2026 EVENTS

INDOOR SPORTS

Your guide to running events at an Area and County Level

Contents

Guide to Indoor Sports Events at Area, County and Provincial Level

Participation in Cairn Community Games events at Area level is at the heart of what we do. While reaching the National Finals is a superb achievement, the real value lies in the running of Area events where children aged 6 to 16 can take part, learn new skills, and have fun.

None of this would be possible without the dedication and commitment of adult and youth volunteers. Their involvement is critical in creating a safe and structured environment for these events.

We've put together this guide to give you some tips and support on how to run Indoor sports in your local Areas, Counties and at Provincial Level.

To ensure the success of these events and the safety of all participants, there are key steps that must be followed:

1. **Children First**: The safety of children is paramount. All events must follow Children First guidelines to ensure a safe, child-centred environment. Your Area/County/Province needs a Children's Officer, and this role is a mandated role. There is a dedicated team at Head Office to assist you in your role

2. **Recruitment of Volunteers**: Volunteers are the backbone of Cairn Community Games. Encourage parents, teachers, and community members to get involved. Ensure that volunteers are given induction opportunities at Area Level and are familiar with our policies and procedures.

3. **Garda Vetting**: All volunteers must undergo Garda vetting to ensure the safety of the children. This is a non-negotiable requirement.

4. **Area Affiliation via the Online Registration System (ORS)**: Areas must be affiliated on the ORS before running events.

5. **Setting of Dates**: National dates are set first, and counties can then set their own event dates accordingly.

6. **Insurance Requirements**: Events can only be insured if the area is affiliated. If specific indemnity is needed for a venue, please contact Head Office. No events should begin before insurance is confirmed by emailing Head Office

7. **Risk Assessment and Child Safeguarding Statement**: It is essential to complete a risk assessment and have a child safeguarding statement in place before any event. Please visit our Safeguarding Page to find out more.

8. **Code of Conduct**: All adults and parents must sign the Code of Conduct to ensure a safe and respectful environment.

9. **Equality, Diversity and Inclusion**: Equality, diversity and inclusion are essential in Cairn Community Games, ensuring that every child, regardless of background or ability, feels welcome and valued as part of a supportive and enriching experience. Ensure that all venues you use are accessible to all abilities.

10. **Promotion of Events**: Counties have access to Canva Pro accounts, complete with preloaded templates and brand kits. Specific guides on Social Media and PR are available on this page.

11. **GDPR and Consent**: Ensure GDPR regulations are followed, and consent is obtained for all children participating in events.

12. **Registration of Participants**: All children participating must be registered on the ORS to maintain accurate records and ensure they are insured.

13. **Fill your panels**: When registering team events, please ensure that you fill the panel so that the team will not have to withdraw in case children need to cancel their place.

14. **Residency and Age/Gender Requirements**: Children must reside in the Area where they are participating in events. They must be of the correct age and gender for an event. We use the 31st July as our cut-off date. Please visit our Age Calculator.

15. **Event Rules:** Visit our website Event Pages for most up to date rules BEFORE organising an event

16. **Fundraising and Support**: Fundraise locally and seek support from local councillors and Local Sports Partnerships (LSPs) where possible.

17. **Training**: Keep an eye on our Training webpage where courses are advertised and can be registered for.

18. **LSP/NGB's**: Contact your local NGB's and Local Sports Partnerships for advice in relation to venues and officials – they can be very helpful. Visit the end of this guide for a full contact list of Local Sports Partnerships in Ireland

19. **Scheduling/Timetabling**: Be conscious when scheduling Area or County finals that you take into consideration other events happening that day or weekend – ie: local events, NGB events etc. Always check www.cairncommunitygames.ie/events-calendar so that you can plan towards the National Finals!

Relevant Event Webpages

Before deciding to organise a Community Games event, it's essential to visit the relevant webpage for the most up-to-date information. Each event page provides the latest details on rules, age categories, competition formats, and other essential guidelines that could impact your planning.

Staying informed by regularly checking the webpage ensures that you are following current Cairn Community Games rules, helping you avoid any issues or confusion.

