



**BRITISH
ESPSPORTS
STUDENT
CHAMPS**

CHAMPS HANDBOOK 2022/23

WHAT ARE THE STUDENT CHAMPS?

The British Esports Student Champs are a series of exciting competitive video gaming tournaments for students aged 12+ in schools and colleges across the UK.

The Champs are open to all secondary schools, Further Education (FE) Colleges and Alternative Provision (AP) schools in the UK, and are PC-based.

Tournaments are held for:



3v3 football
with rocket
powered cars.
PEGI 3



5v5 First-Person
Shooter
(FPS)
PEGI 12



5v5 Multiplayer
Online Battle Arena
(MOBA)
PEGI 12



5v5 First-Person
Shooter
(FPS)
PEGI 16

The British Esports Student Champs has continued to grow in popularity with even more schools and colleges getting involved, culminating more than 700 teams from across the country taking part in 2021/22.

Watch the aftermovie from our 2020/21 grand finals event [here!](#)

WOMEN IN ESPORTS PILOT: OVERWATCH 2

Women in Esports identified an opportunity for more girls to get involved with Student Champs and help with participation in the overall event. The new division will see teams compete in the title of Overwatch 2. To encourage participation, this division has a requirement of 60% female or marginalised gender participation, meaning that a minimum of three players on the roster must identify as female or a marginalised gender. We welcome and encourage schools and colleges to consider this division for their students who perhaps lack the confidence to compete in the main divisions of Student Champs.

This tournament/pilot is designed to be a safe space within the Student Champs, and as such alongside our ruleset and code of conduct, there will be a zero tolerance policy for any toxicity, negativity, or derogatory behaviour.



Why are we opening this division?

The aim for this division is to help encourage more girls to participate in Student Champs, without segregating the genders. Through feedback from teachers, we found that the 60% rule would help us achieve this. This division is primarily for students, focussing on females/marginalised genders, who want to get into Student Champs but perhaps do not feel comfortable or confident enough to compete for a spot in the main divisions.

Tournament Eligibility

This tournament works upon a trust-based system - each staff member is responsible for ensuring the team meets the requirements (see above). We do recommend teams fill in information regarding gender on the roster when signing up to this tournament, alongside sharing pronouns with admin/BEF staff.

WIE PILOT FORMAT

This division will follow Student Champs in the sense that it has two distinct seasons. The Winter Season and the Spring Season. The format is the same for each.

The group stage format is outlined below:

- Large scale group stage
- 16 open places in the tournament
- Best of 5 round robin format
 - 4 groups of 4
- Top 2 from each group go through

The playoffs will be a Bo7 single elimination bracket.

PLEASE NOTE: Overwatch 2 Matches will begin from the 12th October to give teams time to get used to the in-game changes.

WINTER SEASON

DATE	EVENT
07/09/22 - 05/10/22	REGISTRATIONS
09/11/22 - 23/11/22	GROUPS STAGE
30/11/22 - 14/12/22	PLAYOFFS

SPRING SEASON

DATE	EVENT
07/09/22 - 05/10/22	REGISTRATIONS
09/11/22 - 23/11/22	GROUPS STAGE
30/11/22 - 14/12/22	PLAYOFFS

CODE OF CONDUCT

We expect all players who use our platform to follow the behaviours and requests set out in British Esports Code of Conduct. If any player behaves in a way which contradicts any of the points set out, we will address the situation, involving parents when needed, to resolve the issue appropriately.

Continued issues and repeated breaches of this code may result in us, regrettably, revoking membership and blocking access to the platform to protect the welfare of other players and our staff.

Players MUST:

- ✓ Play by the rules of the platform, the games and the competitions or events
- ✓ Be a good sport whether I win or lose
- ✓ Treat others how I like to be treated myself
- ✓ Be kind and fair and recognise that everyone has different levels of skill and ability
- ✓ Know that people online are real people and words can affect them
- ✓ Set a positive example with my own behaviour
- ✓ Support and encourage my teammates and others
- ✓ Speak out against those that bully, hurt, harass or abuse others
- ✓ Stop, listen, and reconsider if I'm told that my words or actions are harmful
- ✓ Respect others even if their views are different from mine
- ✓ Report any incidents of bullying, misbehaviour, cheating or concerns I have about the behaviour of anyone else during events or competitions
- ✓ Not display disrespectful actions in-game that could harm others as well exploit in-game bug features
- ✓ Not collude nor coerce with other teams to force a specific outcome

RULESET

CODE OF CONDUCT

SAFEGUARDING

When safeguarding the British Esports Student Champs, we consider the three areas of risk in online safety, as outlined by the Department for Education.

