be the stronger athlete; where only one athlete is entered they will automatically be an A athlete. Athletes may enter a maximum of 5 events; 3 track / 2 field or 3 field / 2 track -relays count as one track event

Track	Field
100m	High Jump
200m	Long Jump
300m (girls) / 400m (boys)	Triple Jump with 6m Run-up
400m	Discus
800m	Shot
1500m	Javelin
4x100m Relay	

Swimming Events

Whenever possible the competition is organised as a short course meet using a 25m pool. Two swimmers, A and B, may enter each event. A will be the stronger swimmer; where only one athlete is entered they will automatically be an A swimmer. Swimmers may enter a maximum of 5 events including relays.

50m freestyle
50m breaststroke
50m backstroke
50m butterfly
100m freestyle
100m breaststroke
100m backstroke
100m butterfly – A race only
200m individual medley - A race only
4 x 50m medley relay
4 x 50m freestyle

Basketball and Football Formats

Games will be 24 minutes;

- Football 2 x 12 minutes halves
- Basketball 4 x 6 minute quarters

Based on an 8 team tournament

- 2 pools of four – 1 (A, B, C, D) and 2 (E, F, G, H)
- Pools will have been decided using results from the previous year's competition (1st pool=1st, 4th 6th, 8th / 2nd pool=2nd, 3rd, 5th, 7th)
- Round robin format to create league standings
- Cross-over semi-finals for both medal places and consolation
- 5v6 and 7v8 play-offs
- Championship and 3v4 play-offs
- Each team in competition plays 5 games in the day

Round	Court / Pitch 1	Court / Pitch 2
1	1A v 1D	1B v 1C
2	2E v 2H	2F v 2G
3	1A v 1B	1C v 1D
4	2A v 2B	2C v 2D
5	1A v 1C	2A v 2D
6	1B v 1C	1A v 1D
Play-Offs		
7	3rd in Pool 1 v 4th in Pool 2 (Consolation Semi Final 1)	3rd in Pool 2 v 4th in Pool 1 (Consolation Semi Final 2)
8	1st in Pool 1 v 2nd in Pool 2 (Semi Final 1)	1st in Pool 2 v 2nd in Pool 1 (Semi Final 2)
9	Loser Round 7 SF1 v Loser Round 7 SF 2 7th / 8th overall	Winner Round 7 SF1 v Winner Round 7 SF 2 5th / 6th overall
10	Loser Semi Final 1 v Loser Semi Final 2 3rd / 4th overall	Winner Semi Final 1 v Winner Semi Final 2 1st / 2nd overall

Primary Games

Selection

The selection process starts at the beginning of Season 3. Interested students will have already taken part in athletics and played football in Season 1 (highly favorable but not required played handball in Season 2), will have registered for T-ball and athletics in Season 3 and will be swimming regularly. All sessions are open to all eligible students. Try-outs will be held as part of these sessions towards the end of Season 3 in order to finalize the squad. Season 4 training will be exclusively for the FOBISIA squad on reserve only.

Training Schedule (TBC)

Monday	3.30 – 5.00pm	Swimming
Tuesday	3.30 – 5.00pm	T-ball
Wednesday	3.30 – 4.30pm	Athletics
Thursday	3.30 – 4.30pm	Football

Athletics Meet (half day)

Boys and girls compete separately except for the shuttle relay. In all individual events schools may enter two athletes, A and B; A is the stronger athlete.

Athletes may enter a maximum of five (5) and a minimum of two (2) events including the shuttle relay.

Under 9	Under 10	Under 11
60m	60m	60m
100m	100m	100m
600m	800m	800m
4 x 100m Relay	4 x100m Relay	4 x100m Relay
Shuttle Relay	Shuttle Relay	Shuttle Relay
High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump
3 Springs Jump	3 Springs Jump	Standing Triple Jump
Discus	Discus	Discus
Javelin	Javelin	Javelin
Basketball Push Throw	Basketball Push Throw	Shot Putt – 2.72kg

Swimming Events (half day)

Boys and girls compete separately except for the tyre relay. In all individual events schools may enter two swimmers, A and B; A is the stronger swimmer.

