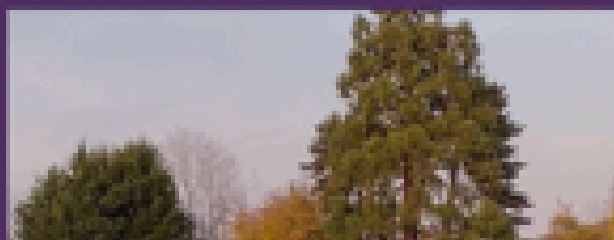
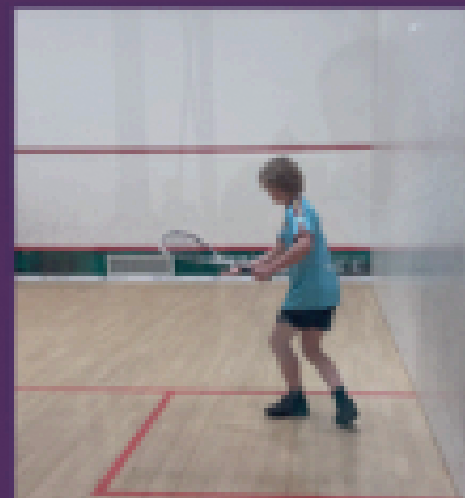
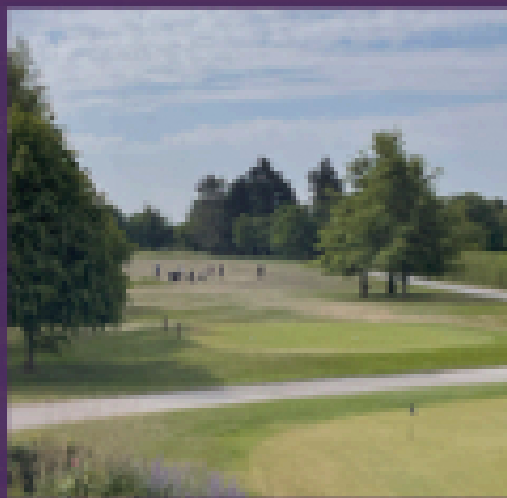
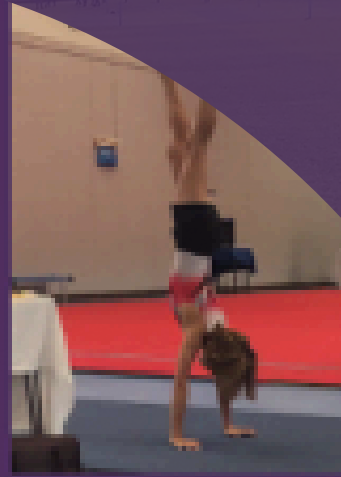




Independent  
Association of  
Prep Schools

## ABOUT THE IAPS SPORT PROGRAMME



# About IAPS

The Independent Association of Prep Schools (IAPS) represents over 660 of the world's top preparatory schools. IAPS is dedicated to promoting excellence in education and provides support to Heads who are committed to delivering the best learning and care for their pupils.

IAPS offers a wide range of sports and extra-curricular events designed to provide opportunities for pupils in member schools to enjoy the thrill of competition in a supportive and structured environment.

The IAPS Sport programme is a key element of the Association's offerings, providing a diverse range of events covering multiple sports from athletics, swimming, and cricket to more specialised sports like fencing, skiing and shooting.

The Sport and Pupil Experience programme is organised and supported by a dedicated team, who work hard to ensure each event runs smoothly. The team offer assistance to hosts, providing guidance on event logistics, safety procedures, and best practices for effective event management. This support is essential in helping schools deliver high-quality events.

