



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..



- 20 sports on the programme
- 3 arts events on the programme
- 160 events delivered each year
- 22,000+ entrants to events
- 400+ schools participate annually



What's on the sport programme?

AUTUMN TERM



Boys' and Girls'
Football



Gymnastics



Girls' Hockey



Rugby

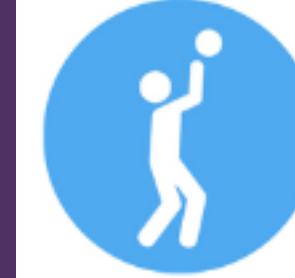
SPRING TERM



Basketball



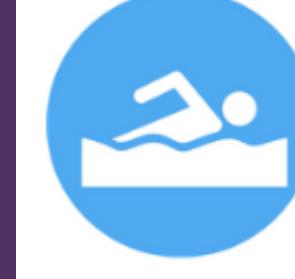
Boys' Hockey



Netball



Skiing



Swimming
qualifiers

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

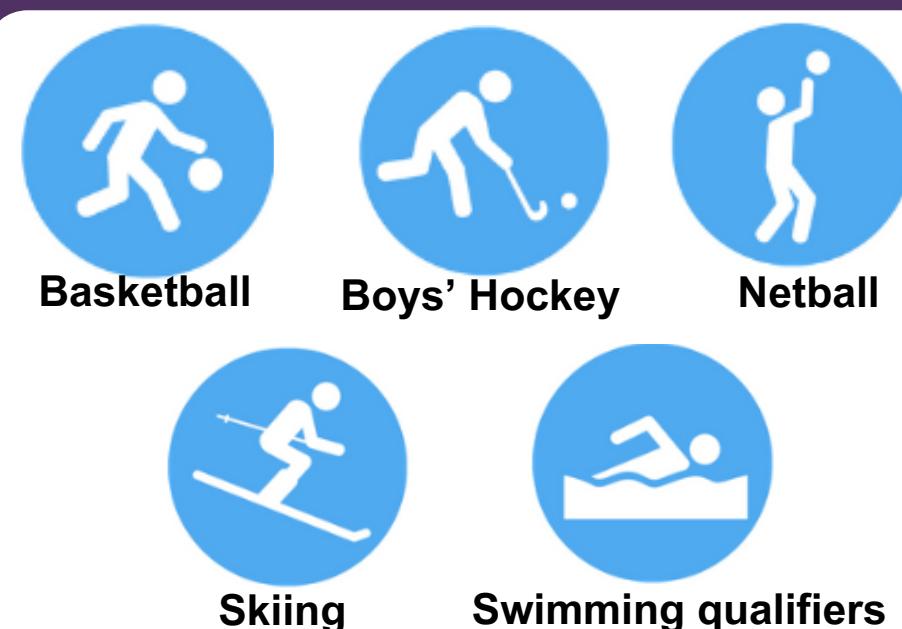
AUTUMN TERM

Bookings open for Spring term events



SPRING TERM

Bookings open for Summer term events



SUMMER TERM

Bookings open for Autumn term events



Want to host? IAPS starts planning for summer term.
Contact us at sport@iaps.uk for more information.

Want to host? IAPS starts planning for autumn term.
Contact us at sport@iaps.uk for more information.

Want to host? IAPS starts planning for spring term.
Contact us at 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

Date: Friday 15 May 2026

Format:

1. Pupils compete in teams of six
2. Each athlete participates in one track and one field event.
3. 4 x 100m relay

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: U11 and U13

Date: Saturday 14 March 2026

Format:

1. Round robin tournament leading to semi-finals and a final.
2. Maximum 10 players per squad
3. Teams can be made up of boys, girls or be mixed.



CLAY PIGEON SHOOTING

Term: Summer term

Venue: West London Shooting School, UB5 6RA

Age groups: U11, U12 and U13

Date: Thursday 7 May 2026

Format:

1. U11 & U12 - 30 bird shoot
2. U13 - 50 bird shoot
3. Each school can enter a maximum of 6 shooters per age group.
4. Teams can be mixed gender
5. Aimed at developing the sport from a near beginner, but not complete novice.