- ➢ **Badminton** - www.cairncommunitygames.ie/events/badminton
- ➢ **Basketball** - www.cairncommunitygames.ie/events/basketball
- ➢ **Futsal** - www.cairncommunitygames.ie/events/futsal
- ➢ **Gymnastics** - www.cairncommunitygames.ie/events/gymnastics
- ➢ **Handball** - www.cairncommunitygames.ie/events/handball
- ➢ **Indoor Soccer** - www.cairncommunitygames.ie/events/indoor-soccer
- ➢ **Swimming** – Individual - www.cairncommunitygames.ie/events/swimming
  Squad - www.cairncommunitygames.ie/events/swimming-squad
- ➢ **Table Tennis** - www.cairncommunitygames.ie/events/table-tennis
- ➢ **Volleyball** - www.cairncommunitygames.ie/events/volleyball

Badminton

www.cairncommunitygames.ie/events/badminton

Why Badminton?

1. **A Sport with Ancient Roots**
   Badminton is one of the oldest sports, with origins tracing back over 2,000 years to ancient Greece, China, and India. The modern version of the sport was developed in the 19th century at Badminton House in England, from which it takes its name. It became an Olympic sport in 1992.

2. **Badminton in Ireland**
   In Ireland, Badminton Ireland was founded in 1899, making it one of the oldest national badminton organisations in the world. The association oversees competitions at all levels, from grassroots to international tournaments.

3. **Improves Reflexes and Hand-Eye Coordination**
   Badminton is a fast-paced game that sharpens reflexes and improves hand-eye coordination. It challenges players to react quickly and think strategically during rallies.

4. **A Full-Body Workout**
   The constant movement required in badminton provides a full-body workout, improving cardiovascular fitness, muscle tone, and flexibility. It's an engaging way for children to stay fit while having fun.

Getting Started in Your Area

1. **Recruit Participants**
   Contact local badminton clubs, community centres, and schools. Emphasise badminton's benefits for improving fitness, coordination, and teamwork.

2. **Age Categories**
   Boys Under 15/Over 12 and Girls Under 15/Over 12. Teams consist of 6 players, with a minimum of 4 required to play.

3. **Shuttles**
   Cork-based medium plastic shuttles only must be used.

4. **Digital Promotion**
   Create a social media event or page to promote the competition. Post regular updates, practice tips, and match results to build excitement. Share content that explains how badminton improves physical fitness and coordination.

5. **Host a Skills Workshop**
   Organise a badminton workshop where children can learn key skills such as serving, rallying, and smashing. This helps build confidence and attracts more participants to the event.

Area-Level Events

1. **Set a Date**
   Choose a date that provides participants with enough time to practice.

2. **Setting Up the Venue**
   Ensure the hall is set up with marked courts and adequate seating for spectators. Always risk assess before using a venue.

3. **Prepare Referees**
   Assign experienced officials to oversee the matches and ensure fair play.

4. **Time Management**
   Schedule matches to run smoothly, allowing time for breaks and rest between games. This will help keep the event organised and enjoyable.

5. **Encourage Participation**
   Create a supportive atmosphere that promotes skill development and encourages participants to enjoy themselves while competing.

County-Level Events

1. **Organise the County Event**
   Follow a similar structure to the Area event. Consider hosting a festival of indoor sports, including badminton, to create a lively day of competition and community engagement.

2. **Celebrate Effort and Team Spirit**
   Capture photos of matches and highlight player achievements. Encourage local badminton clubs, schools, and families to come and support the participants.

Provincial Finals

1. **This is a Provincial event.**
   Teams must qualify at County level to progress to the Provincial Finals.

2. **Panel Submission**
   Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

Basketball

Why Basketball?

1. **A Globally Loved Sport**
Basketball was invented in 1891 by Dr. James Naismith in Springfield, Massachusetts, to keep athletes fit during the winter. It has since become one of the most popular sports in the world, played in nearly every country, including Ireland.

2. **Basketball in Ireland**
Basketball Ireland is the governing body for the sport in Ireland. It promotes the game across all age levels and oversees national competitions, coaching programmes, and local development.

3. **Builds Teamwork and Communication**
Basketball requires players to work together on the court. Children learn to communicate effectively and cooperate to achieve their shared goals.

4. **Improves Physical Fitness**
Basketball is a full-body workout, helping players build strength, speed, endurance, and agility. It's a great way for children to stay fit and active while having fun.

5. **Develops Quick Thinking and Strategy**
The fast pace of basketball encourages quick decision-making and strategic thinking. Players learn to assess situations and react swiftly, helping improve mental agility.

Getting Started in Your Area

1. **Recruit Participants**
Reach out to schools and basketball clubs. Highlight basketball's benefits for developing teamwork, fitness, and decision-making skills.