**Emily Nunan (Head of Sport and Pupil Experience)**

## Annually..



- 22 sports on the programme
- 6 arts events on the programme
- 200+ events delivered each year
- 23,000+ entrants to events
- 400+ schools participate annually



# What's on the sport programme?

## AUTUMN TERM



Boys' and Girls' Football



Gymnastics



Girls' Hockey



Rugby

## SPRING TERM



Basketball



Boys' Hockey



Netball



Skiing



Swimming qualifiers



Cross Country Relay

## SUMMER TERM



Athletics



Clay Pigeon Shooting



Cricket



Fencing



Golf



Judo



Sailing



Squash



Table Tennis



Tennis



Trampolining



Triathlon



Swimming finals

# Booking and planning IAPS sport events

## AUTUMN TERM

**Bookings open for Spring term events**



Want to host? IAPS starts planning for summer term. Contact us at [sport@iaps.uk](mailto:sport@iaps.uk) for more information.

## SPRING TERM

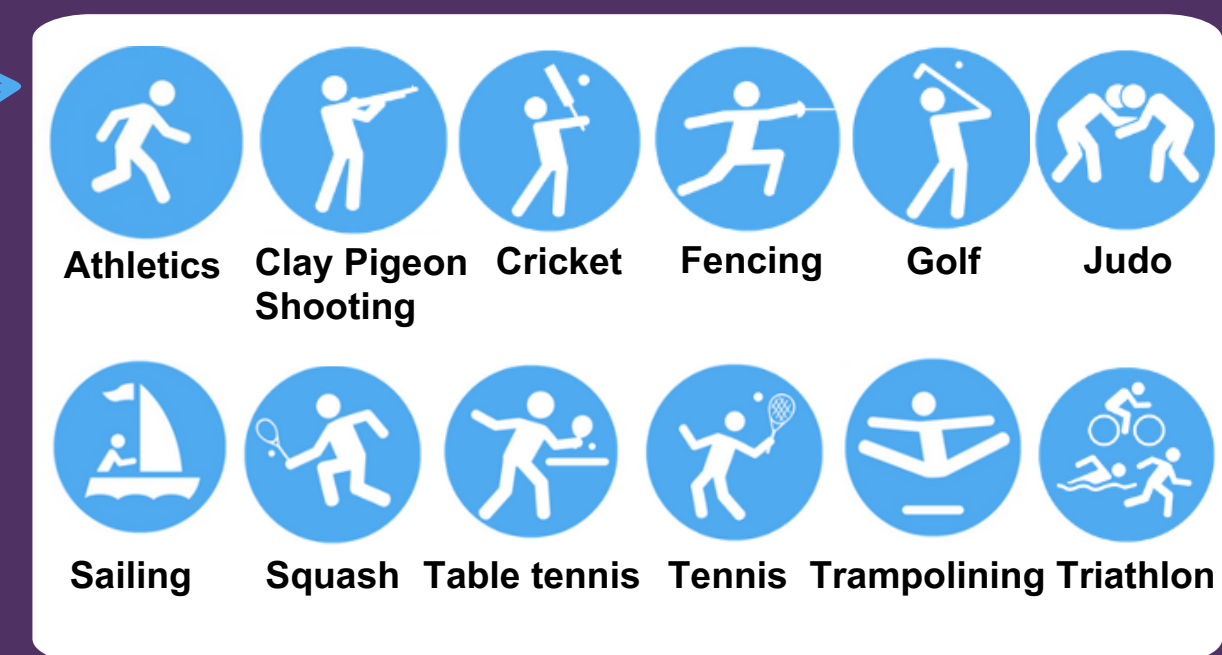
**Bookings open for Summer term events**



Want to host? IAPS starts planning for autumn term. Contact us at [sport@iaps.uk](mailto:sport@iaps.uk) for more information.

## SUMMER TERM

**Bookings open for Autumn term events**



Want to host? IAPS starts planning for spring term. Contact us at [sport@iaps.uk](mailto:sport@iaps.uk) for more information.