WHAT'S ON THE SPORT PROGRAMME?

CRICKET

Term: Summer term

Age groups: Boys' and Girls' U11 and U13

Qualifier locations: Multiple locations

Dates: April - June 2026

Format: U11

1. Eight-a-side festival format
2. Squads of a maximum of ten players.
3. Played in accordance with the ECB'S recommended formats for children.

Format: U13

1. Draw format.
2. IAPS will make the draw and share with all teams.
3. Squads of 12 players for matches.
4. The winning team will progress through to the next round of the competition.
5. The semi-finals and finals will be held on the same day.

FOOTBALL

Term: Autumn term

Age groups: Boys' and Girls' U11 and U13

Dates: September - December 2026

Format:

1. 7-a-side, max 10 players in a squad
2. Conducted under the FA small sided football rules

Finals dates and venues:

TBC for Autumn 2026



WHAT'S ON THE SPORT PROGRAMME?

FENCING

Term: Summer term

Venue: Millfield School, BA6 8LD

Age groups: U11 and U13

Date: Friday 15, Saturday 16 and Sunday 17 May 2026

Format:

1. Sabre, Epee and Foil competitions.



GOLF

Term: Summer term

Venue: Minchinchampton Golf Club, GL6 9BE

Age groups: U9, U10, U11 and U13

Dates: Wednesday 29 and Thursday 30 April 2026



Format:

1. Individual and/or team entries.
2. A team is made up of 3 players per age group.
3. Schools can only enter 1 team per age group.
4. Competitors must be competent golfers and not total beginners.
5. Scores for all 18 holes will be calculated on a modified Stableford system.

GYMNASISTICS

Term: Autumn term

Venue: TBC for Autumn 2026

Age groups: U9, U10, U11 and U13

Dates: November 2026



Format:

1. 2-piece and 4-piece competitions.
2. Group sequence

WHAT'S ON THE SPORT PROGRAMME?

BOYS' HOCKEY

Term: Spring term

Age groups: Boys' U11, U12 and U13

Qualifier locations: Multiple locations

Format:

1. 7-a-side, max of 10 players in a squad.
2. Conducted under the England Hockey In2Hockey rules
3. Schools compete at one qualifier for a spot at the finals.
Qualifiers can be a round robin format or groups leading to knockouts.
4. Finals start with group stages before progressing to knockouts.

Finals dates and venues:

U11 - Repton School on Friday 20th March 2026

U12 - St Edwards School on Friday 30th January 2026

U13 - Framlingham College on Monday 9th March 2026



GIRLS' HOCKEY

Term: Autumn term

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

Qualifier locations: Multiple locations

Format:

1. 7-a-side, max of 10 players in a squad.
2. Conducted under the England Hockey In2Hockey rules
3. Schools compete at one qualifier for a spot at the finals.
Qualifiers can be a round robin format or groups leading to knockouts.
4. Finals start with group stages before progressing to knockouts.



Finals dates and venues:

Finals dates TBC for Autumn 2026

WHAT'S ON THE SPORT PROGRAMME?

NETBALL

Term: Spring term

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

Qualifier locations: Multiple locations

Format:

1. 7-a-side, max of 10 players in a squad.
2. Teams across all age groups must consist of girls only.
3. 10ft post, size 5 ball.
4. U11 BEE netball - There are a couple of BEE netball tournaments for U11's, which follow Bee netball stinger stage rules.
5. Schools compete at one qualifier for a spot at the finals. Qualifiers can be a round robin format or groups leading to knockouts.
6. Finals start with group stages before progressing to knockouts.

Finals dates and venues:

U11 - Kent College on 19 March 2026

U12 - Cranleigh School on 2 March 2026

U13 - Royal Russell on 13 March 2026



WHAT'S ON THE SPORT PROGRAMME?

JUDO

Term: Summer term

Venue: Bishopsgate School, TW20 0YJ

Age groups: Boys' and Girls' U11 and U13

Date: Saturday 9 and Sunday 10 May 2026

Format:

1. One day competition
2. Aged between 8 and 13 years.
3. Index system used whereby players are pooled together in closest proximity to weight, age, level of experience and a coach rating system.



