



# **2024 Winter Competition Structure & Rules**

<b>1</b>	<b>CLUB COMPETITION STRUCTURE AND SEASON DATES .....</b>	<b>5</b>
1.1	<i>Important dates for 2024 Club Netball Competition .....</i>	<i>5</i>
1.2	<i>Grade structure.....</i>	<i>5</i>
1.2.1	Premier and Premier (Prem) Reserve Grades .....	5
1.2.2	Senior grades (not open to colleges) .....	5
1.2.3	Pre-season team re-grade requests.....	5
1.3	<i>Club Competition Dates and Format .....</i>	<i>6</i>
1.3.1	Round 1.....	6
1.3.2	End of Round 1.....	6
1.3.3	Mid-season team re-grade requests.....	7
1.3.4	Round 2 & Finals .....	7
1.3.5	Play-Off Format.....	8
<b>2</b>	<b>COLLEGIATE COMPETITION STRUCTURE AND SEASON DATES .....</b>	<b>9</b>
2.1	<i>Important dates for 2024 Collegiate Netball Competition .....</i>	<i>9</i>
2.2	<i>Grade Structure .....</i>	<i>9</i>
2.2.1	Collegiate grades (open to colleges only) .....	9
2.2.2	Pre-season team re-grade requests.....	9
2.3	<i>Collegiate Competition Dates and Format .....</i>	<i>10</i>
2.3.1	Round 1.....	10
2.3.2	End of Round 1.....	10
2.3.3	Mid-season team re-grade requests.....	11
2.3.4	Round 2 & Finals .....	11
2.3.5	Play-Off Format.....	11
2.3.6	Cancellation of Games at Hataitai.....	12
<b>3</b>	<b>GENERAL COMPETITION INFORMATION .....</b>	<b>13</b>
3.1	<i>Game Lengths and Breaks .....</i>	<i>13</i>
3.2	<i>Timing of Matches.....</i>	<i>13</i>
3.3	<i>Stoppages.....</i>	<i>13</i>
3.3.1	Premier ONLY.....	13
3.3.2	Prem Reserve, Senior & Collegiate .....	14
3.3.3	Injury substitution.....	14
3.3.4	Game abandonment .....	14
3.3.5	Restart of play following injury .....	14
3.4	<i>Competition Points .....</i>	<i>15</i>
3.4.1	Default/forfeit score .....	15
3.5	<i>Results .....</i>	<i>15</i>
3.6	<i>Provision of Scorers .....</i>	<i>15</i>
3.7	<i>Procedure for a Tied Play-off Game.....</i>	<i>16</i>
3.7.1	All grades excluding Premier 1-3 .....	16
3.7.2	Premier 1-3 .....	16
3.8	<i>Team Bench Regulations .....</i>	<i>16</i>
3.8.1	Games held at Ākau Tangi Sports Centre.....	16
3.8.2	Games held at Hataitai Netball Courts.....	17
3.9	<i>Trophies .....</i>	<i>17</i>
3.9.1	Club Championship .....	17
3.9.2	Highest Goal Average.....	17
3.9.3	Best Defensive Play.....	18