# WHAT'S ON THE SPORT PROGRAMME?

## ATHLETICS

**Term:** Summer term

**Venue:** K2 Crawley, RH11 9BQ

**Age groups:** Boys' and Girls' U11 and U13

**Length of Event:** 1 day

### Format:

1. Each school enters a maximum of 6 pupils per age group, per gender
2. Each pupil:
  - Competes in 1 track + 1 field event
  - Except for one pupil who will only do one track or field due to only one participant in high jump
  - That athlete is recommended for relay participation
3. Relay - 4 x 100m

Track events*		Field events
U11	U13	
80m Sprint	100m Sprint	Long jump
150m Sprint	200m Sprint	Vortex throw
600m run	800m run	High jump



## BASKETBALL

**Term:** Spring term

**Venue:** Sevenoaks Centre, TN13 1HU

**Age groups:** Boys' and Girls' U11 and U13

**Length of Event:** 1 day

### Format:

1. Each school may enters 1 team per age group, per gender
2. Maximum 10 players per squad
3. Teams can be made up of boys, girls or be mixed
4. Round robin tournament followed by playoffs and medal stage
  - Round Robin Stage: - U11: 1 x 8-minutes (One-way)  
- U13: 1 x 9-minutes (One-way)
  - Each team plays every other team once, ranked based on points
  - Playoff Stage: U11: 2 x 8-minute halves. 1-minute half time break  
U13: 2 x 8-minute halves running clock. 1-minute half time break
  - Rank 1<sup>st</sup> - 4<sup>th</sup>: Cup Semi-Final
  - Rank 5<sup>th</sup>: Automatically qualifies for the Plate Final
  - Rank 6<sup>th</sup> - 7<sup>th</sup>: Playoff match. Winner goes to Plate Final



# WHAT'S ON THE SPORT PROGRAMME?

## CLAY PIGEON SHOOTING

**Term:** Summer term

**Venue:** West London Shooting School, UB5 6RA

**Age groups:** Boys' and Girls' U11, U12 and U13

**Length of Event:** 1 day

### Format:

1. Each school may enter 1 team per age group
2. Each school can enter a maximum of 6 shooters per age group
3. All pupils are automatically entered into the individual competition
4. The championships are aimed at developing the sport from a near beginner, but not complete novice
5. U11 & U12 - 30 bird shoot, U13 - 50 bird shoot
6. Schools can enter a team into EITHER the WLSS competition OR the IAPS competition
  - o IAPS Award: Teams consist of 1–6 competitors
    - Scores are totalled (not averaged)
    - Competitors cannot shoot twice to replace absent team members
  - o WLSS Award: Teams consist of 2–4 competitors
    - Scores are averaged based on total number of clays shot and number of team members
    - Competitors cannot shoot twice to replace absent team members



## CRICKET

**Term:** Summer term

**Venue:** Multiple locations

**Age groups:** Boys' and Girls' U11 and U13

**Length of Event:** Various dates

### Format:

1. Each school may enter 1 team per age group, per gender
2. All tournaments will be played in accordance with the ECB'S recommended formats for children, Click [here](#) to access the formats
3. Draw format: IAPS will make the draw and share with the organiser

### U11:

1. Eight-a-side festival format
2. Maximum 10 players per squad

### U13:

1. Squads of 12 players for matches



# WHAT'S ON THE SPORT PROGRAMME?

## Cross Country Relay

**Term:** Spring Term

**Venue:** Spratton Hall School, NN6 8HP

**Age groups:** Boys' and Girls' U11 and U13

**Length of Event:** 1 day

**Format:**

1. Each school may enter 1 team per age group, per gender
2. Each school can enter a maximum of 6 runners each team
3. Relay format, one pupil running at a time
4. Distances: U11 - 2000m, U13 - 3000m
5. Team winners only: The top 3 scores in each team of 6 runners will count towards the team score



## FOOTBALL

**Term:** Autumn term

**Qualifier locations:** Multiple locations

**Age groups:** Boys' and Girls' U11 and U13

**Length of Event:** Various Dates

**Format:**

1. Each school may enter 1 team per age group, per gender
2. 7-a-side, max 10 players in a squad
3. Conducted under the FA small sided football rules and regulations
4. Points:
  - o 3 points for a win
  - o 1 point for a draw
  - o 0 points for a loss
4. Group matches will be played on a league basis
5. The group order will be decided by the number of points scored by each team.



