



SISTERS n SPORT

# NATIONAL COMPETITION PROGRAMME

2023/2024



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# About Sisters n Sport



Sisters n Sport was founded in 2012 by sisters, Jen and Victoria. The company started running netball camps and classes – the goal was to encourage more girls to play netball. As an extension to the company and to provide more competitive opportunities for girls, Sisters n Sport launched the first SnS national netball cup, with over 100 schools and 200 teams involved in the inaugural season.

For the 2021/22 season, our competitions have seen over 10,000 girls take to the netball court or football pitch across our football and netball cups and we are launching more for 2022/23.

In 2022/23, the netball shield was launched to provide a competition for schools who were new to national competitions – this meant over 15,000 girls took to the court or pitch across all competitions.

The vision and ethos behind the Sisters n Sport National Competitions is to provide more opportunities for girls to engage with and participate in competitive sport. We believe this is where they fall in love with the game, create lifelong memories with their teammates and build a relationship with sport that will mean they continue to play after they leave school.

All our cup/shield competitions include a plate/bowl competition, which means all teams are guaranteed 2 matches. We run centralised finals for both our cup and plate competitions to ensure those who make finals get to experience a fantastic finals day. This year we will be providing more competitions, in more sports and to cater for more abilities.





# Creating more opportunities



To support our vision in creating more opportunities for girls to compete, we are adding an additional netball competition to cater for more levels of ability, whilst keeping the competitions competitive and providing more closely matched fixtures.

Our competitions will cater for the three following groups which are explained below:

## High Performing

Specialise in netball and qualify regularly for regional and national rounds of EN age group competitions.

Regularly develop players who enter the franchise pathways and England age group teams.

## Intermediate

Traditional netball playing schools who compete in county competitions and occasionally qualify for regional and national rounds of the EN competitions. May develop players for franchise pathways and EN age groups.

## Emerging

Schools which play local netball, but don't compete at, or find it difficult to compete at county level/national level.



# Sisters n Sport Netball Finals



For the 2023/2024 season, Sisters n Sport will be inviting the FINAL FOUR to finals day where the semi-finals, final and third/fourth play off will be played.

This will be the same format for the Cup, Plate, Shield and Bowl – the only schools competition to host the finals for all tiers of the competition.

Through creating a bigger finals day it will mean more schools, more teams and more players will be able to experience an elite finals day after a successful season.





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The perfect preseason competition for the U14 and U16 age groups – for the top schools from across the country to play against each other.

- U14 competition – Final schools from the U13 cup 2022/23 plus top performing schools
- U16 competition – Final schools from the U13 cup 2022/23 plus top performing schools

Tournament Format:

- U14 – 18 schools
- U16 – 18 schools

Each age group will be split into two groups of 9 and will play each team in their group in a round robin format.

The top two teams from each group will play off in the semi-finals (Group A 1st v Group B 2nd) and the winners will play in the final and the losing teams from the semi-finals will play in the 3rd and 4th play out.

Tournament Details:

- **Venue** – St Helen and St Katherine, Faringdon Rd, Abingdon OX14 1BE
- **Date** – Saturday 23rd September 2023
- **Entry Fee** – £95 (this included Sisters n Sport providing all umpires)
- **Timings** – Registration 8:15am for 9am start – 5pm finish

How to qualify:

This is an invitational tournament. If you would like to register interest please email [victoria@sistersnsport.com](mailto:victoria@sistersnsport.com)





# Sisters n Sport National Netball Cup for Schools



Our netball cup competition is our highest level of inter-school netball competition. It is open to all schools.

This competition includes a plate competition for all schools that lose their first match – therefore all schools are guaranteed two matches in this competition.

This competition is for high performing and intermediate schools.

This is a knockout competition based on the cup-tie principle. All matches are to be played indoor abiding to EN rules

## Age groups:

U12 Cup (Y7)	4 x 10 mins
*U13 Cup (Y7/8)	4 x 10 mins
U14 Cup (Y8/9)	4 x 12 mins
*U15 Cup (Y9/10)	4 x 12 mins
U16 Cup (Y10/11)	4 x 12 mins
U19 Cup (Y11 –13)	4 x 12 mins

Players may only play in one age group and may only play in one competitions – the Cup or the Shield.