Swimmers may enter a maximum of six (6) and a minimum of one (1) event including the tyre relay.

Under 9	Under 10	Under 11
25m Back, Breast, Free (A & B) Fly (A only)	25m Back, Breast, Free (A & B) Fly (A only)	25m Back, Breast, Free (A & B) Fly (A only)
50m Breast, Free, back (A only)	50m Back, Breast, Free (A only)	50m Back, Breast, Free (A only)
100m Individual Medley (A only)	100m Individual Medley (A only)	100m Individual Medley (A only)
4x25m Medley Relay	4x25m Medley Relay	4x25m Medley Relay
4x25m Freestyle Relay	4x25 Freestyle Relay	4x25m Freestyle Relay
12 x25m Tyre Relay	12 x25m Tyre Relay	12x25m Tyre Relay

T-ball and Football Tournaments (whole day each)

T-ball

This is a mixed competition with boys and girls playing together. A game will consist of two innings. Usually the game is played with 12 fielders (6 boys and 6 girls) and 12 batters. Batters are organized in a girl-boy sequence.

Football

Boys and girls play separately. Games are 5-a-side with unlimited substitutions. Matches are normally 10 minutes one way. Pitch sizes and playing times are modified to be age-appropriate

Tournament Formats

Round	Diamond / Pitch 1	Diamond / Pitch 2
1	1A v 1D	1B v 1C
2	2E v 2H	2F v 2G
3	1A v 1B	1C v 1D
4	2A v 2B	2C v 2D
5	1A v 1C	2A v 2D
6	1B v 1C	1A v 1D
Play-Offs		
7	3rd in Pool 1 v 4th in Pool 2 (Consolation Semi Final 1)	3rd in Pool 2 v 4th in Pool 1 (Consolation Semi Final 2)
8	1st in Pool 1 v 2nd in Pool 2 (Semi Final 1)	1st in Pool 2 v 2nd in Pool 1 (Semi Final 2)
9	Loser Round 7 SF1 v Loser Round 7 SF 2 7th / 8th overall	Winner Round 7 SF1 v Winner Round 7 SF 2 5th / 6th overall
10	Loser Semi Final 1 v Loser Semi Final 2 3rd / 4th overall	Winner Semi Final 1 v Winner Semi Final 2 1st / 2nd overall

Student Checklist

1. Complete and return the FOBISIA Student Registration Form (available from the Sports Department.)
2. Attend try-outs at the published times
3. Commit to regular training

FOBISIA Games Student Handbook Appendix A

Hosts and Dates 2014-2016

	Under 15 Games	Under 13 Games	Primary Games
2014-2015	St Andrews International School Green Valley, Thailand 13 th - 17 th November 2014	Bangkok International Prep and Sec School, Thailand 11 th - 15 th March 2015	International School of Penang, Malaysia 2 nd - 6 th June 2015
2015-2016	Kolej Tuanku Ja Afar, Malaysia November 2015	St Andrews International School Green Valley, Thailand March 2016	British International School of Kuala Lumpur, Malaysia May/June 2016

FOBISIA Games Student Handbook Appendix B

Physical Tests

1. Leg Power -Standing Long Jump

- The assessment will be performed using standing broad jump mats.
- The subject will receive the following instructions,
'Stand with your feet comfortably apart and your toes up to but not on the start line. Bend your knees, swing your arms forwards and jump as far as possible. You will have two attempts and your best score will be recorded. Land with your feet level and don't fall back.'
- The jump will be measured to the nearest 1.0 cm.

2. Upper Body Strength -Seated Basketball Throw

- The test will be performed using a basketball (U15/U13 size7, U11/U10/U9 size 6) in two hands in front of their chest.
- The subject will receive the following instructions,
'Keep your shoulders and buttocks in contact with the wall. Hold the ball in front of your chest and push it as far as possible. You will have two attempts and the best score will be recorded.'
- The throw will be measured from the wall to where the ball first touches the ground to the nearest 1.0 cm.