# WHAT'S ON THE SPORT PROGRAMME?

## FENCING

**Term:** Summer term

**Venue:** Millfield School, BA6 8LD

**Age groups:** Boys' and Girls' U11 and U13

**Length of Event:** 3 days - one weapon a day

### Format:

1. Weapons: Epee, foil, Sabre
2. All IAPS Fencing championships are conducted under the British Fencing rules
3. As a condition of entry, all schools who enter the championships must be affiliated to British Fencing as a club
4. Equipment:
  - All fencers must have full kit including plastron, long white socks and breeches
  - Foil – size 3 or smaller
  - Epee & Sabre – size 2
6. Seeding: All fencers will be seeded and compete accordingly



## GOLF

**Term:** Summer term

**Venue:** Minchinhampton Golf Club, GL6 9BE

**Age groups:** Boys' and Girls' U11, U12 and U13

**Length of Event:** 2 days

- Choose one of the dates. Players will compete only against others who participate on the same day

### Format:

1. Individual and/or team entries
2. Each school may enter 1 team per age group, per gender
3. Each team consists of 3 players from the same age group
4. Teams can be mixed gender
5. Competitors must be competent golfers and not total beginners.
6. Scores for all 18 holes will be calculated on a modified Stableford system.
  - Par = 3 points
  - Birdie = 4 points
  - Bogey = 2 points
  - Double Bogey (2 over par) = 1 point



# WHAT'S ON THE SPORT PROGRAMME?

## GYMNASTICS

**Term:** Autumn term

**Venue:** TBC for Autumn 2026

**Age groups:** U9, U10, U11 and U13

**Length of event:** 1 day

### Format:

#### 1. Categories:

- U9, U10, U11, U13 Novice Girls
- U9, U10, U11, U13 Advanced Girls
- U9, U10, U11, U13 Group Sequence
- U9, U11, U13 Boys

2. School must enter as a team, individual entries are not accepted

3. Team size: Teams made up of 4–6 gymnasts, single sex (top scores count)

4. Scoring: Individual and team scores calculated across disciplines

### 5 Piece Championships - Girls (Advanced)

Any 5 gymnasts from the team compete on each of the 4 disciplines:

- Set Vault
- Voluntary Vault
- Set Floor
- Voluntary Floor (to music)

### 2 Piece Championships - Girls (Novice) / Boys

Any 5 gymnasts from the team compete on each of the following 2 disciplines:

- Set Floor (age-specific routine)
- Voluntary Vault

### Group Sequence - Girls (Optional Stand-Alone Event)

4 team members compete a synchronised sequence to music lasting 90 seconds

- Scoring: Separate medals; no impact on team scores in 5-Piece events



# WHAT'S ON THE SPORT PROGRAMME?

## HOCKEY

**Term:** Boys' - Spring term  
Girls' - Autumn term

**Qualifier locations:** Multiple locations

**Age groups:** Boys' and Girls' U11, U12 and U13  
Small Schools' U11 and U13

**Length of event:** Various dates

### Format:

1. Each school may enter 1 team per age group, per gender
2. U11 & U13 boys' and girls' – qualifying rounds leading to a finals
3. U12 boys' and girls – standalone tournament
4. U11 & U13 small schools' – standalone tournament
5. 7-a-side, max 10 players in a squad
6. Conducted under the England Hockey [In2Hockey rules](#), should be penalty shuffles
7. Schools compete at one qualifier for a spot at the finals. Qualifiers can be a round robin format or groups leading to knockouts
8. Finals start with group stages before progressing to knockouts



## NETBALL

**Term:** Spring term

**Qualifier locations:** Multiple locations

**Age groups:** U11, U12 and U13  
Small School's U11 & U13

**Length of event:** Various dates

### Format:

1. Each school may enter 1 team per age group, per gender
2. U11, U12 and U13: 7-a-side, maximum 10 players per squad
3. U11 Bee: 5-a-side, maximum 9 players per squad
4. Teams across all age groups must consist of girls only
5. U11 Bee netball championships are conducted under England Netball Stage 3 (Stinger) of Bee Netball
6. Qualifiers can be a round robin format or groups leading to knockouts
7. Finals start with group stages before progressing to knockouts
8. Scoring:
  - o 5 points for a win
  - o 3 points for a draw
  - o 1 point for scoring 50% or more of the winning team's score