<b>4</b>	<b>COMPETITION RULES .....</b>	<b>19</b>
4.1	<i>Disputes and Rulings.....</i>	19
4.2	<i>Competition Gender .....</i>	19
4.2.1	Transgender dispensation.....	19
4.3	<i>Affiliation of a Member Club, Member School or Member Team.....</i>	19
4.3.1	Member club/school/team definition .....	19
4.3.2	New member club/school/team applications .....	19
4.3.3	Withdrawal of member club/school/team .....	19
4.4	<i>Registration of Teams.....</i>	20
4.4.1	Team rankings within each club/college.....	20
4.5	<i>Registration of Players (all grades).....</i>	20
4.5.1	Players may play for only one club/college .....	20
4.5.2	Secondary school players.....	20
4.5.3	Primary/Intermediate players.....	20
4.5.4	Players playing within two netball centres .....	20
4.5.5	Representative trial eligibility .....	21
4.6	<i>Player Registration .....</i>	21
4.6.1	Start of season .....	21
4.6.2	Final deadline before season starts .....	21
4.6.3	Player registration during season .....	21
4.6.4	Player registration on game day .....	21
4.7	<i>ANZ Premiership Franchise Players .....</i>	22
4.7.1	Definition .....	22
4.7.2	Premier 1 restriction .....	22
4.7.3	Registration deadline .....	22
4.7.4	Player cap per team .....	22
4.7.5	Maximum on court at any one time .....	22
4.7.6	Playing Up/Down .....	22
4.8	<i>Registered uniform .....</i>	23
4.8.1	Image submission .....	23
4.8.2	Uniform amendments.....	23
4.8.3	Uniform branding/logos.....	23
4.9	<i>Dress code.....</i>	23
4.10	<i>Game Day Registration.....</i>	24
4.10.1	Team sheet completion .....	24
4.10.2	Team registration timing.....	24
4.10.3	Unregistered players.....	24
4.10.4	Team substitution sheet for premier grades .....	24
4.10.5	Correct information required .....	24
4.11	<i>Grading Rules .....</i>	24
4.11.1	Player re-grade.....	24
4.11.2	Playing up.....	25
	Applies across all grades - Premier, Prem Reserve, Senior, Collegiate & Junior Collegiate .....	25
4.11.3	Playing down.....	25
	Applies across all grades - Premier, Prem Reserve, Senior, Collegiate & Junior Collegiate .....	25
4.11.4	Playing up limit.....	25
4.11.5	Playing up dispensation .....	26
4.11.6	Playing up exemption .....	26
4.11.7	Finals eligibility.....	26
4.12	<i>Transfers and Unfinancial Players .....</i>	26
4.13	<i>Dispensation or Deferment for Representative Duties .....</i>	27
4.13.1	Game deferment request .....	27
4.14	<i>Game Time Change Request.....</i>	28

4.15 Defaults .....	28
4.15.1 Late defaults .....	28
4.16 Player Welfare .....	28
4.16.1 Fair Play .....	28
4.16.2 Breaches of Code of Conduct or Fair Play .....	29
4.16.3 Misconduct .....	29
4.16.4 Video and Photography of Players .....	30
4.17 Umpiring Duties .....	30
4.17.1 Player Umpire requirements: .....	30
4.17.2 Player Umpire Duties & Fines: .....	30
4.18 Player Umpire Recommendations .....	31
4.18.1 Prior to performing umpire duty .....	31
4.18.2 Practical umpire training opportunity .....	31
4.19 Health & Safety .....	33
<b>ADMINISTRATION .....</b>	<b>34</b>
4.20 Annual registration fees .....	34
4.21 Summary of fines/charges .....	34
4.21.1 Hataitai Court hire .....	35
4.21.2 Ākau Tangi Sports Centre Court hire .....	35
4.22 Hataitai Pavilion hire .....	35
4.23 Valuables and Lost Property .....	36
4.24 Advertising .....	36
4.24.1 Club/Sponsor Signage .....	36
4.24.2 Provision of contact information to commercial agencies .....	36
4.25 No Smoking or Vaping Policy .....	36
4.26 Restrictions on Court Use/Access .....	37
4.26.1 Hataitai Courts .....	37
4.26.2 Ākau Tangi Sports Centre .....	37
<b>5 DISCIPLINARY .....</b>	<b>38</b>
5.1 Netball New Zealand General Code of Conduct & Ethics .....	38
5.2 NWC Disciplinary Procedures .....	39
5.3 Pregnancy Guidelines .....	40
5.4 Pandemic return to play guidelines .....	42
5.5 Life Membership .....	45
5.6 Service Award .....	45

# 1 CLUB COMPETITION STRUCTURE AND SEASON DATES

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## 1.1 Important dates for 2024 Club Netball Competition

Saturday 27 April	Club Competition starts
Saturday 15 June	End of Round 1
Wednesday 19 June	Senior & Premier Promotion Relegation game
Saturday 22 June	Start of Round 2
Saturday 17 August	End of Round 2
Saturday 24 August	SEMI-FINALS
Saturday 31 August	FINAL DAY

**Note: There will be no competition games on:**

Saturday 1 June 2024	King's Birthday Weekend
Saturday 29 June 2024	Matariki Weekend
Saturday 13 July 2024	School Holidays

## 1.2 Grade structure

### 1.2.1 Premier and Premier (Prem) Reserve Grades

The Premier competition (premier and prem reserve grades) is a closed competition. Only teams who have gained entry from the previous season are eligible to play in the Premier competition. All Premier and Prem Reserve grades will consist of 8 teams.