Content:

All esports titles in the British Esports Student Champs are age-appropriate for school and college students. Rocket League is PEGI 3+; Overwatch 2 and League of Legends are PEGI 12+, and VALORANT is PEGI 16+.

Contact:

Each fixture in the British Esports Student Champs will be played via a closed community platform. Only students registered by their school/college will be able to access the platform. Each fixture will be played on school/college premises and supervised by an adult member of staff (school/college 'Leader'). Professional Tournament Admins will also be monitoring all online interactions and fixtures.

Conduct:

Every school/college will submit the names of each player representing their institution as well as their in-game name (full names of players will not be shared by British Esports Student Champs without permission). Therefore, in the event of misconduct during the British Esports Student Champs, that player can be held responsible and penalties will be imposed. Admins, and every school/college Leader, are responsible for ensuring all rules are followed and standards of fair play are maintained throughout.

If you have any queries or concerns around safeguarding, contact our Designated Safeguarding Lead (DSL) at safeguarding@britishesports.org

KEY INFORMATION

Registration:

- ☐ Only a staff team member can [register their school/college for the Champs](#). A staff member must be the primary contact for the team: this includes management, supervision, and support.
- ☐ A student representative ("student lead") can assist the staff team leader, but a member of staff must always be the primary contact and leader.
- ☐ We recommend new schools/colleges register a max of one team per tournament, until they are more comfortable with the Champs and running esports teams.
- ☐ Matches across tournaments are played simultaneously, so institutions must have a minimum number of PCs per player of appropriate spec in order to participate.
- ☐ VALORANT is a college-only tournament, as the PEGI rating is 16+. The other tournaments are open to all students aged 12+.

Costs:

- ☐ To enter the Champs, the costs are £60 entry fee + £12 per team entered (including VAT).
- ☐ Teams can be paid for using tournament credits. The entry fee must be paid to purchase credits for teams.
- ☐ Once you have paid the entry fee for the winter season, this covers the Champs year 2022-23. If your school/college is new and entering only in the spring season, you will still need to pay the entry fee.
- ☐ Stripe integration is available for Champs payments. Currently we can accept card payment and BACS for team payments. Invoices are available upon request.
- ☐ All Champs titles are free to play.

Fixtures:

- ☐ All matches (OW2/LoL/RL/VAL) take place at 4pm each Wednesday during the academic term, and must have started in the 4-6pm window.
- ☐ Playing from a supervised classroom is still our primary default position, however we are allowing students to participate from home if participating from the classroom is not possible. We still require all students to be organised and supervised by a staff member, even if remotely. If any member of your team is playing remotely, you must notify an admin of the reasoning in advance.
- ☐ Games must be played, or have started, within the window of 4-6pm. Throughout the group stages, rescheduling is possible, but only through the mutual agreement of both teams.
- ☐ We strongly encourage all staff members to join the [Champs Discord server](#). This is private only for staff members to join to discuss the Champs, fixtures with other teams, and contact admins quickly.
- ☐ The Champs year will culminate in a live Grand Final.

WHY SHOULD YOU GET INVOLVED?

- 1.** Develops leadership and team working abilities
- 2.** Improves communication and social skills
- 3.** Brings students together
- 4.** Can be a form of stress relief for students
- 5.** Helps to develop key motor skills
- 6.** Links to a variety of FE, HE and career pathways
- 7.** Links to STEAM subjects
- 8.** Allows friendships to blossom and expand
- 9.** Promotes positive mental health and wellbeing
- 10.** IT'S FUN!



FORMAT

Changes in 22/23:

For 22-23, the format introduces regionalisation. Teams will compete in North and South regional divisions, with the chance for promotion into higher divisions in spring and also to enter the Nationals - the top division showcasing the best teams across both regions.