# WHAT'S ON THE SPORT PROGRAMME?

## JUDO

**Term:** Summer term

**Venue:** Bishopsgate School, TW20 0YJ

**Age groups:** Boys' and Girls' U11 and U13

**Length of event:** 1 day

### Format:

1. Each school may enter as many players as they like
2. Competitors must be aged between 8 and 13 years old (up to year 8 in school) and will be split into their respective age groups:
  - Boys aged 8-9
  - Boys aged 10-13 years (They will be indexed into groups)
  - Girls aged 8-13 years (Prep school ages)
3. No NATIONAL or AREA medallists are allowed to enter this event – this is a development event for more inexperienced judoka
4. Index system to be used, pooling children of similar weight, age and ability (coach rating)
5. All participants will be expected to hold a minimum of a BJA Pathway membership
6. Contest times will be 2 minutes with 1 minute golden score if required



## RUGBY Festival

**Term:** Autumn term

**Venue:** Multiple locations

**Age groups:** U11 and U13

**Length of event:** Various dates

### Format:

1. Each school may enter 1 team per age group, per gender
2. We do not publish scores and no prizes are awarded, reflective of results
3. 9-a-side, max 12 players in a squad
4. Matches follow RFU regulation 15 rules
5. Teams can be made up of both boys and girls
6. The 1/2 game rule will be enforced at IAPS festivals



# WHAT'S ON THE SPORT PROGRAMME?

## SAILING

**Term:** Summer term

**Venue:** Andrew Simpson Sailing Centre, DT5 1SA

**Age groups:** U11 and U13

**Length of event:** 2 days

### Format:

1. Schools may enter 2 boats per age group, 2 sailors in each boat
2. Zest's will be used for the competition
3. Four races are schedule daily (weather dependent)
4. Sailors must have a minimum of RYA Stage 2
5. Scoring:
  - One race is required to be completed to constitute a series
  - U11 and U13 are scored separately
  - The total score of each boat as follows:
  - Fewer than 4 races: total of all race scores
  - 4 or more races: total of all race scores excluding the worst score



## SKIING

**Term:** Spring term

**Venue:** Italy

**Age groups:** U9, U11 and U13

**Length of event:** 5 night trip

### Format:

1. Dicipines:
  - Giant Slalom: Team and Individual Competitions
  - Parallel Team Slalom: Team Competitions
2. 4 days on the slopes: training, time trials and competitive races
3. Professional race management: coordinated by the local ski school's expert team
4. Après ski programme: pizza party, disco night, movie night, and a celebratory prizegiving dinner



# WHAT'S ON THE SPORT PROGRAMME?

## SQUASH

**Term:** Summer term

**Venue:** University of Warwick, CV4 7EU

**Age groups:** U11 and U13

**Length of event:** 2 days

### Format:

#### 1. Categories:

- U11 singles (mixed gender)
- U13 singles (mixed gender)
- Girls' singles

2. Pool matches followed by further matches played in a Monrad format to decide overall placings, cup, plate and bowl winners

3. All competitors are required for both days

4. Conducted under the England Squash Rules



# WHAT'S ON THE SPORT PROGRAMME?

## SWIMMING

**Term:** Qualifiers - Spring term  
 Finals - Summer term

**Locations:** Qualifiers - Multiple locations  
 Finals - London Aquatics Centre

**Age groups:** U10, U11, U12 and U13

**Length of event:** Qualifiers - Various dates  
 Finals - 1 day



### Qualifiers Format:

1. Each competitor may enter 1 individual race and up to 2 relay races
2. For each age group, schools may enter 1 competitor per stroke and 2 relay races

#### Para athlete competition

- Competitors can enter 1 individual race
  - Schools can enter more than one swimmer
3. Swim Manager software will be used to collate results
  4. This is a gala entry to qualify for finals based on overall ranking