RUGBY

Term: Autumn term

Age groups: U11 and U13

Qualifier locations: Multiple locations

Format:

1. We do not publish scores and no prizes are awarded, reflective of results.
2. 9-a-side, max 12 players in a squad.
3. Matches follow RFU regulation 15 rules
4. Teams can be made up of both boys and girls.



SAILING

Term: Summer term

Venue: Andrew Simpson Sailing Centre, DT5 1SA

Age groups: U11 and U13

Date: Wednesday 20 and Thursday 21 May 2026

Format:

1. Zest's will be used for the competition.
2. Each school is limited to two boats per age group with two sailors in each boat per day.
3. Four races are schedule daily (weather dependent)



WHAT'S ON THE SPORT PROGRAMME?

SKIING

Term: Spring term

Venue: Italy

Age groups: U9, U11 and U13

Date: Sunday 8 - Friday 13 March 2026

Format:

1. The Championships include:
 - a. Giant Slalom: Team and Individual Competitions
 - b. Parallel Team Slalom: Team Competitions



SQUASH

Term: Summer term

Venue: University of Warwick, CV4 7EU

Age groups: U11 and U13

Date: Tuesday 21 and Wednesday 22 April 2026

Format:

1. Pool matches followed by further matches played in a Monrad format to decide overall placings, cup, plate and bowl winners.
2. Conducted under the England Squash Rules.
3. Girls' can take part in one or both the U11/U13 and girls' competition.



WHAT'S ON THE SPORT PROGRAMME?

SWIMMING QUALIFERS

Term: Spring term

Age groups: U10, U11, U12 and U13

Qualifier locations: Multiple locations

Dates: Qualifiers take place between January - March 2026

Format:

1. Schools can only enter swimmers in one qualifying gala.
2. Swimmers can only compete in 1 individual event and both relays.
3. Swimmers can only compete in one age group
4. Swim Manager software will be used to collate results.

SWIMMING FINALS

Term: Summer term

Venue: London Aquatics Centre

Age groups: U10, U11, U12 and U13

Dates: Saturday 6 June 2026



Format:

1. The top 20 individual swimmers from the qualifiers will be invited to the finals.
2. The top 10 relay teams from the qualifiers will be invited to the finals.

WHAT'S ON THE SPORT PROGRAMME?

TABLE TENNIS

Term: Summer term

Venue: Edge Grove School, WD25 8NL

Age groups: U11 and U13

Date: Saturday 25 April 2026

Format:

1. Singles competition for girls' and boys'.
2. Round robin format followed by a knockout cup and plate competition.
3. Matches will be 2 games to 11 with a sudden death at 10 all.
4. Schools may enter 4 competitors per age group, per gender.



TENNIS

Term: Summer term

Venue: Clifton College, BS8 3QD

Age groups: U11 and U13

Date: Monday 11 and Tuesday 12 May 2026

Format:

1. A team is made up of two players of the same sex.
2. Teams will be allocated to a pool based on LTA rankings.
3. Round robin format.
4. All matches will follow FAST4 scoring.
5. Teams will play one rubber per match.



TRAMPOLINING

Term: Summer term

Venue: Royal Russell School, CR9 5BX

Age groups: U9, U11 and U13

Date: Saturday 27 June 2026

Format:

1. Individual and team competition, pupils can enter either or both.
2. Teams consist of three or four competitors of the same sex, age group and school.
3. The best three scores in each round count towards the final team score.
4. Choice of three compulsory set routines, plus a voluntary routine.

WHAT'S ON THE SPORT PROGRAMME?