The Champs is a year-long tournament, featuring two distinct seasons:

Winter Season:

- Swiss stage to determine skill level
 - Large scale group stage
- Play a variety of similarly-skilled opponents
- Earn as many points as possible

Spring Season:

- Your position in the leaderboard from winter qualifiers determines your placement in the divisions
- Top teams from the North and South will qualify for the National division
 - All teams are automatically put through to divisions from the winter season, unless we are notified otherwise
- Group stage with top teams entering playoffs
- Newly registered teams will play in a swiss stage to determine their skill level



All matches (OW2/LoL/RL) take place at 4pm each Wednesday during the academic term. Valorant matches start at 4pm. All matches must be played, or have started, within the 4-6pm window if rescheduling.

Playing from a supervised classroom is still our primary default position, however we are allowing students to participate from home if participating from the classroom is not possible.

We still require all students to be organised and supervised by a staff member, even if remotely. If any member of your team is playing remotely, you must notify an admin of the reasoning in advance. Matches must still be organised and played within the 4-6pm window.

SCHEDULE

WINTER SEASON

DATE	EVENT
06/09/22 - 21/09/22	REGISTRATIONS
28/09/22 - 14/10/22	SWISS STAGE
09/11/22 - 16/12/22	GROUPS STAGE

SPRING SEASON

DATE	EVENT
02/01/23 - 11/01/23	REGISTRATIONS
18/01/23 - 03/02/23	SWISS STAGE
01/03/23 - 31/03/23	GROUPS STAGE
19/04/23 - 12/05/23	PLAYOFFS
24th June 2023	GRAND FINALS

This is an overview of general timings covering all game titles. Please view the website tournament pages for more specific details on these tournaments.

Please note that these dates are provisional.

REGISTRATION PROCESS

HOW TO SIGN UP:

1. Head to our [Student Champs website to register](#) (or click on "register" from our Champs hub)
2. Fill out the registration form.
3. Wait for your account to be approved by our team. This will be fairly quick, however we can only approve accounts during the working weekday (approx 9am-5pm). You will receive an email once approved.
4. Once approved, you can now edit your profile and fully access the site.

TOURNAMENT CREDITS:

- ☐ You can purchase credits anytime during each season which account for a team's entry into a tournament, e.g. 1 credit = 1 team entered.
- ☐ The credits do not expire and can be used for any tournament in the Champs.
- ☐ Credits can only be used on tournaments with registrations open, otherwise they stay on your account until next use.
- ☐ You must have purchased the entry fee for the year (£60 including VAT) in order to purchase credits.
- ☐ You must purchase at least 1 credit when purchasing the entry fee.
- ☐ You can choose to purchase all credits at once, or top up as you go.

ADDING TEAMS

- ☐ Head to the tournament page that you would like to enter a team in. Select "sign up".
- ☐ Fill in team details (you can edit this later).
- ☐ Confirm the team sign up - and this will use up 1 tournament credit.
- ☐ Your teams will be found under "my teams" within the tournament page, or under "my account" > "my teams".

STEP BY STEP GUIDE

- ☐ **Approach the appropriate people for permission**, such as SLT or any senior management within your school/college. Permission is important to help the growth of esports within your institution!
- ☐ **Gather interest** and send out a survey to find out how many students would be interested to participate.
- ☐ **Source the kit.** Some schools and colleges may have the right specification of PC already, but if not check out our KIT GUIDE in this handbook for more info. Make sure you have enough PCs per players, as all matches are played at the same time for all tournaments.
- ☐ **Speak to IT.** They will need to help get the kit set up and test all the game titles are able to run on your school or college network. This can be a lengthy process, so best to get this step started as soon as possible.
- ☐ **Sign up!** You'll need to create an account on the Champs website for your school/college (if not already done so) and then make sure your teams are entered into the correct tournaments. If you need guidance on this, reach out to us via [email](#) or in the [Discord](#).

You can read more about how to get involved in our [Teacher Zone](#). For students, we also have the [Student Zone](#).

KIT GUIDE

Entry Level Spec - approx £700.00

- Kolink Observatory Lite ARGB MIDI Tower Gaming Case - Black, 4x 120mm aRGB Fans, Tempered Glass Side Panel
- Asus PRIME B560-PLUS ATX, LGA 1200, DDR4 x4, M.2 x2, USB 2.0 x2, USB 3.0 x1, TPM Connector, USB Type-A & C, VGA, HDMI 1.4, Display Port
 - ASUS TPM-SPI interface cards/adaptor Internal
- Intel Core i3-10105 Processor, 3.70GHz Base Frequency (4.40GHz Max Turbo Frequency), 4 Cores, 8 Threads, 6MB Cache, 14nm, 65w TDP, Intel UHD Graphics 630
- Be quiet! PURE ROCK SLIM 2 Processor Cooler 9.2 cm Silver
 - EVGA PSU 550W 550 B5 ATX MOD 80+B
- HyperX FURY Black 8GB 3200MHz DDR4 CL16 DIMM 1Rx8
 - Samsung 500GB 860 EVO Series V Nand SSD 2.5
- Windows 10 Professional (Free Upgrade to Windows 11)
- Asus NVIDIA GeForce Dual GTX 1660 Super 6GB, GDDR6, 1408 Cuda Cores, HDMI 2.0b, Display Port 1.4, DVI-D, PCIE x16 3.0, Min 450W PSU