### Finals Format:

1. Qualifying numbers:
  - Individual races - top 20 swimmers in each age group
  - Relays - top 20 schools in each age group
  - Small schools relay - top 10 schools across all the qualifiers
  - Para-race - by invitation only

### List of Races

U10, U11, U12, U13	Breaststroke	Backstroke	Butterfly	Freestyle	4x25m medley relay	4x25m freestyle relay
Para	Freestyle					
Small Schools Relay	8 x 25m relay	A small schools is defined as a school with less than 30 girls or 30 boys in years 5 & 6 combined  The relay should be made up of four years 5 and four years 6 from the same school and same gender				

# WHAT'S ON THE SPORT PROGRAMME?

## TABLE TENNIS

**Term:** Summer term

**Venue:** Edge Grove School, WD25 8NL

**Age groups:** U11 and U13

**Length of event:** 1 day

### Format:

1. Schools may enter 4 competitors per age group, per gender
2. Singles competition for girls' and boys'
3. Round robin format followed by a knockout cup and plate competition
4. Matches will be 2 games to 11 with a sudden death at 10 all
5. Players will be ranked according to games won, then on total points
6. Pupils are assigned to a competition table. Each table has 8 pupils, split into Group A (4 pupils) and Group B (4 pupils)

### Round Robin Stage

- Each pupil plays every other pupil in their group
- Pupils remain at their table and play against pupils from the other group
- Results from these matches determine the final rankings for the table

### Progression

- The top 2 pupils from each table progress to the main knockout stage
- All other pupils finish their competition and are free to leave

## TENNIS

**Term:** Summer term

**Venue:** Clifton College, BS8 3QD

**Age groups:** U11 and U13

**Length of event:** 2 days

### Format:

1. Schools can enter two teams into each category (age group/gender)
2. A team is made up of two players of the same sex
3. Teams will be allocated to a pool based on LTA rankings
4. Each pool will have 3-5 teams allocated, playing a round robin format
5. Teams will play one rubber per match
6. Scoring: One full set (no advantage, for both singles and doubles)
  - In set tiebreaks, there will be no two clear points; the first to 7 wins the set



# WHAT'S ON THE SPORT PROGRAMME?

## TRAMPOLINING

**Term:** Summer term

**Venue:** Royal Russell School, CR9 5BX

**Age groups:** Girls and Boys U9, U11 and U13

**Length of event:** 1 day

### Format:

1. Individual and team competition, pupils can enter either or both
2. Schools can enter more than one team
3. A teams are eligible for the 'cup' competition, B, C and D teams are eligible for the 'plate' competition
4. Teams consist of three or four competitors of the same sex, age group and school
5. All competitors **MUST** be accompanied by a suitably qualified trampoline coach

### Scoring:

- Total tariff = sum of all skill values (max 5.0)
- Each skill has a tariff depending on its rotation and twisting elements
- Each move scoring: 0.0 (perfect) → 0.5 (unrecognisable)
- Execution score = 10.0 – (sum of 10 judge deductions)
  - ~7.0 = average performance
  - 8.0+ = strong (good height, control, shape, consistency)
- 3 highest set scores and voluntary scores are added up. The highest scoring team are the winners

### Routines:

- Each pupil will compete two 10 bounce routines, a set routine from a choice of 3 compulsory routines and a voluntary routine which can be any 10 skills

Compulsory routine 1	Compulsory routine 2	Compulsory routine 3
Front Drop	Full twist	Full twist
To Feet	Straddle	Straddle
Straddle jump	Seat drop	Seat drop
½ twist jump	½ twist to seat drop	½ twist to seat drop
Seat drop	½ twist to feet	½ twist to feet
½ twist to seat drop	Pike jump	Pike jump
½ twist to feet	Front drop	Back Drop
Tuck Jump	To feet	½ twist to feet
Pike jump	Tuck jump	Tuck jump
Full twist jump	½ twist	½ twist

# WHAT'S ON THE SPORT PROGRAMME?

## TRIATHLON

Term: Summer term

Venue: Monkton Prep School, BA2 5DL

Age groups: U10, U11, U12 and U13

Length of event: 1 day

### Format:

1. Each school may enter as many pupils as they like
2. Races conducted under the British Triathlon rules

Swim, bike and run distances for each age group:

