

# **SOCIAL SPORT HANDBOOK**

**SOCIAL NETBALL**



# RULES AND REGULATIONS

## PRE-GAME

- Team or individual registrations must be paid in full before the first round of competition. Teams with outstanding fees will forfeit match points until the fees are paid (unless alternative arrangements have been made)
- Teams are expected to wear shirts of the same/similar colour
- In the case of needing to forfeit please notify ANU Sport via email, [slso@anu-sport.com.au](mailto:slso@anu-sport.com.au) or [alex.kuzis@anu-sport.com.au](mailto:alex.kuzis@anu-sport.com.au)
- Game shall be between two (2) sides of seven (7) people. There must be two (2) female-identifying players on the court at all times.
- A player can be used from the other team if the borrowing team has less than five (5) players. Teams not able to field five (5) of their own players will forfeit match points. A friendly game may still be played but the outcome will have no bearing on the competition.

## COMPETITION POINTS

The scoring system is as follows:

- Win            4 points
- Draw          2 points
- Loss           0 points
- Forfeit        0 point plus 25 goals against

## GAME PLAY

- Games are 45 minutes in duration – 4 x 10 minute quarters with 1 minute quarter time and a 2-minute half time.
- All games will begin promptly at ten (10) minutes past the hour.
- No extra time is played. In the case of finals, if the scores are level at full time, extra time is played. Teams will play an extra five (5) minutes. If the scores are still level after the five (5) extra minutes, the game will be decided by the first team to score two (2) consecutive goals.
- A team can interchange players at quarter time or after a goal has been scored.

## UMPIRES AND PENALTIES

- **Each team is required to provide an umpire** – this can be one of the substitutes.
- If unable to provide an umpire, self/team calls will be relied on throughout the game.

- Self/team calls need to be respected by all players on court, these include:
  - Stepping
  - Contact
  - Obstruction
  - Held ball
- In cases where there are not umpires, the player taking the centre pass will call play as they step in the circle to indicate that players may break for the ball.
- Any disagreements will be dealt with by the ANU Sport staff member monitoring the competition.

## SCORING

- A score sheet will be provided to teams prior to commencement of each game.
- Each goal is worth 1 point (unless alternative arrangements are made).
- A team delegate is to keep score of their own game. This could include a substitute or the goal keeper or goal shooter may have the score sheet near the goal post.

# GAME DAY INFORMATION

## PROCEDURES

- At 10 minutes past the hour teams must take the court. A whistle or airhorn will signal the beginning of games.
- If teams are running late the clock will continue to run. After 5 minutes of game time the game is forfeited 25-0.
- Quarters are 10 minutes long with 1 minute quarter time breaks and 2 minutes of half time.
- Each team delegate is to keep score of their own game.
- At the end of the games, score sheets/scores, balls and bibs need to be handed back to ANU Sport Staff.
- Scores will be posted online and the ladder updates at the conclusion of the round.

## DRAW

- The draw will consist of a 1 hr timeslot and the court in which you will play on.
- Each team will play 1 game per week.
- Games will be either at 12:10pm or 1:10pm. The number of timeslots will be advised before the competition commences.
- If there are issues with time slots, please inform ANU Sport before the start of the competition.

## TOILETS AND CHANGEROOMS

- Toilets are located within ANU Sport  
There are female and male identifying toilets and a disabled toilet located in the New Hall and Building 19.

## PARKING

- Parking on-site is pay parking - you can pay with coin or with credit card via the CellOpark App
- Parking is hard to find on campus, so it is suggested to car-share and arrive early to find a park

# CODE OF CONDUCT

All players and spectators must adhere to the following guidelines when participating in the ANU Sport Social Sport competitions. Penalties will apply for any breach of the Code of Conduct.

- Abide by the rules of the match and competition.
- Behave in a positive manner at all times and do not direct physical or verbal abuse to officials, spectators or other players at any time.
- Encourage and support honest effort, skilled performance, and improvement.
- Respect your opponents if you need to forfeit do it as early as possible.
- Show respect for opponents and their skills.
- Respect any official's decision as final.
- Condemn the use of violence in any form.
- Leave the area tidy after each match.

ANU Sport is committed to creating a welcoming and safe space for all participants of social sport.

- ANU Sport supports and promotes the inclusion of transgender and gender diverse people to participate in social sport.
- Participation in social sport is based on a persons affirmed gender identity and not the gender they were assigned at birth.

**ANU SPORT STAFF HOLD THE RIGHT TO REMOVE PLAYERS / TEAMS FROM ANY MATCH OR COMPETITION IF FOUND IN BREACH OF THE CODE OF CONDUCT.**

# FAQs

## FIXTURES, LADDER AND RESULTS

All fixtures, ladders, and results will be emailed out weekly.

## GAMEDAY PROCEDURES

Teams should arrive at the venue on the hour prepared for games to commence at 10 minutes past.

## LUNCHTIME COMPETITION DURATION

Mixed Netball - 10-minute quarters with 1 minute quarter time and a 2-minute half time.

## FIRST AID

In the event of any injury - there will be an ANU Sport Staff member monitoring the competition who can assist

- Ice is located at ANU Sport reception
- Any injury that causes someone to come off the court or require ice will need an incident report to be filled out.
- When playing an ANU Sport social sport, a person is covered under ANU Sport's insurance policy.

## COMPETITION CONTACTS

### PIPPA BUCHANAN

Student Leadership in  
Sport Officer  
[slo@anu-sport.com.au](mailto:slo@anu-sport.com.au)

### ALEX KUZIS

Sport Officer - Campus  
Engagement  
[alex.kuzis@anu-sport.com.au](mailto:alex.kuzis@anu-sport.com.au)

### ANU SPORT RECEPTION

[sport@anu-sport.com.au](mailto:sport@anu-sport.com.au)  
02 6125 2273