2. **Age Categories**

   Mixed Under 11/Over 9 (Panel of 10 - 5 boys + 5 girls)
   Boys & Girls Under 13/Over 10 (Panel of 10 boys / Panel of 10 girls)
   Boys & Girls Under 16/Over 13 (Panel of 10 boys / Panel of 10 girls)
   Ball Sizes:

   Under 11 – Size 5, U13 – Size 6, U16 Girls Size 6, U16 Boys - Size 7

3. **Engage Schools and Clubs**
Speak to schools and clubs about holding mini-tournaments or training sessions to promote basketball. Offer to organise after-school practices or weekend workshops to prepare children for the competition.

4. **Host a Basketball Workshop**
   Organise a workshop where children can practice dribbling, shooting, and passing. Offer fun mini-games and/or coaching sessions.

Area-Level Events

1. **Set a Date**
   Choose a date that provides teams with adequate time to practice.

2. **Setting Up the Venue**
   Ensure the venue is equipped with sufficient space for matches and seating for spectators.

3. **Prepare Referees**
   Assign experienced referees to oversee the games and ensure fair play.

4. **Time Management**
   Schedule matches efficiently, allowing for breaks between games to ensure a well-organised and enjoyable event.

5. **Encourage Participation**
   Create a positive environment that encourages good sportsmanship and participation, while helping players to enjoy the experience and grow their skills.

County-Level Events

1. **Organise a County Basketball Festival**
   Consider grouping basketball with other team sports for a lively day of competition. Create a fun community event that brings families, schools, and basketball clubs together to support the players.

2. **Celebrate Effort and Team Spirit**
   Capture photos and match highlights to celebrate the players' efforts. Encourage clubs and families to show their support, creating a vibrant atmosphere around the event.

Provincial Finals

1. **This is a Provincial event.**
   Teams must qualify at County level to progress to the Provincial Finals.

2. **Panel Submission**
   Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

Futsal

www.cairncommunitygames.ie/events/futsal

Why Futsal?

1. **A Fast-Paced Version of Football**
Futsal is a fast-paced game played with a heavier ball than football. Futsal encourages technical skills, quick reflexes, and close ball control, and is often used to develop players for outdoor football.

2. **Encourages Teamwork and Communication**
Futsal's smaller teams and faster pace require players to communicate and work closely together. Children develop collaboration skills as they must quickly pass, move, and coordinate with their teammates.

3. **Improves Agility and Reflexes**
The confined playing area means players need quick reflexes and agility. Futsal enhances reaction time, coordination, and balance.

4. **Sharpens Ball Control and Footwork**
The smaller, heavier ball used in futsal helps players develop close ball control and quick footwork, skills that are easily transferable to outdoor football.

Getting Started in Your Area

1. **Recruit Participants**
Contact local schools, football clubs, and community centres. Emphasise futsal's focus on fast-paced play, teamwork, and developing technical skills.

2. **Age Categories**
Boys Under 13/Over 10, Girls Under 13/Over 10. Boys Under 15/Over 13, Girls U15/Over 13. A Futsal Ball Size 4 will be used.

   Teams consist of 5 players, with a panel of 8 (5 players + 3 substitutes).

3. **Engage Schools and Clubs**
Partner with local schools and football clubs to introduce futsal as a supplementary training tool. Offer to hold workshops or sessions to familiarise children with the game.

4. **Host a Futsal Skills Workshop**
Organise a workshop where children can practice passing, ball control, and teamwork in a futsal setting. Offer fun drills to help them get comfortable with the fast pace of the game.

Area-Level Events

1. **Set a Date**
   Choose a date that gives teams enough time to prepare. Promote the event early to maximise participation from local schools and clubs.

2. **Setting Up the Venue**
   Ensure the venue is suitable for futsal, with clearly marked boundaries and goals. U13 & U15 Boys and Girls may be played indoors or outdoors depending on availability of venues

3. **Prepare Referees**
   Assign experienced referees to oversee the games and ensure the rules are followed.

4. **Time Management**
   Schedule matches efficiently, allowing for rest periods and breaks between games. This helps ensure the event runs smoothly and on time.

5. **Encourage Participation**
   Create an encouraging and educational environment where participants can enjoy the game, develop their skills, and understand the importance of teamwork and sportsmanship.

County-Level Events

1. **Organise the County Event**
   Follow a similar structure to the Area event, with matches grouped for efficient time management. Group futsal with other team sports to create a lively day of competition.

2. **Celebrate Effort and Team Spirit**
   Capture photographs and highlights to celebrate the players' efforts. Encourage the community, schools, and families to show support.

Provincial Finals

1. **This is a Provincial event.**
   Teams must qualify at County level to advance to the Provincial Finals.