### Swim distances

Year Group	Swim distance	Swim laps/lengths
Year 5	150m (50m in each lane)	6 (enter lane 2; exit lane 4)
Year 6	200m (50m in each lane)	8 (enter lane 1; exit lane 4)
Year 7	200m (50m in each lane)	8 (enter lane 1; exit lane 4)
Year 8	300m (75m in each lane)	12 (enter lane 1; exit lane 4)

### Bike distances

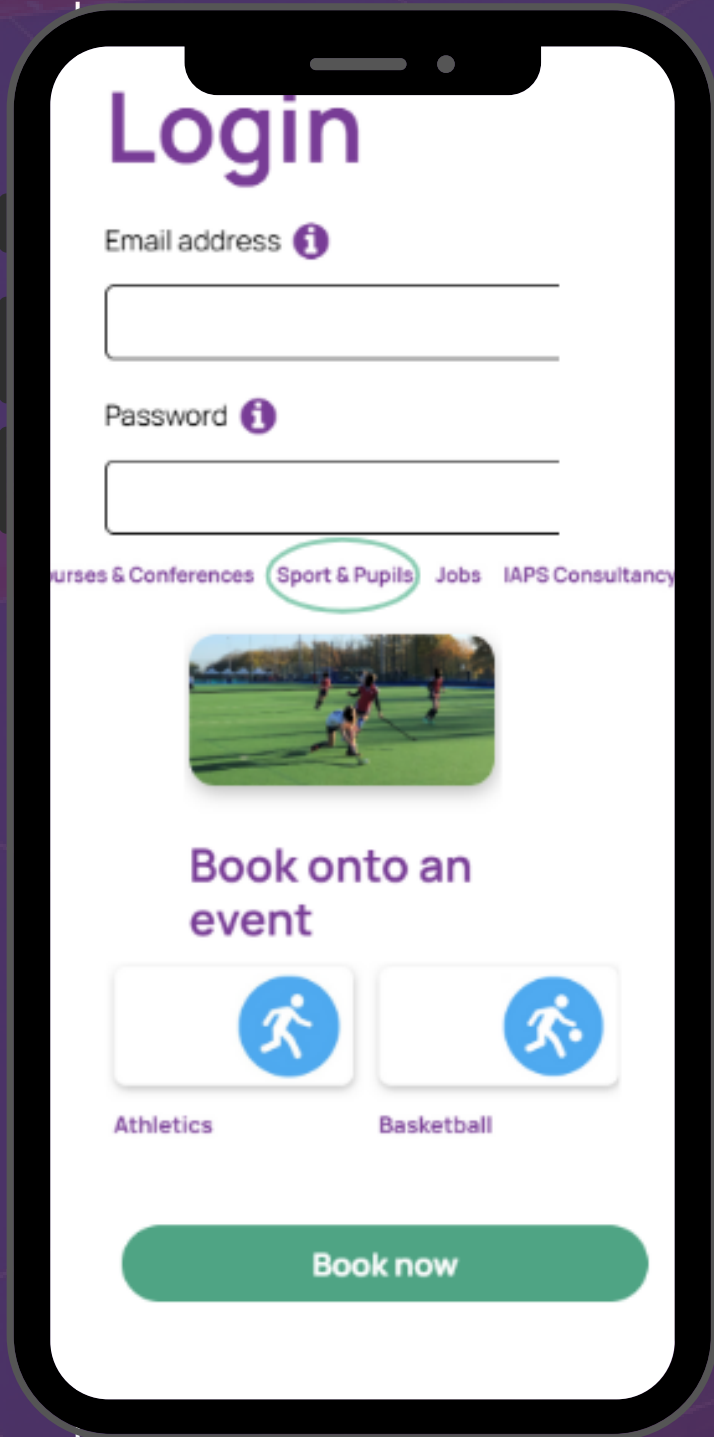
Year group	Cycle distance	Cycle laps
Year 5	2000m	2
Year 6	4000m	4
Year 7	4000m	4
Year 8	6000m	6

### Run distances

Year group	Run distance	Run laps
Year 5	1200m	2
Year 6	1800m	3
Year 7	1800m	3
Year 8	2400m	4



# BOOKING ONTO AN IAPS SPORT EVENT



Ensure you are logged in to the website

Find 'Sport' at the top of the page

Select 'Book onto an event'

Select the sport you would like to make a booking for.