3. Speed 40m sprint

- The test will be completed on a straight, dry slip-proof surface.
- The subject will stand with their front foot up to but not on the start line.
- They will adopt a bunched starting position with eyes straight ahead.
- The subject will receive the following instructions,
'Run as fast as you can and do not slow down until you pass the finish line. You should start running when you see the starters arm come down. You will have two attempts and your best time will be recorded.'
- The assessor will stand in line with the finish with both arms straight up holding a stopwatch in each hand and call, 'Ready'.
- As the arms are swept down the stopwatches will be started.
- An average of each time will be recorded to the nearest 0.1 s.

4. Cardiovascular Endurance -Multistage Fitness Assessment

- The 20m testing zone will be set up.
- Subjects will listen to the test instructions, stand with their front foot up to but not on the start line and will continue until they are unable to keep up.
- The subject will receive a maximum of two warnings when they drop behind. The third warning will be the instruction to stop. The level recorded for the assessment will be the last level before the subject was asked to stop.

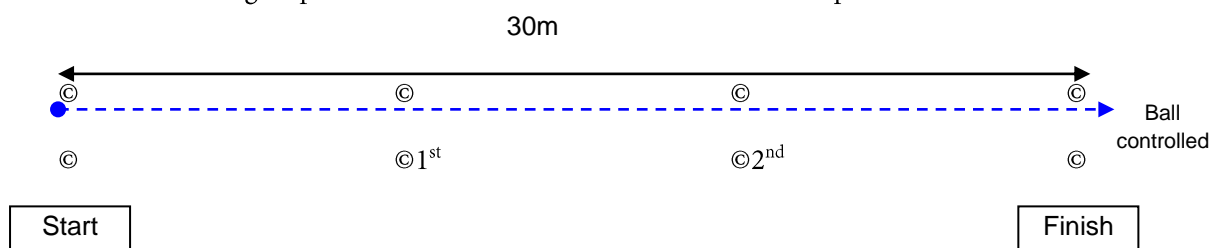
FOBISIA Games Student Handbook Appendix C

Football Skills Assessments

The tests should always be performed on the same surface using a size 4 or 5 ball.

Running with the Ball

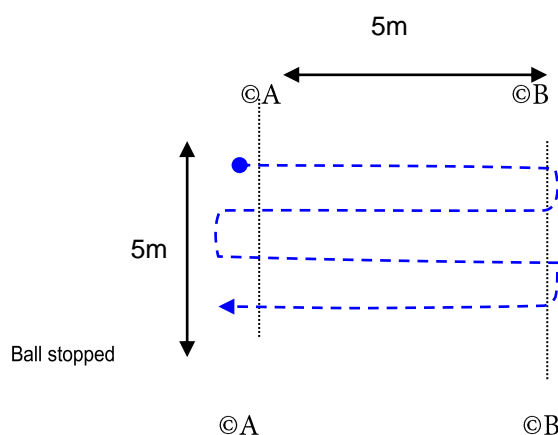
- Set up a channel as shown. The channel is 2m wide.
- The player must run or pass the ball over the finish line between the two cones; the ball must be on the ground.
- Timing stops as soon as the ball is controlled –foot on top of the ball.



- The player will receive the following instructions:
'The test begins as soon as you cross the start line. You should try to run as quickly as possible using only a few touches. You must stay inside the channel. You must touch the ball after the second cone before you cross the finish line and you must control the ball after you have passed the finish line. You will have two attempts and your best time will be recorded.'
- If the player slips or falls over the test will be restarted.
- If the player does not touch the ball after the 2nd cone, moves the ball outside the channel or does not control the ball past the finish no time is recorded.
- The time is recorded to the nearest 0.1s.

Turning

- Set out the cones as shown.