2. **Panel Submission**
   Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

Gymnastics

www.cairncommunitygames.ie/events/gymnastics

Why Gymnastics?

1. **An Ancient Discipline**
Gymnastics has its roots in ancient Greece, where it was a key component of physical education. It was later revived as a modern sport in the 19th century and has since evolved into one of the most popular Olympic sports, admired for its combination of strength, grace, and control. Rhys McCleneghan secured Ireland's first ever gymnastics gold medal at the Olympics in Paris 2024, if you can dream it, you can do it!

2. **A Key Sport in Ireland**
Gymnastics has steadily grown in Ireland, with more children participating at local clubs and events. It is supported by Gymnastics Ireland, which oversees national competitions and helps nurture young gymnasts across the country.

3. **Improves Strength and Flexibility**
Gymnastics helps children build strength, balance, and flexibility through a variety of movements and routines. It engages all muscle groups, enhancing overall physical fitness.

4. **Boosts Confidence and Discipline**
The sport encourages children to set personal goals, work toward mastering new skills, and take pride in their achievements, instilling confidence and discipline.

5. **Develops Coordination and Body Awareness**
Gymnastics requires precision in movements, which helps children develop coordination and spatial awareness that can benefit them in other sports and daily activities.

Getting Started in Your Area

1. **Recruit Participants**
Contact local gymnastics clubs and schools. Emphasise gymnastics as a sport that builds strength, flexibility, and creativity.

2. **Age Categories**
Under 9/Over 7, Under 11/Over 9, Under 13/Over 11, Under 15/Over 13.

3. **Engage Schools**
Work with PE teachers to introduce basic gymnastics movements into their classes. Offer to run taster sessions that introduce children to tumbling and balance exercises.

4. **Host a Gymnastics Workshop**
   Organise a workshop where children can practice basic skills such as balance, flexibility, and tumbling. This will help build their confidence and prepare them for the competition.

Area-Level Events

1. **Set a Date**
   Choose a date that allows participants to practice their routines. Promote the event well in advance to allow ample preparation time.

2. **Setting Up the Venue**
   Ensure the venue has suitable gymnastics equipment, such as mats and bars. Provide seating for spectators and space for athletes to warm up.

3. **Prepare Judges**
   Assign experienced judges to score routines based on form, creativity, and execution.

4. **Time Management**
   Schedule routines with time for breaks, ensuring the event runs smoothly and on time.

5. **Encourage Participation**
   Create an environment that emphasises skill development and fun. Encourage participants to support one another and focus on their personal progress.

County-Level Events

1. **Prepare the County Event**
   Organise the County event similarly to the Area event, grouping gymnastics with other individual sports for an engaging competition day. 2 to qualify from each County to National.

2. **Celebrate Effort and Team Spirit**
   Capture photos and highlights of performances to celebrate the gymnasts' efforts. Encourage the community, clubs, and families to support the participants and create a positive atmosphere around the event.

Handball

www.cairncommunitygames.ie/events/handball

Why Handball?

1. **A Sport with Historical Roots**
   Handball has been played for centuries, with early versions of the game traced back to Ancient Egypt and Rome. It evolved into its modern form in Ireland and the US in the late 19th century. Today, handball is a popular sport that tests players' reflexes, speed, and agility.

2. **Handball in Ireland**
   Ireland has a rich tradition in handball, with many local clubs and national competitions. GAA Handball Ireland promotes the sport, organising events and supporting players at all levels.

3. **Improves Reflexes and Agility**
   Handball is a fast-paced game that challenges players to react quickly and maintain control. It's an excellent way to improve reflexes, agility, and hand-eye coordination.

4. **Develops Focus and Strategic Thinking**
   The individual nature of handball helps children develop focus and strategic thinking, as they must anticipate their opponent's moves and adjust their play accordingly.

5. **Boosts Fitness and Stamina**
   Handball requires constant movement, making it an effective way to build cardiovascular fitness and endurance.

Getting Started in Your Area

1. **Recruit Participants**
   Contact local schools, GAA clubs, and sports centres. Highlight handball's fitness benefits and the excitement of fast-paced gameplay.

2. **Age Categories**
   Under 13/Over 9, Under 16/Over 13.

3. **Engage Schools and Clubs**
   Work with PE teachers and local GAA clubs to introduce handball as part of their curriculum or training sessions. Offer to run workshops to familiarise children with the game.

4. **Host a Handball Workshop**
   Organise a workshop where children can learn key skills such as serving, positioning, and controlling the ball. This will build confidence and encourage more participation.

Area-Level Events

1. **Set a Date**
   Choose a date that gives participants enough time to practice and prepare.