At the start of the season, each club and school are limited to a maximum of two teams per grade. This restriction does not apply during the season after automatic promotion/relegation. Team positions will be readjusted at the beginning of the next season to comply with the two teams per section procedure.

*Please refer to rule 1.3.2 for promotion/relegation at the End of Round 1.*

### 1.2.2 Senior grades (not open to colleges)

The Senior competition has open grades (i.e., each club can enter teams at an appropriate level). Placings within the grades will be based on the previous season's final rankings however Netball Wellington Centre (NWC) may move teams up or down depending on a team's player composition and advice from the club.

A new club or member team entering the NWC winter competition for the first time will start their inaugural season playing no higher than Senior 1. Under special circumstances, a re-grade request may be considered. *See Rule 1.2.3*

As in previous years Senior 3-6 will be made up of 8 teams where possible but may be reduced to 6 or 7 teams if necessary. In round 2, due to the introduction of Prem Reserve 5, pools of 9-10 may be considered in Senior 5-6. This will allow for a 9-week round robin with the winner determined by the top of the grade at the end of the round. There will be no finals with pools of 9-10 teams.

### 1.2.3 Pre-season team re-grade requests

Teams who need to request a re-grade prior to the season must ask their Club Administrator to complete a [Team Re-Grade Request form - Pre-Season](#) via Sporty and submit to NWC Community

Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) by no later than Friday 5 April 2024. The approval or rejection of an application for a re-grade shall be made by NWC in its sole discretion.

### 1.3 Club Competition Dates and Format

#### **Premier, Premier (Prem) Reserve and Senior Grade -**

*Please note lower Senior Grades with pools of 9-10 will play round robin in round 2 (no semis or finals).*

Round 1	27 April – 15 June (7 Games) No Games 1 June – Kings Bday
Round 2	22 June – 17 August (7 Games) No Games 29 June – Matariki & 13 July – School Holidays
Semi-Finals	24 August
FINALS DAY	31 August

#### 1.3.1 Round 1

7 games played from Saturday 27 April to Saturday 15 June. No games played 1 June - King's Birthday

Winter netball competition starts with three Premier grades, four Prem Reserve grades, and up to six Senior grades. Each of these grades play a round robin in the first round. Please refer to rule 1.3.2 for promotion/relegation at the End of Round 1.

Senior 1-5 pools will be based off the prior season final placings and advice from clubs. Teams placed in Prem Res 5 will be included in the senior 1-6 pools for round 1.

Senior 1-2 round 1		Senior 3-4 round 1		Senior 5
Pool 1	Pool 2	Pool 1	Pool 2	Pool 3
1	2	17	18	33
4	3	20	19	34
5	6	21	22	35
8	7	24	23	36
9	10	25	26	37
12	11	28	27	38
13	14	29	30	
16	15	32	31	

#### 1.3.2 End of Round 1

Introduction of Prem Reserve 5 grade after Round 1.

- The two teams relegated from Prem Reserve 4 will move into Prem Reserve 5.
- The winner of the Collegiate promotion game and Senior promotion game will move into Prem Reserve 4.
- The 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> placed teams in Collegiate 1 promotion games and Senior 1-2, Pool 1&2 after Round 1 will move up into Prem Reserve 5.