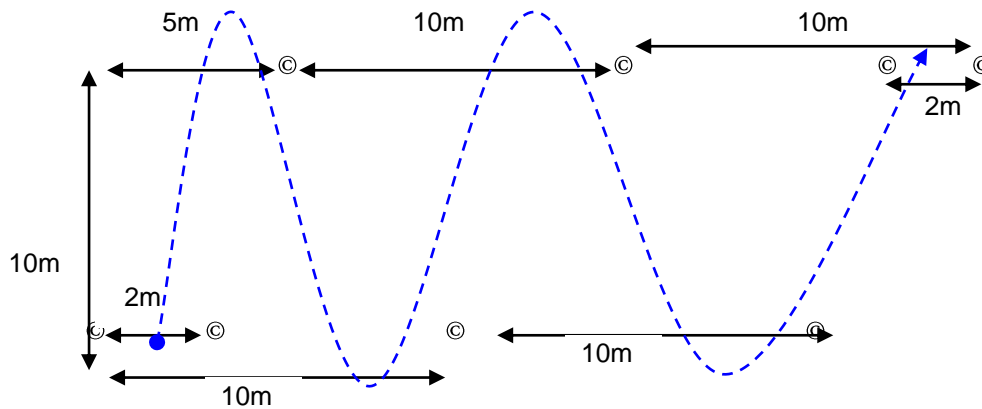
- The player aims to complete nine turns as quickly as possible.
- The player must demonstrate three different turns eg. Turns 1-3 -inside hook, turns 4-6 -drag back, turns 7-9 -outside hook.
- The ball must fully cross the lines (AA and BB) for each turn.
- The turns will be completed in sets of three; each set is timed separately.
- Following the third turn of each set the ball is moved across the square and timing stops when the ball passes the cones and the player places their foot on top of the ball.
- The player will receive the following instructions:

'You will complete a total of nine turns in sets of three. You must use a different turn for each set. You must take the ball past the cones before turning. Each set will end after you have turned and stopped the ball by placing your foot on top of it when you pass the cones. The test begins as soon as you cross the start line. You will complete each set once attempt and your time will be recorded. If you do not pass the cones any of your turns you will be stopped and ask to start again but you are only allowed one restart for each set. If you make a second mistake no time will be recorded.'

Record each set to the nearest 0.1s.