2. **Setting Up the Venue**
   Ensure the venue has appropriate handball walls and is set up for one-wall or traditional handball. Provide seating for spectators and space for players to warm up.

3. **Prepare Referees**
   Assign referees with experience in handball. Ensure they are familiar with the rules and can enforce them fairly during matches.

4. **Time Management**
   Schedule matches with breaks between games to ensure that the event runs on time and smoothly.

5. **Encourage Participation**
   Create an environment that encourages fair play, skill development, and enjoyment of the sport.

County-Level Events

1. **Prepare the County Event**
   Organise the County event in the same structure as the Area event. Consider grouping handball with other individual sports to create a dynamic and fun competition day. 2 to qualify from each County to National.

2. **Celebrate Effort and Team Spirit**
   Capture photos and highlights of the matches to celebrate the players' efforts. Encourage families, schools, and local clubs to support the participants.

Indoor Soccer

www.cairncommunitygames.ie/events/indoor-soccer

Why Indoor Soccer?

1. **A Fast-Paced Variation of Football**
   A fast-paced, small-sided game played on a smaller field than outdoor football. The confined space promotes technical skills and quick decision-making.

2. **One of the Most Popular Team Sports in Cairn Community Games**
   Indoor soccer is one of the most popular team sports in Community Games, attracting large numbers of participants every year.

3. **Improves Agility and Speed**
   The smaller playing area in indoor soccer requires players to move quickly and change direction frequently, helping them improve their agility and speed.

4. **Sharpens Ball Control and Passing**
   The confined space encourages close ball control, accurate passing, and quick decision-making. Indoor soccer is a great way for players to develop these skills, which transfer easily to outdoor football.

5. **Promotes Teamwork and Communication**
   Indoor soccer requires players to work closely together. Children learn to communicate effectively and coordinate with their teammates.

Getting Started in Your Area

1. **Recruit Participants**
   Reach out to local schools, football clubs, and community centres. Highlight indoor soccer's fast pace and its benefits for building football-related skills.

2. **Age Categories**
   Boys and Girls Under 10/Over 8, Under 13/Over 10. Teams consist of 5 players on the field at a time. (Panel of 8 with 3 subs)

3. **Engage Schools and Clubs**
   Partner with schools and football clubs to hold indoor soccer training sessions. Offer to run taster sessions during PE classes or after school.

4. **Host an Indoor Soccer Workshop**
   Organise a workshop where children can practice passing, dribbling, and shooting in an indoor soccer setting. Offer fun drills and small-sided games to get them comfortable with the game.

Area-Level Events

1. **Set a Date**
   Choose a date that gives teams enough preparation time. Promote the event early to maximise participation from local schools and clubs.

2. **Setting Up the Venue**
   Ensure the venue is suitable for indoor soccer, with clearly marked goals and a well-sized playing area.

3. **Prepare Referees**
   Assign experienced referees to oversee the matches and ensure fair play.

4. **Time Management**
   Schedule matches efficiently, with enough time for breaks between games. This helps keep the event running smoothly and on time.

5. **Encourage Participation**
   Create an environment of fair play and teamwork, encouraging children to focus on their skills while enjoying the competition.

County-Level Events

1. **Prepare the County Event**
   Organise the County event using the same structure as the Area-level event. Group indoor soccer with other team sports for a comprehensive and exciting day of competition.

2. **Celebrate Effort and Team Spirit**
   Capture photos and match highlights to celebrate the players' efforts. Encourage families, schools, and clubs to support the children and help create a positive atmosphere around the event.

Provincial Finals

1. **This is a Provincial event.**
   Teams must qualify at County level to advance to the Provincial Finals.

2. **Panel Submission**
   Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

Swimming

Individual - www.cairncommunitygames.ie/events/swimming

Squad - www.cairncommunitygames.ie/events/swimming-squad

Why Swimming?

1. **A Life-Saving Skill and Competitive Sport**
   Swimming has been a part of human culture for thousands of years. It was formalised as a competitive sport in the early 19th century and included in the first modern Olympic Games in 1896. It's not only a competitive activity but also a vital life skill that promotes safety in and around water.

2. **Swimming in Ireland**
   Swimming is a popular activity in Ireland, with children learning the sport at a young age through lessons and competitions – swimming in the sea and swimming pools. Swim Ireland plays a key role in developing competitive swimmers and promoting water safety.