If bookings are open, select 'Book now' to make your booking.

Please email us at [sport@iaps.uk](mailto:sport@iaps.uk) if you have any issues booking on to an event, and we will advise.

# HOST AN IAPS SPORT EVENT

We are very fortunate to have a lot of generous schools which like to host our events, but we are always keen to collaborate with new schools.

## A brief overview of hosting an IAPS sport event:

### IAPS Sport will:

- Offer schools one free place at their event.
- Undertake all administration and bookings.
- Promote the event to member schools.
- Contribute towards agreed expenses.
- Arrange for branded medals to be delivered to your event.
- Be the first point of call for support and advice.

### Host school will:

- Ensure it has appropriate insurance in place.
- Submit their predicted event expenses to IAPS prior to the event, to be agreed with IAPS.
- Create an event programme.
- Run the event.
- Record results from the event.
- Submit expenses to be paid by IAPS.

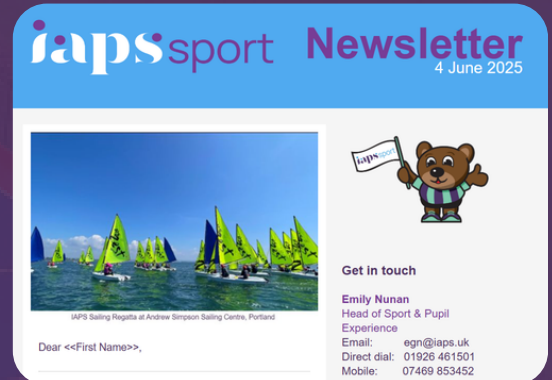
If you are interested in hosting an sport event for us, please contact us at [sport@iaps.uk](mailto:sport@iaps.uk) to discuss.



# SPORT NEWSLETTER

A fortnightly newsletter with important information about:

- Entry deadlines
- Sport events
- National governing body guidance
- Hosting an IAPS Sport event
- Results



Any member of staff at an IAPS School, who has a school email address, can sign up to receive the newsletter.

[Sign up to receive the newsletter here](#)

## SPORT AND PUPIL EXPERIENCE COMMITTEE

The IAPS Sport and Pupil Experience Committee is made up of a representative from each IAPS District. The Committee meets once a term to discuss the IAPS Sport and Pupil Experience programme, national governing body updates and sport in prep schools

We welcome any feedback from schools, so please contact your [District Representative](#) if you would like anything to be raised for discussion at the next meeting.



# PARA-COMPETITIONS

If you have a child at your school who you would like to get involved in one of our events, but an adaptation would be required, please contact the sport team to discuss ([sport@iaps.uk](mailto:sport@iaps.uk))

We are dedicated to ensuring that all our events are inclusive. Our goal is to provide opportunities for everyone, and we will work to accommodate individual needs to make sure all pupils feel included.

**Para-competitions are already in place at the following IAPS events:**

Table tennis



Triathlon



Swimming





Independent  
Association of  
Prep Schools

## Website

<https://iaps.uk/sport.html>

## Instagram

@iapsuksport

## Email

sport@iaps.uk

## Emily Nunan

Head of Sport and Pupil Experience  
egn@iaps.uk

01926 461501 (Direct Line)  
07469 853452 (Mobile)

## Mike Kershaw

Sport and Pupil Experience Manager  
mjk@iaps.uk

01926 461513 (Direct Line)  
07884 453783 (Mobile)

## Rachel Eatough

Sport and Pupil Experience Administrator  
rae@iaps.uk

01926 887833, extension 210

## Esther Ng

Sport and Pupil Experience Administrator  
eyn@iaps.uk

01926 887833, extension 228