Dribbling

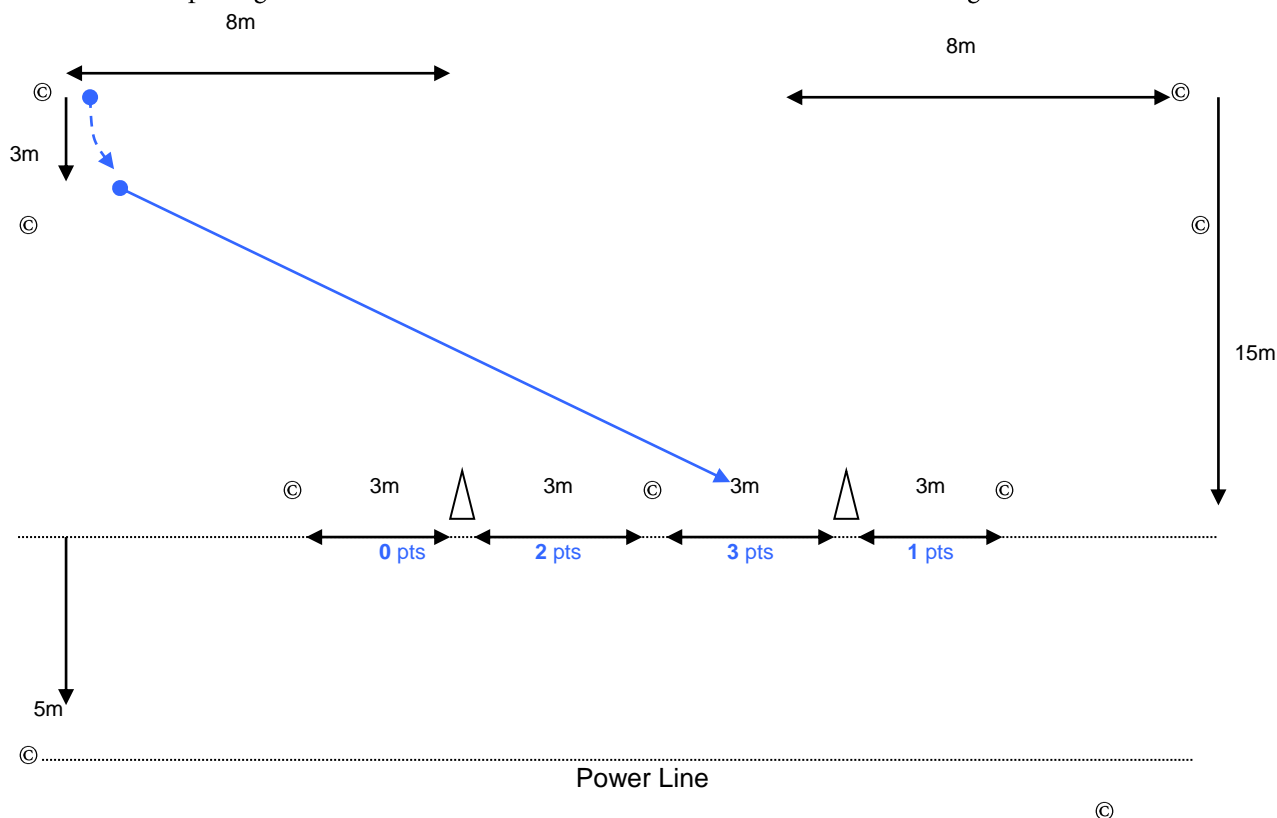
- Set out the cones as shown:



- The player stands with a foot on top of the ball and the test begins as soon as their foot is lifted to begin dribbling.
- The ball must be dribbled in front of and past each cone.
- The test ends when the ball is stopped by the player placing a foot on top of the ball in between the finish cones.
- The player will receive the following instructions:
- 'Stand with one foot on the ball, start when you are ready. You must dribble the ball past each cone but stay this side of it. Do not dribble around the cones and do not let the ball touch the cones. Move as quickly as you can. Stop at the end by placing your foot on top of the ball. You will have one attempt and your time will be recorded. If you make a mistake you will be stopped and asked to restart. If you make a second mistake no time will be recorded.'*
- If the player does not take the ball past a cone, touches a cone with the ball, falls or slips over or fails to stop the ball at the finish restart the test.

Shooting

- Set up the goal and cones as shown; Points shown for a shot from the right



- Each player has three from the right using their right foot and three shots from the left using their left foot.
- The ball is 'served' by being pushed forward and the shot is made whilst the ball is moving.
- The shot must be made using a shooting action i.e. with the laces.
- Allow a maximum of two serves per shot. If a player has not achieved an attempt then no score is recorded for that attempt.
- The player receives the following instructions:
'You will have three shots from the rights side using your right foot and three shots from the left side using your left foot. When you are ready push the ball forward and move quickly to take your shot whilst the ball is moving. You must use 'your laces' to strike the ball before it passes the first cone. Aim for the far side of the goal.'
- The ball must cross the power line to score

FOBISIA Games Student Handbook Appendix D

T-Ball Assessment

- The assessment uses a 9" incrediball, a standard tee, a 28" bat and a 50m measuring tape.
- Students have four attempts to hit the ball as far as they can, the furthest distance (in meters) is recorded.
- The hitter will receive the following instructions:
'You will have four attempts to hit the ball as far as you can. Your longest hit will be measured and the distance recorded. You may adjust the tee before your first hit. You must keep your back foot still but may step in with your front as you move to hit the ball. When you are ready you may start. Good luck!'
- ☐ ☐ ☐ ☐ ☐