3. **Notable Former Participants**
   Many notable athletes have participated in Cairn Community Games and gone on to excel on the international stage. This includes Olympians like Mona McSharry, Grainne Murphy, and Paralympian Nicole Turner, all of whom started their swimming journeys in Community Games. Even rugby legend Paul O'Connell, who has 6 swimming medals from the National Community Games finals, got his start here!

4. **Builds Strength and Endurance**
   Swimming is a full-body workout that improves muscle strength, flexibility, and endurance. It is also a low-impact exercise, making it ideal for children of all abilities.

5. **Boosts Confidence and Water Safety**
   Swimming helps children build confidence in their abilities and teaches them essential water safety skills, ensuring they feel comfortable and capable in the water.

6. **Encourages Goal Setting and Discipline**
   The structured nature of swimming encourages children to set goals, work toward personal achievements, and develop self-discipline through regular practice.

Getting Started in Your Area

1. **Recruit Participants**
   Contact local swimming clubs, schools, and community centres. Highlight the

fun and fitness benefits of swimming, along with the opportunity to participate in both individual and squad events.

2. **Age Categories**
Under 10/Over 8, Under 12/Over 10, Under 14/Over 12, Under 16/Over 14 Individual and U13 and U16 Medley/Squad.

   Strokes: Butterfly, Backstroke, Freestyle, Breaststroke

3. **Engage Schools and Clubs**
Work with swimming clubs and schools to promote participation in the competition. Offer to hold practice sessions at local pools to encourage more involvement.

4. **Host a Swimming Workshop**
Organise a workshop where children can practice different strokes such as freestyle, backstroke, breaststroke, and butterfly. This helps prepare them for the competition and builds their confidence.

Area-Level Events

1. **Set a Date**
Choose a date that provides participants with enough time to practice their strokes and prepare for the event.

2. **Setting Up the Venue**
Ensure the pool venue is suitable for competition, with clearly marked lanes and seating for spectators.

3. **Prepare Referees and Timekeepers**
Assign experienced referees and timekeepers to oversee the races and ensure fair play. Schedule heats and allow for breaks between races to ensure that the event runs smoothly and on time.

4. **Encourage Participation**
Focus on creating a supportive and fun environment where children feel encouraged to compete and improve their swimming skills.

County-Level Events

1. **Prepare the County Event**
Organise the County event following a similar format to the Area event. Encourage local schools, clubs, and families to support the swimmers and make a real gala event out of it.

2. **Celebrate Effort and Team Spirit**
Capture photos and highlights from the event to celebrate the swimmers' achievements. Encourage the community to support the participants and help create a positive and fun environment.

Table Tennis

www.cairncommunitygames.ie/events/table-tennis

Why Table Tennis?

1. **A Game of Skill and Precision**
   Table tennis, also known as ping pong, originated in England in the late 19th century as a parlour game. Today, it is a fast-paced, highly competitive sport that requires quick reflexes, precision, and strategy.

2. **Table Tennis in Ireland**
   Table Tennis Ireland is the governing body for the sport, promoting it at all levels across the country. The sport is gaining popularity among young players due to its accessibility and fast-paced nature.

3. **Improves Hand-Eye Coordination and Reflexes**
   The fast pace of table tennis helps players develop quick reflexes and sharp hand-eye coordination. It's a sport that enhances focus, concentration, and agility.

4. **Builds Focus and Strategic Thinking**
   Players must think quickly and adapt their strategies during the game, improving their decision-making and problem-solving skills.

5. **A Fun and Competitive Way to Stay Active**
   Table tennis provides a full-body workout and is a great way for children to stay active. The fast rallies and strategic gameplay make it an exciting sport to play and watch.

Getting Started in Your Area

1. **Recruit Participants**
   Reach out to local schools, community centres, and table tennis clubs. Highlight table tennis as a fun, accessible sport that builds coordination and focus.

2. **Age Categories**
   Under 13 and Over 10, Under 16 and Over 13. Competitions are for boys and girls, with separate events. Panel of 5 – 3 players and 2 substitutes.

3. **Engage Schools and Clubs**
   Work with PE teachers and local clubs to promote table tennis. Offer to run taster sessions at lunch or after school.

4. **Host a Table Tennis Workshop**
   Organise a workshop where children can practice serving, returning, and footwork. This will build confidence and prepare them for the competition.

Area-Level Events

1. **Set a Date**
   Choose a date that provides enough preparation time for participants. Promote the event early to maximise participation from schools and clubs.

2. **Setting Up the Venue**
   Ensure the venue has proper table tennis tables and enough space for players to move freely. Provide seating for spectators and space for players to warm up.