Dino Recommended Spec - approx £950.00

- Kolink Observatory Lite ARGB MIDI Tower Gaming Case - Black, 4x 120mm aRGB Fans, Tempered Glass Side Panel
- Asus PRIME B560-PLUS ATX, LGA 1200, DDR4 x4, M.2 x2, USB 2.0 x2, USB 3.0 x1, TPM Connector, USB Type-A & C, VGA, HDMI 1.4, Display Port
 - ASUS TPM-SPI interface cards/adaptor Internal
- Intel Core i5-11400 Processor, 2.60GHz Base Frequency (4.40GHz Max Turbo Frequency), 6 Cores, 12 Threads, 12MB Cache, 14nm, 65w TDP
 - Intel Xe Graphics
- Be quiet! PURE ROCK SLIM 2 Processor Cooler 9.2 cm Silver
 - EVGA PSU 550W 550 B5 ATX MOD 80+B
- HyperX FURY Black 8GB 3200MHz DDR4 CL16 DIMM 1Rx8
 - Samsung 500GB 860 EVO Series V Nand SSD 2.5
- Windows 10 Professional (Free Upgrade to Windows 11)
- Asus NVidia TUF 3060 OC V2 12GB GDDR6, 3584 Cuda, HDMI 2.1 x2, Display Port 1.4a x3

Dino Recommended Peripherals

- Keyboard and Mouse Bundle
Price Point – approx. £40.00
- ASUS TUF Gaming K1 RGB keyboard and TUF Gaming M3 • Ergonomic Wired RGB gaming mouse
- Monitor
Price Point – approx. £150
- iiyama G-Master G2530HSU-B1 - 24.5", 1920x1080

For more information on quotes and kit costings, please reach out to us on champs@britishesports.org

PORTS AND IP ADDRESSES

GAME	IPS	PORTS
LEAGUE OF LEGENDS	<ul style="list-style-type: none"> • 185.40.65.1 • 162.249.72.1 	<ul style="list-style-type: none"> • 5000 - 5500 UDP (League of Legends Game Client) • 8393 - 8400 TCP (Patcher and Maestro) <ul style="list-style-type: none"> • 2099 TCP (PVP.Net) • 5223 TCP (PVP.Net) • 5222 TCP (PVP.Net) • 80 TCP (HTTP Connections) • 443 TCP (HTTPS Connections) • 8088 UDP and TCP (Spectator Mode)
OVERWATCH 2	<ul style="list-style-type: none"> • 185.60.114.159* • 185.60.112.157* <p>*These are the ports for Overwatch 1. IP addresses for Overwatch 2 are yet to be released.</p>	<ul style="list-style-type: none"> • TCP: 80, 443, 1119 (Battle.net desktop app) • UDP: 80, 443, 1119 (Battle.net desktop app) • UDP: 3478-3479, 5060, 5062, 6250, 12000-64000 (Blizzard voice chat) • TCP: 1119, 1120, 3724, 4000, 6112, 6113, 6114 (Blizzard downloader) • UDP: 1119, 1120, 3724, 4000, 6112, 6113, 6114 (Blizzard downloader) <ul style="list-style-type: none"> • TCP: 1119, 3724, 6113 (Overwatch 2) • UDP: 3478-3479, 5060, 6250, 12000-64000 (Overwatch 2)
ROCKET LEAGUE	<p>A full list of the Rocket League IP's can be found on the Valve network (AS32590) – and can be found here.</p> <p>If your firewall is blocking connection, open Rocket League and resource monitor simultaneously.</p> <p>In the resource monitor, Open the network tab and scroll down to find RocketLeague.exe. Create a custom exception in your firewall using the IP displayed.</p> <p>Alternatively, you can find the server IP's by searching your logfile. Its located at %userprofile%\documents\my games\rocket league\TA game\logs\launch.log.</p> <p>You can search for ':7' to quickly find the IP addresses. Note: Many school/college networks and proxies block required ports for Steam operation. Ports required for Steam cannot be re-mapped to HTTP or reconfigured to a custom port range.</p>	<p>Epic Ports:</p> <ul style="list-style-type: none"> • Unblock the following ports: 80, 433, 443, 3478, 3479, 5060, 5062, 5222, 6250, and 12000-65000. <ul style="list-style-type: none"> • TCP, UDP 7000-9000 rocketleague.com • TCP 80 & TCP 443 rocketleague.com <p>psyonix-rl.appspot.com rl-cdn.psyonix.com psyonix.com datahound.com c.evidon.com Psy.net rl-cdn.psyonix.com Config.psynet.gg rl-psy.net</p> <p>Steam Ports:</p> <ul style="list-style-type: none"> • HTTP (TCP port 80) and HTTPS (443) • TCP: 27015-27030, 27036-27037 • UDP: 3478, 4379, 4380, 7000-9000, 27000-27031, 27036
VALORANT	<p>Vanguard, Riot's custom game security software, is also required to run VALORANT. Read more about it here.</p>	<ul style="list-style-type: none"> • TCP: 2099,5222-5223,8088,8393-8400., UDP: 5000-5500,8088. • 7000 – 7500 UDP (VALORANT Game Client) • 8393 – 8400 TCP (Patcher and Maestro) <ul style="list-style-type: none"> • 2099, 5223, 5222 TCP (PVP.Net) • 80 TCP (HTTP Connections) • 443 TCP (HTTPS Connections) • 8088 UDP y TCP (Spectator Mode)

