



ORGANISING A LEAGUE





ABOUT THE GAMES

The overall aim of Go for Life is to increase participation by older people in sport and physical activity. The aim of the Go for Life Games is to involve more people in recreational sport.

Each game is a modified version of a competitive sport where key adaptations include

- Using equipment that is affordable, storable and portable
- Reducing playing areas to suit typical indoor community facilities
- Playing small-sided (eg. Singles, pairs, threes) games to allow players to get more meaningful playing time
- Involving players in decision making and score keeping
- Encouraging whole panel to participate.

The various adaptations result in games that are more inclusive and key outcomes include

- More older people get to play sport
- Players play for longer periods thereby increasing skill levels, physical fitness, self esteem and confidence
- Participation is less pressured, more socially orientated and fun
- Players improve key skills and some may progress to play the competitive versions of the adapted sports.



2014 GAMES

In June 2014 the Go for Life Games will be held in Dublin City University. Teams from 21 Local Sports Partnership areas will partake in:

LOBBERS – an adaptation of Petanque and Boules

SCIDIL – an adaptation of Ten-Pin Bowling and Skittles

FLISK – an adaptation of Frisbee and Horseshoe Pitching.

Each LSP area will be invited to send a panel of 15 players. The panel will comprise three teams of five players who will specialise in one of the games.

Each team will play in pairs matches (2 v 2) and teams matches (3 v 3) in their specialist game.

A round robin system will be used to ensure all teams play the same number of matches. One point will be awarded to the country for each match won and the county with most points at the end wins a 'top-county' award.

'Spirit of the Games' awards will be awarded to selected players who demonstrate qualities that reflect the ideals of the Games.



ORGANISING A LOCAL LEAGUE

In the Spring of 2014 a number of LSPs will facilitate the running of local Go for Life Games Leagues. The following guidelines are offered to assist LSPs in the running of these.

Number of Teams/Timeframe

A Games League should be played on a round robin basis, where each team plays ONE Challenge against every other team. It is likely that teams will be able to play at most one game per week. It is suggested that in order to maintain interest, a maximum of 8 teams be invited to take part – this will take seven weeks to play round robin. Small groups take shorter periods as follows:

8 teams = 7 weeks	7 teams = 7 weeks	6 teams = 5 weeks
5 teams = 5 weeks	4 teams = 3 weeks	3 teams = 3 weeks

Geographical Area

It is recommended that travel time for participating teams is a key factor and should be kept to about 30 minutes or less if possible. This will probably result in regional leagues (eg. South Wexford League, Cork City League).

Format of Challenge Match

A standard document for a Challenge is outlined in the *Hosting a Challenge* document which should be issued to every participating team. This suggests a period of 2 hours is allowed to include 1.5 hours playing time and at least a half hour of social *après match!*

Venue/Floor Space

Ideally, local facilities should be used and consideration should be given to parish halls, community centres and school facilities. A floor width of 9 metres is recommended for each of the games – this is the width of a standard volleyball court. Typical sports halls and community centres will incorporate a basketball court which is wider than required and allows space for run-off, chairs, etc. The minimum floor space should allow for each game to be played over a distance of 6 metres – the width of a standard badminton court.

Equipment and Resources

The equipment required to run a Challenge includes 36 Flisk discs, 36 Lobbers balls, 6 Scidil pins, 3 Scidil balls and 3 targets (plastic bottle tops). These are listed in the *Hosting a Challenge* document and the contents of 2 Go for Life Games Kitbags covers these needs. Ideally the equipment is provided by participating teams.

Key resource materials include the Hosts Team Sheet, Visitors Team Sheet and Challenge Score Sheet. These can be copied from the *Hosting a Challenge* document and/or downloaded from the Age & Opportunity website.

PRACTICAL ORGANISATIONAL CONSIDERATIONS

Get Commitment

Participating teams should understand that they must commit to full participation in the league. Key aspects include

- Being able to provide at least 6 players per challenge
- Organising a venue when hosting a challenge
- Covering costs associated with hosting (venue, refreshments etc.)
- Arranging travel to challenges when playing away

Teams Workshop

Organise a workshop at which representatives from ALL participating teams should attend. Key items to cover include

1. Download the appropriate #Team League document

Documents have been prepared by Go for Life that cover the key elements involved in facilitating a league of 8 teams down to 3 teams. These are available in PDF format on the Age & opportunity website. Use the appropriate document (eg. 5 Team League) to outline to participating teams the schedule of Challenge matches that will take place. Agree a start and end week and ensure that teams are aware that it is their responsibility to make arrangements to play their matches – and to return the Challenge Scoresheets to you after each Challenge (see below).

2. Team Numbers

Allocate numbers to each team as per the appropriate document. Note that in leagues with an uneven number of teams (eg. 4, 6 or 8) half of the teams will have an uneven number of away games. In these cases it is probably best to allocate the numbers by draw.

3. Hosting a Challenge document

Issue each team with a Hosting a Challenge document and take time to ensure that all teams are clear about the format of a Challenge and their role in hosting one. This includes returning a Challenge Scoresheet to you.

4. Organise a Walk-through

Consider doing a walk-through of the proposed division of teams and round robin of matches as outlined in the *Hosting a Challenge* document.

5. Check Confidence

Check that all teams are confident to host a successful challenge and encourage each team to do a trial run or visit before hosting their first one. If any require assistance in this regard make arrangements to provide it. This might be done by you or by individuals from one of the other teams.



Random Visits

Consider making random visits to some of the Challenge Matches, especially in the earlier rounds.

Keeping Tabs

Continue to gather scoresheets throughout the course of the league and use the Results and Points Sheet to keep scores updated.

GIVING AWARDS

The ethos of the Go for Life Games (*and* the National Games) is to de-emphasise competition and promote a recreational atmosphere where participation is valued more than winning.

In this regard we would strongly suggest that

- No trophies, medals or cups are given to 'best' teams or individuals. Instead Certificates of Participation might be given to all who took part.
- 'Spirit of the Games' Awards might be given to recognise the input of certain individuals or groups (eg. Most congenial hosts, best Fear-an-ti)
- Random spot prizes might be given at challenges
- (eg. Winner of a match, loser of a match etc.)