3. **Prepare Referees**
   Assign referees who are familiar with table tennis rules and experienced in officiating matches.

4. **Time Management**
   Schedule matches with set durations and breaks between games to ensure smooth event flow.

5. **Encourage Participation**
   Create a supportive environment where players can focus on developing their skills while enjoying friendly competition.

County-Level Events

1. **Prepare the County Event**
   Organise the County event using the same structure as the Area-level event. Group table tennis with other indoor sports for a fun, engaging competition day.

2. **Celebrate Effort and Team Spirit**
   Capture photos and highlights from the matches to celebrate the players' efforts. Encourage family, school, and club support to create a vibrant and community-driven atmosphere around the event.

Provincial Finals

1. **This is a Provincial event.**
   Teams must qualify at County level to advance to the Provincial Finals.

2. **Panel Submission**
   Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

Volleyball

www.cairncommunitygames.ie/events/volleyball

Why Volleyball?

1. **A Global Sport of Teamwork**
   Volleyball originated in the US in 1895, invented by William G. Morgan as an indoor alternative to basketball. It has since evolved into a popular global sport, played both indoors and on the beach, with a strong focus on teamwork, communication, and agility.

2. **Volleyball in Ireland**
   Volleyball has been growing in popularity in Ireland, with Volleyball Ireland overseeing competitions and development at the grassroots and national levels. The sport is known for its fast-paced, team-oriented gameplay.

3. **New to Community Games**
   Volleyball was a new addition to Community Games in 2025! Children will have the opportunity to participate in this team sport as part of our programme.

4. **Improves Coordination and Reflexes**
   Volleyball requires quick reflexes and excellent hand-eye coordination. Players must time their jumps, passes, and spikes to keep the ball in play, making it a sport that sharpens focus and reaction times.

5. **Builds Teamwork and Communication**
   Each player relies on their teammates for successful plays. Volleyball helps children develop teamwork, communication, and strategic thinking as they work together to score points.

6. **Boosts Physical Fitness**
   Volleyball provides a full-body workout, improving cardiovascular fitness, strength, and endurance. It's a great way for children to stay active while learning important life skills like collaboration and resilience.

Getting Started in Your Area

1. **Recruit Participants**
   Contact schools, community centres, and volleyball clubs. Emphasise volleyball's benefits for fitness, teamwork, and communication, and its introduction as a new sport in the Community Games.

2. **Age Categories**
   Boys and Girls Under 14/Over 12. Teams consist of six players. (4 + 2 substitutes)

3. **Engage Schools and Clubs**
   Work with schools and volleyball clubs to organise mini-tournaments or training sessions. Offer to run after-school practices or weekend workshops to help children prepare for the competition.

4. **Host a Volleyball Workshop**
   Organise a workshop where children can practice serving, spiking, and setting. Offer fun drills to get children excited about playing volleyball.

Area-Level Events

1. **Set a Date**
   Choose a date that gives teams enough time to practice. Promote the event early to maximise participation from local schools and clubs.

2. **Setting Up the Venue**
   Ensure the venue has a proper volleyball court with clearly marked boundaries and an appropriate net height.

3. **Prepare Referees**
   Assign experienced referees to oversee the games and ensure fair play. Schedule matches with set time limits and allow for breaks between games to ensure the event runs on time.

4. **Encourage Participation**
   Create a positive environment where children can focus on developing their teamwork and volleyball skills while enjoying the experience.

County-Level Events

1. **Organise the County Event**
   Group volleyball with other team sports for a dynamic competition day. Organise the County event using the same format as the Area-level event.

2. **Celebrate Effort and Team Spirit**
   Capture photos and highlights of the matches to celebrate the players' efforts. Encourage family, school, and club support to create a vibrant and community-driven atmosphere around the competition.

Provincial Finals

1. **This is a Provincial event.**
   Teams must qualify at County level to advance to the Provincial Finals.

2. **Panel Submission**
   Once the panel is submitted, no changes can be made except in exceptional circumstances. The County Secretary must submit valid reasons for replacements at least 48 hours before the event.

Additional Resources and Websites

For those interested in learning more about the indoor sports featured in Cairn Community Games, we recommend visiting the relevant National Governing Body (NGB) websites listed below. These websites offer further information, including contact details, events, and resources to help participants develop their skills. However, always refer to the official **Cairn Community Games** website to ensure you have the correct rules and guidelines specific to our competitions.