Throwing in a straight line

Down a 20m channel

Points award for distance

Below 5m	1
5-10m	2
10-15m	3
15-20m	4
25m above	5

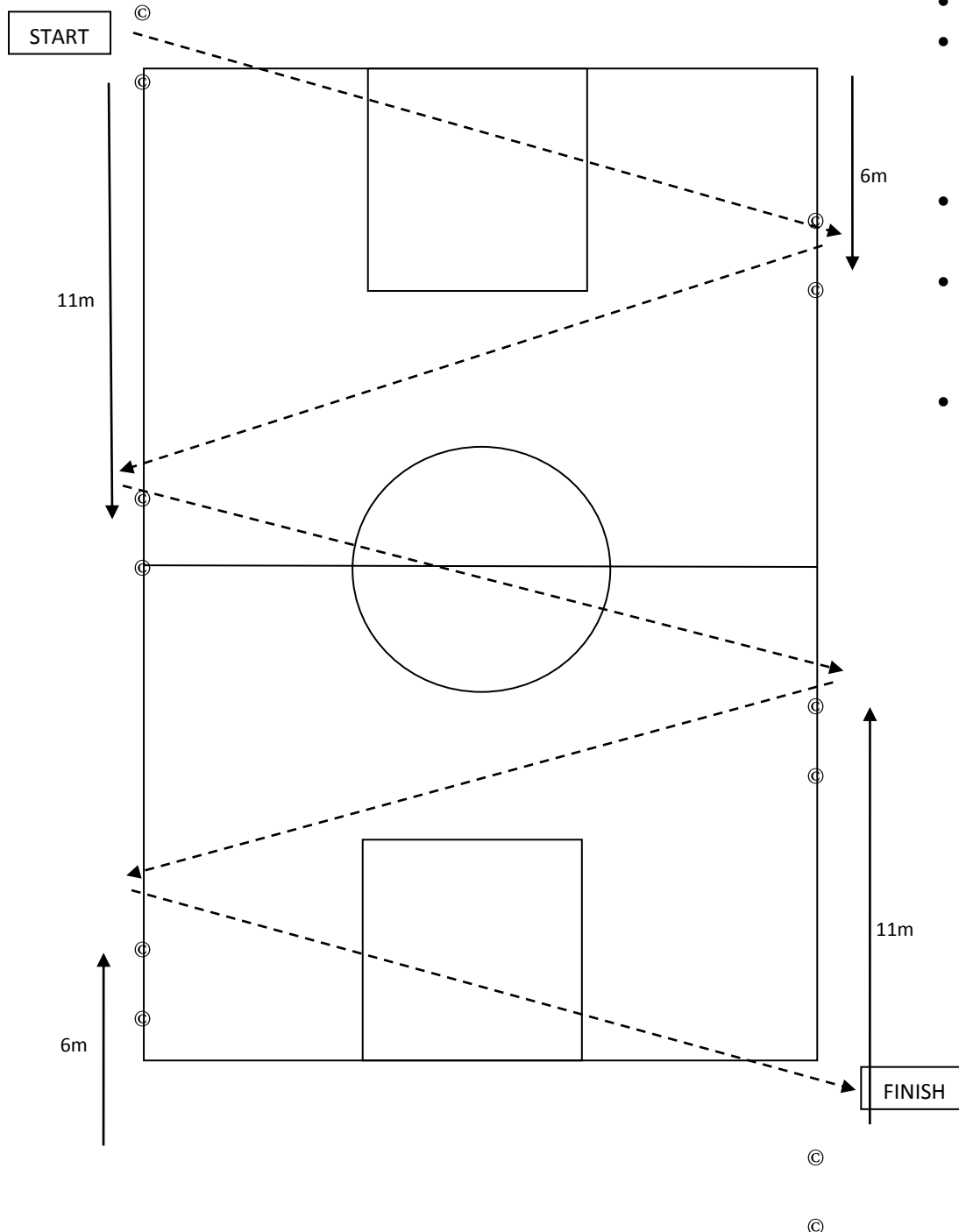
FOBISIA Games Student Handbook Appendix E

