



# Ballina Netball Spring Competition Rules

## 1. Team Composition

- Teams may be mixed. Each team may have a maximum of 12 players registered.
- For mixed division / teams may have a maximum of **3 male players** on court at any time.
- Only **1 male per third** (i.e., GS or GA, WA or C or WD, GD or GK).

## 2. Match Format

- Games are played in **4 x 10-minute quarters**.
- **1-minute break** between quarters, **2 minutes at halftime**.
- All matches will be centrally timed from Event Control

## 3. Scoring

- Standard goals (within the goal circle): **1 point**.
- **2-point Super Shot:**
  - Shots taken from the **outer area of the goal circle** (clearly marked) count for **2 points**.
  - Super shots are **only allowed in the last 3 minutes of each quarter**.
  - Only **Goal Attack (GA)** and **Goal Shooter (GS)** may attempt super shots.

## 4. Grades / Divisions

- Grades will be played as follows with further divisions dependant on the number of teams registered. Grades may be combined if insufficient entries are received.
  - Senior Mixed (15yrs+)
  - Senior Women (14 yrs+)
  - Inters (13-16 yrs)
  - Junior (10-12yrs)
- Divisions of 7 or 8 teams will ideally be formed. Some divisions may have less teams
- Teams will play each other at least once in a round robin format. In the last week teams will play a final fun play-off week OR a crossover match with another grade / division of similar standard.

## 5. Match Points & Ladders

- Win = 3 points | Draw = 2 points | Loss = 1 point | Forfeit = 0 points.
- Either first past the post will be deemed the winning team, or winners of the final week 1v2, 3v4, 5v6, 7v8.

## 6. Substitutions

- Unlimited rolling substitutions are allowed, **from an area level with the centre circle.**

## 7. Borrowing Players

- Players from a lower grade or division or the same grade or division can be borrowed to bring the number of players available to 7 to play a game. Keeping in line with 3 males on the court rule if mixed.

## 8. Jewellery / Nails

- Jewellery should be removed prior to taking the court. Taping of small studs may be allowed if they cannot be removed, however players do so at their own risk.
- Nails should be short and smooth. False nails are permitted provided they are short and smooth.

## 9. Conduct & Spirit

- This is a **social competition** – good sportsmanship is expected.
- No aggressive play or abusive language. Disrespect to other players, umpires or officials will not be tolerated. Umpires' decisions are **final**.
- Teams may be penalised for unsporting behaviour (e.g., goal disallowed, player sent off for 2 minutes).

## 10. Uniforms

- Teams must wear **matching bibs** with clear position labels.
- Bibs will be supplied by Ballina Netball.
- Uniforms are **not** required. Suitable active wear is recommended. Please no club uniforms.
- Suitable sports footwear is required.

## 11. Forfeits & Late Arrivals

- If 5 players are present then the game is to commence. Late arrivals may take part in the game as per the late arrival rules. (next sanction, centre pass, injury time or interval)
- Teams must notify organizers of forfeits at least **24 hours in advance**.

## **12. Umpires**

- Umpires will be rostered and paid by Ballina Netball. No further payment to Umpires is allowed.

## **13. Registration Process and Fees**

- Team nomination is free.
- The Team Captain /Manager is responsible to register their team via PlayHQ.
- A team registration link will be sent via email from PlayHQ to the Team Captain/Manager.
- Players must use the team link provided to register into the correct team.
- Teams must have at least 8 players registered into their team by the cut-off date to be included in the draw.
- Players may choose the 3, 6 or 12 month Netball NSW fee, as suitable to their playing requirements, plus competition fees.
- Note: there is no refund for change of mind, or incorrect duration of membership selection from Netball NSW.
- All players must be register via PlayHQ to take part in the competition.

## **14. Wet weather**

- The decision to cancel games due to weather, or otherwise, will be at the discretion of the Association committee person on duty. Notification of cancellation will be via Ballina Netball Social Media channels