- **Badminton Ireland**: www.badmintonireland.com

- **Basketball Ireland**: www.basketballireland.ie

- **Gymnastics Ireland**: www.gymnasticsireland.com

- **GAA Handball**: www.gaahandball.ie

- **Table Tennis Ireland**: www.tabletennisireland.ie

- **Volleyball Ireland**: www.volleyballireland.com

- **Swim Ireland**: www.swimireland.ie

In addition to sports-specific resources, here are other organisations and initiatives to support the inclusive and safe participation of children in sports:

- **Sport Ireland**: www.sportireland.ie

- **Children First** (Child protection and welfare): www.tusla.ie/services/child-protection-welfare/children-first

- **Irish Centre for Diversity**: www.irishcentrefordiversity.ie

- **LGBTI Ireland**: www.lgbt.ie

- **Active Disability Ireland**: www.activedisability.ie

- **Her Moves** (Encouraging girls' participation in sport): www.hermoves.ie

- **Federation of Irish Sport**: www.irishsport.ie

List of Local Sports Partnerships in Ireland

- ➢ **Carlow Sports Partnership**
  Website: www.carlowsports.ie
  Email: info@carlowsports.ie
- ➢ **Cavan Sports Partnership**
  Website: www.cavansportspartnership.ie
  Email: info@cavansportspartnership.ie
- ➢ **Clare Sports Partnership**
  Website: www.claresports.ie
  Email: info@claresports.ie

- **Cork Sports Partnership**
  Website: www.corksports.ie
  Email: info@corksports.ie
- **Donegal Sports Partnership**
  Website: www.activedonegal.com
  Email: info@activedonegal.com
- **Dublin City Sport & Wellbeing Partnership**
  Website: www.dcswphub.ie
  Email: sports@dublincity.ie
- **Dun Laoghaire Rathdown Sports Partnership**
  Website: www.dlrsportspartnership.ie
  Email: info@dlrsportspartnership.ie
- **Fingal Sports Partnership**
  Website: sports.fingal.ie/
  Email: info@fingal.ie
- **Galway Sports Partnership**
  Website: www.galwayactive.ie
  Email: info@galwayactive.ie
- **Kerry Recreation and Sports Partnership**
  Website: www.facebook.com/kerryrecreationandsportspartnership/
  Email: info@kerryrecreationandsports.ie
- **Kildare Sports Partnership**
  Website: www.kildarecoco.ie/kildaresp/
  Email: info@kildaresp.ie
- **Kilkenny Recreation and Sports Partnership**
  Website: www.krsp.ie
  Email: info@krsp.ie
- **Laois Sports Partnership**
  Website: www.laoissports.ie
  Email: info@laoissports.ie
- **Leitrim Sports Partnership**
  Website: www.leitrimsports.ie
  Email: sports@leitrimcoco.ie
- **Limerick Sports Partnership**
  Website: www.limericksports.ie
  Email: info@limericksports.ie
- **Longford Sports Partnership**
  Website: www.longfordsports.ie
  Email: info@longfordsports.ie
- **Louth Local Sports Partnership**
  Website: www.louthlsp.com
  Email: info@louthlsp.ie

- **Mayo Sports Partnership**
  Website: www.mayosports.ie
  Email: msp@mayococo.ie
- **Meath Local Sports Partnership**
  Website: www.meathsports.ie
  Email: mlsp@meathcoco.ie
- **Monaghan Sports Partnership**
  Website: www.monaghansports.ie
  Email: info@monaghansports.ie
- **Offaly Sports Partnership**
  Website: www.offalysports.ie
  Email: sports@offalycoco.ie
- **Roscommon Sports Partnership**
  Website: www.rosactive.org
  Email: info@rosactive.org
- **Sligo Sport and Recreation Partnership**
  Website: www.sligosportandrecreation.ie
  Email: info@sligosportandrecreation.ie
- **South Dublin County Sports Partnership**
  Website: www.sdcc.ie/en/services/sport-and-recreation/sports/
  Email: info@sdcc.ie
- **Tipperary Sports Partnership**
  Website: www.tipperarysports.ie
  Email: info@tipperarysports.ie
- **Waterford Sports Partnership**
  Website: www.waterfordsportspartnership.ie
  Email: info@waterfordsportspartnership.ie
- **Westmeath Sports Partnership**
  Website: www.westmeathsports.ie
  Email: info@westmeathsports.ie
- **Wexford Sports Partnership**
  Website: www.wexfordcoco.ie/community/sports-and-recreation
  Email: info@sportwexford.ie
- **Wicklow Local Sports Partnership**
  Website: www.wicklowlsp.ie
  Email: wicklowlsp@wicklowcoco.ie

www.cairncommunitygames.ie