Basketball Assessment

- U13/U15 Girls and U13 Boys use a size 6 basketball
 - U15 Boys Use a size 7 basketball
1. Lay-Ups
 - The assessment uses a full court.
 - The player being assessed has to score 6 lay-ups at alternative ends of the court. The time taken to complete the 6 lay-ups is recorded.
 - The player will receive the following instructions:
'You need to score 6 lay-ups as quickly as you can. You must dribble the full length of the court and score at opposite ends. If your lay-up misses, rebound your own shot and take set shots until the ball goes through the hoop. As soon as you have scored grab the ball and dribble to the opposite end for the next basket. The test will end when you have scored 6 times. You will do this test once. When you are ready place one foot on the end line; the clock will start as soon as you begin to dribble.'
 2. Defensive Slide
 - The assessment takes place inside the key on the baseline.
 - The player being assessed adopts a defensive stance facing down the court with their outside foot place on the key line.
 - The time taken to step and slide 6 times across the key is recorded.
 - The player will receive the following instructions;
'You need to stay in your defensive stance and step and slide 6 times across the key. Your outside foot must touch the key line. You have two attempts for this assessment. The shortest time taken for you to complete 6 slides will be recorded. Adopt you stance, the clock will start as soon as you begin.'
 3. Free Throw
 - Players have 10 shots from the free-throw line to score as many baskets as they can. Players must not cross the free-throw line until the ball has touched the ring as per FIBA regulations.

4. Dribbling

- Set out the cones as shown on a full court



- Gates are 2m wide
- The player has to dribble a zig-zag down the court passing into and out of each gate.
- Both of the dribblers feet must cross the sideline
- The player may use any legal dribble technique to change direction.
- The player will receive the following instructions;
'You need to dribble as quickly as you can down the court. You enter and leave each gate from the same side. The test finishes when you jump stop inside the last gate and hold the ball. You will have two attempts for this assessment; the fastest time will be recorded. The clock will start as soon as you begin.'

FOBISIA Games

Student Registration Form 2014 - 2015

- | | | | |
|--------------------------|-----------------------|--|--|
| <input type="checkbox"/> | U15 FOBISIA Games | <u>13th – 16th November 2014</u> | St Andrews International School Green Valley, Thailand |
| <input type="checkbox"/> | U13 FOBISIA Games | <u>11th – 15th March 2015</u> | Bangkok International Prep and Sec School, Thailand |
| <input type="checkbox"/> | Primary FOBISIA Games | <u>2nd – 6th June 2015</u> | International School of Penang, Malaysia |

Student Name: _____ Class: _____

Date of Birth: _____

Home Address: _____ Home Phone: _____

Student Email: _____ Student Mobile: _____

Passport No: _____

Nationality: _____

Parent's Name: _____

Parent's Email: _____ Parent's Mobile: _____

Medical Information Is the student

A. Allergic to medication? Yes / No

B. If yes, what kind?

C. Other allergies:

D. Currently or regularly taking medication?

E. Medical Insurance Provider

F. Policy Number

Parental / Guardian Permission

The above named student has my permission to try-out for the FOBISIA Games squad

I declare that my child is physically fit and able to participate fully in the sport(s). In the event of an injury or accident involving my child I understand that I will be informed as soon as possible. If I cannot be contacted, I authorize the coach or other BSB representative to act on my behalf.

I understand that my child will punctually attend all scheduled practices. If my child cannot attend I, or my child, is responsible to inform the coach before the absence.

Parent Signature _____ Date _____

Student Signature _____ Date _____

If required, it is the responsibility of the parents/student to organize all travel documents (Visa).

The school assumes no liability and no refunds will be issued. If your child requires a visa to travel, it is your responsibility to organize, no exceptions.



Return this Registration Form to the Sports Office



FOBISIA Primary School Games, May 2014

**BE PART
OF THE TEAM**