TRIATHLON

Term: Summer term

Venue: Monkton Prep School, BA2 7ET

Age groups: U10, U11, U12 and U13

Date: Sunday 17 May 2026

Format:

1. Races conducted under the British Triathlon rules.
2. Please see swim, bike and run distances for each age group below:

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

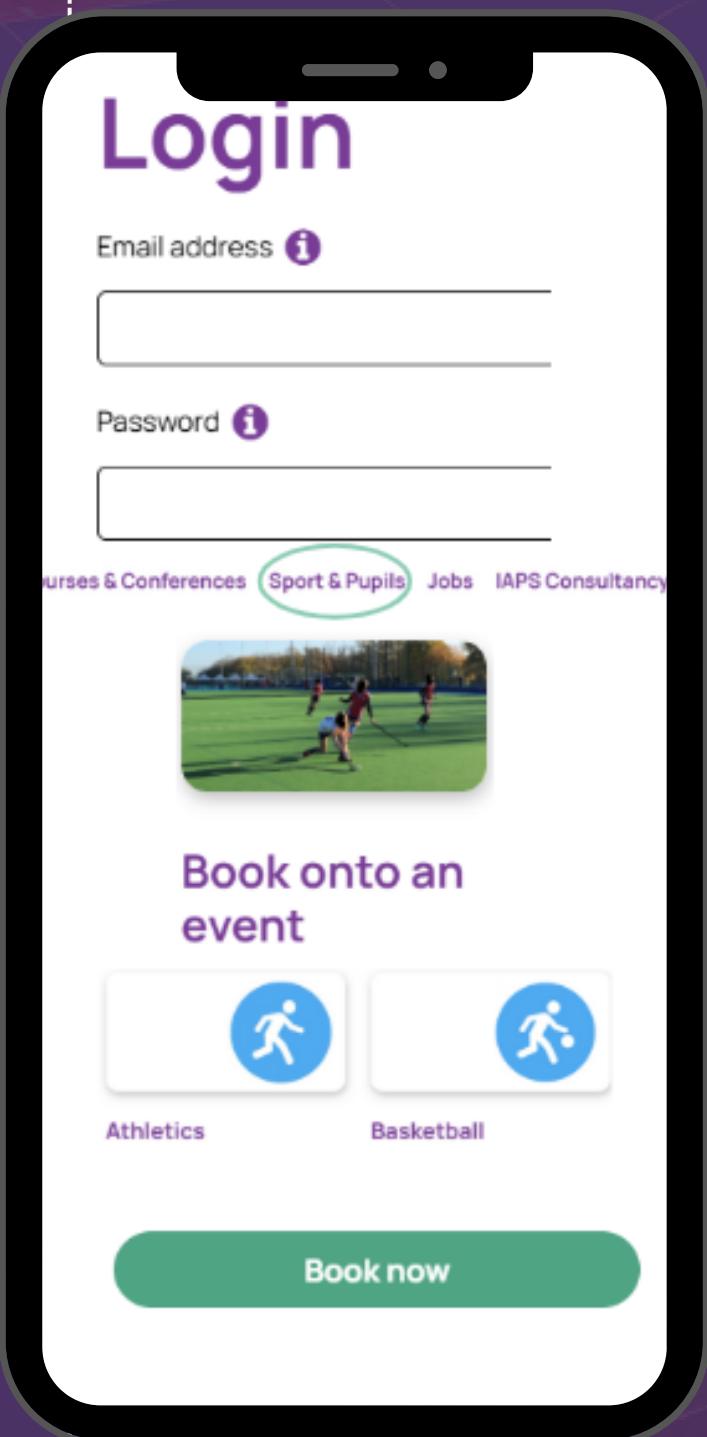
Year group	Cycle distance	Cycle laps
Year 5	2000m	2
Year 6	4000m	4
Year 7	4000m	4
Year 8	6000m	6

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 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.

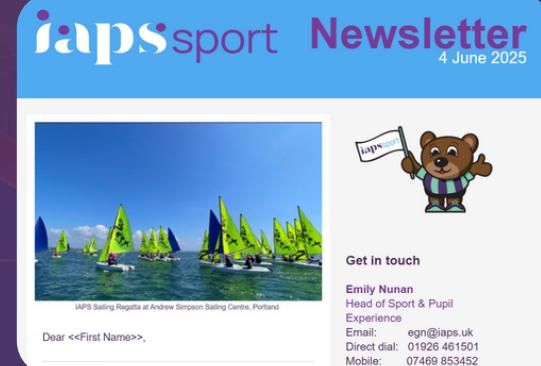
If you are interested in hosting an sport event for us, please contact us at sport@iaps.uk to discuss.



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)

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>

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