PC SPECIFICATIONS

GAME	MINIMUM		RECOMMENDED	
LEAGUE OF LEGENDS	CPU: Intel: Core i3-530 AMD: A6-3650 (SSE2) GPU: NVidia: GeForce 9600GT AMD: HD 6570 Intel: Intel HD 4600 Integrated Graphics	OS: Windows 7, 8, 10 (64 bit) Memory: 2GB RAM Storage: 16GB Available Resolution: 1024x768	CPU: Intel: Core i5-3300 AMD: Ryzen 3 1200 (SSE4) GPU: NVidia: GeForce 560 AMD: Radeon HD 6950 Intel: Intel UHD 630 Integrated Graphics	OS: Windows 10 (64 bit) Memory: 4GB RAM Storage: 16GB Available Resolution: 1920X1080
OVERWATCH 2	CPU: Intel® Core™ i3 AMD Phenom™ X3 8650 GPU: NVIDIA® GeForce® GTX 600 series, AMD Radeon™ HD 7000 series	OS: Windows 10 (64 bit) Memory: 6GB RAM Storage: 50GB Available Resolution: 1024x768	CPU: Intel® Core™ i7 AMD Ryzen™ 5 GPU: NVIDIA® GeForce® GTX 1060 AMD R9 380	OS: Windows 10 (64 bit) Memory: 8GB RAM Storage: 50GB Available Resolution: 1920x1080
ROCKET LEAGUE	CPU: 2.5 GHz Dual core GPU: NVIDIA GeForce 760, AMD Radeon R7 270X, or better	OS: Windows 7 (64 Bit) or newer Memory: 4GB RAM Storage: 20GB Available Resolution: 1024x768	CPU: 3.0+ GHz Quad core GPU: NVIDIA GeForce GTX 1060, AMD Radeon RX 470, or better	OS: Windows 7 (64 Bit) or newer Memory: 8GB RAM Storage: 20GB Available Resolution: 1920x1080
VALORANT	CPU: Intel Core 2 Duo E8400 Athlon 200GE (AMD) GPU: Intel HD 4000 Radeon R5 200	OS: Windows 7, 8, 10(64 Bit) Memory: 4GB RAM Storage: 27GB Available Resolution: 1920X1080	CPU: Intel i3-4150, Ryzen 3 1200 (AMD) GPU: Geforce GT730 Radeon R7 240	OS: Windows 7, 8, 10(64 Bit) Memory: 4GB RAM Storage: 27GB Available Resolution: 1920X1080

IT FAQs

SAFEGUARDING

Can teachers/tutors have access or oversight of the chat rooms in particular games? Are there differences between different games? With permission from both teachers, a teacher can spectate/observe, as well as physical monitoring from the classroom. Most games have a chat function where both teams can communicate with each other in the lobby (prior to the start of the game) and in-game itself, although talking is usually limited during gameplay as players are concentrating on game play.