## How to enter:

Entry Fees:	£39.50 per competition
Entry Deadline:	Friday 9th June 2023
Fixtures Release:	Monday 17th June 2023
How to enter:	Go to <a href="http://www.sistersnsport.com/competitions">www.sistersnsport.com/competitions</a>

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Competition runs from September 2023 with finals in March 2024 – Rounds deadlines and finals dates are on the entry website

If you have any queries, please email [victoria@sistersnsport.com](mailto:victoria@sistersnsport.com)



# Sisters n Sport Netball Shield



The Netball Shield is for emerging schools. This is for schools who

For schools who are looking to enter a national netball competition for the first time. Schools which have entered the Sisters n Sport Netball Cup can also enter a B team into the Netball Shield.

There will be a Bowl competition for all schools who lose their first match. Therefore all schools are guaranteed two matches in this competition.

This is a knockout competition based on the cup-tie principle. All matches are to be played indoor abiding to EN rules

## Age groups:

U12 Cup (Y7)	4 x 10 mins
U13 Cup (Y7/8)	4 x 10 mins
U14 Cup (Y8/9)	4 x 12 mins
U15 Cup (Y9/10)	4 x 12 mins
U16 Cup (Y10/11)	4 x 12 mins
U19 Cup (Y11 -13)	4 x 12 mins

Players may only play in one age group and cannot play in both the Netball Cup and the Netball Shield.

## How to enter:

Entry Fees:	£39.50 per competition
Entry Deadline:	Friday 9th June 2023
Fixtures Release:	Monday 17th June 2023
How to enter:	Go to <a href="http://www.sistersnsport.com/competitions">www.sistersnsport.com/competitions</a>

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Competition runs from September 2023 with finals in March 2024 – Rounds deadlines and finals dates are on the entry website

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# Sisters n Sport Girl's Football Cup



This is a knockout competition based on the cup-tie principle. All matches are played outdoor using age appropriate pitch and goal sizes in accord with FA rules. This competition runs from January – June 2023 to enable girls to play in several sports throughout the school year.

This competition includes a plate competition for all schools that lose their first match – therefore all schools are guaranteed two matches in this competition.

Age groups:

U13 9-a-side Girls' Cup (Y7 & 8 only)	2 x 35 mins
U14 11-a-side Girls' Cup (Y8 & 9 only)	2 x 35mins
U15 11-a-side Girls' Cup (Y9 & 10 only)	2 x 40 mins

Players may only play in one age group

Competitions runs from January with Finals in June 2022 – Round deadlines are on the entry website.

How to enter:

Entry Fees:	£39.50 per competition
Entry Deadline:	Friday 10th November 2023
Fixtures Launch:	Monday 4th December 2023
How to enter:	Go to <a href="http://www.sistersnsport.com/competitions">www.sistersnsport.com/competitions</a> .

If you have any queries, please email [victoria@sistersnsport.com](mailto:victoria@sistersnsport.com)





# Sisters n Sport

## Girl's Cricket Cup – U12, U13 and U15



New for 2024 – Sisters n Sport will be launching a Girls Cricket competition.

### Match Format – Pairs Cricket

- Teams of 8 Players
- Each pair will bat for two overs
- Players will not be dismissed when out (they will be deducted 5 runs per wicket/run out/ catch)
- No balls and wides will result in the batting team being rewarded by 2 runs
- Each team will start with 200 runs
- Wicket & Boundary Sizes: – 17 yds and 35 yds – Ball – Soft Orange Ball

Full Playing & Competitions format as well as the rules will be sent out with the entry information in September once we understand the level of interest from schools.

Competition runs from April to June 2023

### Age groups:

U12, U13 and U15 – 8 aside

Please register your interest

### How to enter:

Entry Fees:	TBC – Entry will be sent out in October 2023
Deadline:	30th September 2023
Fixtures Launch:	Competition format will be released in October
How to enter:	Go to <a href="http://www.sistersnsport.com/competitions">www.sistersnsport.com/competitions</a>

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