What is the best way for students to communicate?

Student communication should be limited to their teammates only, with the exception of in the lobby/in-game when they can communicate with the opposing team to discuss the game details. There is no 'best way', whatever platform they choose is fine, whether that's using a voip program like Discord, or simply talking to the person next to them out loud if they are in the same classroom.

NETWORKING & CONNECTIVITY

Are there any suggestions or best practice documents for setting up networks/infrastructure to segregate the gaming network from the college network?

It's entirely up to the college to decide if they wish to implement a specific gaming network for esports provision, or use their existing network.

Will web filter exceptions be required to allow the games to function?

In theory - web filtering only blocks browser based searches. If you have 'gaming' category blocked, it shouldn't block access to the game, only access to the game services via a browser, e.g. the developers webpage or support pages. If you are trying to download the game initially, you'd need to visit these game pages to access the download link. Once the game is installed and on the system, you shouldn't need to access these pages again unless you need to reinstall, or require support/patch notes etc.

What are the considerations of the increased requirements for bandwidth when downloading games and the large patch files?

Most gaming orgs release their updates late at night, or in the evening, and you can schedule patch downloads to take place at a time of your choosing. Sometimes, the patches can be quite large (3gb), but more often than not, they are smaller hotfixes patches which don't take too long, or require much bandwidth. If downloading patches on a large number of machines at the same time, you could cause bottlenecks on bandwidth and restrict other services while this takes place which is worth considering.

CYBERSECURITY

How secure are the games themselves?

Games in our competitions are owned / produced by large, multinational companies that take user security very seriously. They are played by millions of people every day around the world. The games we choose to use are driven by what the young people are playing and by age restrictions.

What firewall exceptions may be required for the games to function?

There must be port forwarding/firewall exceptions for the games to function properly. We offer advice and guidance on the right ports to forward on the previous page.

Will the titles need local administrator privileges on the host machines?

This isn't required. There isn't a need or requirement for any machine to have local admin privileges. The only situation this may apply would be to install the game in the first place, or apply a patch update, but this should all be done by a member of IT staff, not a student or teacher participating in the esports enrichment.

What are the considerations of bandwidth requirements when gaming and the potential risk of DDoS attacks?

Every service provider is at risk of DDoS attacks. However, these are major game provider servers our students are playing on, who likely get DDoS every day and have capacity to reduce or completely nullify its effects. In case of an individual college being DDoS'd, it's extremely unlikely that this would happen, but of course would need to be considered as a potential threat.

In the past 3 years at British Esports, we have only heard of 2 DDoS incidents at schools/colleges, both turned out to be entirely unrelated to esports or gaming.

SPONSORSHIP

Could there be guidance offered to colleges about how to secure sponsorship to help fund equipment, etc?

We offer plenty of generic guidance already on our website, and are always willing to work with individual schools or colleges to help find them local sponsorship opportunities or grants.

We also have a list of our recommended suppliers that have assisted many of our schools and colleges get set up with the right kit to run the titles in the Champs. Email champs@britishesports.org for more info.

THE DUKE OF EDINBURGH'S AWARD

The Duke of Edinburgh's Award, famous for its Bronze, Silver and Gold Awards, is offering esports as an official activity for its Skills section.

The move is part of the DofE's commitment to responding to the needs and interests of young people, and empowering them with the skills, resilience and self-belief to do anything, achieve anything and overcome anything life throws their way.

They know, as we all do, that experiences in the digital world can be as meaningful, enriching, and valuable as those in the physical world. Like the British Esports, the charity – founded by HRH The Duke of Edinburgh – has no barriers to those wanting to take part. Any young person whatever their ability interest or background can do their DofE.

To count as a Skills section activity, participants will need to play as part of a structured tournament. Like the British Esports, Rocket League, Overwatch, and League of Legends players will be welcome. Organisations that offer DofE programmes may also accept the playing of additional titles.

The DofE licenses thousands of organisations that work with young people, including schools, colleges and youth groups, to run the DofE across the UK.

For more information visit www.dofe.org



**YOUTH
WITHOUT
LIMITS**

CYBER CHOICES PROGRAMME

WHAT IS THE CYBER CHOICES PROGRAMME?

The Cyber Choices Programme is a national network across the whole of the UK including Northern Ireland and Scotland. The programme works with young people who are thought to be at risk of committing, or are already committing, low level cyber-dependent crime covered by the Computer Misuse Act 1990. It raises their awareness of the legislation, the potential consequences of breaking the law and the potential impact on victims.

By making them better informed, it aims to inspire them to use their skills in a more positive, legal and ethical way. Once satisfied that the young person has a grasp of law and ethics, Cyber Choices officers signpost to a range of on-line resources that match the person's interests and support their aspirations.

The ideal outcome is that the risk of offending is reduced such that the young person does not commit any, or any further, computer misuse act offences, focusses on their education and progresses into a career path that interests them, within cyber security or related fields.

Cyber Choices is mentioned in the statutory document Keeping Children Safe in Education, Annexe B.

PATHWAYS INTO CYBER DEPENDENT CRIME

There are a number of pathways into committing cyber dependent crime. Participation in computer gaming has been identified as one of the more common. Of course, this is not to say that all gamers are going to be cyber criminals, nor that all cyber criminals will be gamers, however it is a pathway that we see often. Gamers with a technical curiosity or preoccupation can become interested in game cheats and modifications and participate in gaming community forums where such things are discussed. They can then migrate to hacking forums where they find out about tools and techniques for hacking, the use of which, alongside booters, can lead them into Computer Misuse Act offences.



CYBER CHOICES AND ESPORTS

The relationship between Esports and the Cyber Choices National network is important due to the above considerations between common pathways into cyber dependent crime including gaming as well as the many resources and opportunities available to those who have an interest in cyber and computers are also just as relevant to those with an interest in gaming. Therefore, if you would like more information or to refer please see below.

HOW TO REFER

Should you encounter a young person who you think may benefit from a referral to Cyber Choices, please email cyberprevent@ersou.pnn.police.uk. For clarity, Cyber Choices deals with young people who are at risk of, or are already committing low level Computer Misuse Act (CMA) offences like illegal hacking, DDoS or use of malicious software like viruses. General on-line safety, bullying, harassment and use of the dark web alone are not part of our remit unless a CMA offence is involved.

WHAT CYBER CHOICES OFFER:

- ☐ School inputs to any year group from primary school age and upwards
- ☐ Staff training session
- ☐ STEM and Career Days
- ☐ Referral option

For more information you can visit
www.cyberchoices.uk

HEALTH & WELLNESS

Playing video games is a sedentary activity, however when played in moderation as part of a balanced lifestyle it offers many positive benefits.

We've started to see more professional esports teams invest heavily in areas of physical activity to help improve overall performance.

Playing for a few hours a day is fine. We recommend taking regular breaks, encouraging physical activity/exercise, eating healthy and sleeping well - this is proven to actually boost a player's performance in game.

Here are some useful tips and tricks to help maintain a healthy balanced lifestyle:

- ☐ Drink water to hydrate
- ☐ Simple wrist, back and hand exercises to help prevent repetitive strain injury
- ☐ Have a comfortable gaming space
- ☐ Posture checks!
- ☐ Create a balanced routine. Practicing is good, but so are other hobbies and commitments!
- ☐ Establish healthy sleep habits and routine
- ☐ Eat a healthy diet
- ☐ Do physical activity, such as walks before or after fixtures
- ☐ Take short breaks
- ☐ Use the 20-20-20 rule. Every 20 minutes take a 20-second break and focus your eyes on something else at least 20 feet away.

Here is some other useful tips for players:

- [How to be a good teammate](#)
- [Keeping fit and healthy](#)
- [10 ways esports players can improve their wellbeing and performance](#)
- [How often should you practise?](#)

CONTACT

Want to learn more about the Champs?

Contact one of the Champs team on champs@britishesports.org who can help answer any of your questions.

For more information about the esports BTEC click here: <https://britishesports.org/esports-and-education/>

If you have queries or concerns about safeguarding, contact our DSL at safeguarding@britishesports.org.

Wider sources of help

- [Childline](#)
- Internetmatters.org
- [ChildNET](#)

For wider information about video gaming visit:

- [Ukie](#)
- [Ask About Games](#)
- [AnyKey](#)

If you have concerns your gaming is becoming unhealthy, please visit:

- [Game Quitters](#)