Top teams of each pool play-off to decide who will be promoted into Prem Reserve 4. This game will need an outright winner. Please see rule 3.7.1 – *Procedure for a tied play-off game - All grades excluding Premier 1-3.*

Top of Pool 1 and 2 will play off to secure a place in Prem Reserve 4	
Prem Res 4	Prem Res 5
Winner of play-off 1 <sup>st</sup> Pool 1 vs 1 <sup>st</sup> Pool 2	Loser of play-off
Game time Wednesday 19 June 2024, 8.00pm at Ākau Tangi	2 <sup>nd</sup> in Pool 1
	2 <sup>nd</sup> in Pool 2
	2 relegated teams from Prem Reserve 4

The following exception applies to Premier 1-3 and top two of Prem Reserve 1

The 1<sup>st</sup> placed team is promoted to the grade above and the 8<sup>th</sup> placed team is relegated to the grade below at the end of round 1. 7<sup>th</sup> placed in the higher grade and 2<sup>nd</sup> placed in the lower grade will play an additional promotion relegation game to determine their placement for round 2.

**All games will be played at Ākau Tangi Sports Centre on Wednesday 19 June 2024.**

These will be 60min games with 3min quarter breaks, 5min half time break and a 15min warmup (6.30pm – 6.45pm). These games will need outright winners. Please see rule 3.7.2: *Procedure for tied play-off game – Premier*

Promotion Relegation games for Premier 1-3 and top two of Prem Reserve 1		
<b>Game 1</b>	7 <sup>th</sup> placed Prem 1 vs 2 <sup>nd</sup> placed Prem 2	6.45pm
<b>Game 2</b>	7 <sup>th</sup> placed Prem 2 vs 2 <sup>nd</sup> placed Prem 3	6.45pm
<b>Game 3</b>	7 <sup>th</sup> placed Prem 3 vs 2 <sup>nd</sup> place Prem Res 1	6.45pm

### 1.3.3 Mid-season team re-grade requests

Teams who wish to request a re-grade after Round 1 must ask their Club Administrator or School Sport Coordinator to complete a [Team Re-Grade Request form - Mid-Season](#) via Sporty and submit to NWC Community Competitions Officer at games@netballwellington.co.nz no later than one week prior to the start of Round 2.

### 1.3.4 Round 2 & Finals

- 7 games played from Saturday 22 June to Saturday 17 August.
- No games played Saturday 29 June - Matariki weekend & Saturday 13 July – School Holidays.

All teams will play a further round-robin, followed by Semi-Finals and Grand Final/Play-off games. The exception is grades with pools of 9 or more.

Senior grades will follow the below format in Round 2.

These grades will not compete for spots in Prem Reserve 4 & 5.

Round 2 grades	
Senior 1	Senior 2
3 <sup>rd</sup> Pool 1	7 <sup>th</sup> Pool 1
3 <sup>rd</sup> Pool 2	7 <sup>th</sup> Pool 2
4 <sup>th</sup> Pool 1	8 <sup>th</sup> Pool 1
4 <sup>th</sup> Pool 2	8 <sup>th</sup> Pool 2
5 <sup>th</sup> Pool 1	1 <sup>st</sup> Pool 1 Senior 3-4
5 <sup>th</sup> Pool 2	1 <sup>st</sup> Pool 2 Senior 3-4
6 <sup>th</sup> Pool 1	2 <sup>nd</sup> Pool 1 Senior 3-4
6 <sup>th</sup> Pool 2	2 <sup>nd</sup> Pool 2 Senior 3-4

## Play-Off Format

<b>Round 1:</b>	7 weeks: 27 April to 15 June. No games 1 June - King's Birthday. Please refer to rule 1.3.2 for promotion/relegation at the End of Round 1.
<b>Round 2:</b>	7 Weeks: 22 June to 17 August. No games 29 June – Matariki weekend & 13 July – School Holiday. At the end of this round the grade splits into top 4/bottom 4 for finals.
<b>Finals:</b> <b>Top 4</b> <b>Promotion</b> <b>2 weeks</b>	24 August to 31 August. <b>Top 1-4</b> <b>Semi-Finals</b> Game 1: 1 vs 4 Game 2: 2 vs 3 <b>Grand Finals</b> Winner Game 1 vs Winner Game 2 - 1 <sup>st</sup> and 2 <sup>nd</sup> place (winner of this game promoted to the grade above for 2025 season) Loser Game 1 vs Loser Game 2 - 3 <sup>rd</sup> and 4 <sup>th</sup> place
<b>Finals:</b> <b>Bottom 4</b> <b>Relegation</b>	24 August to 31 August. <b>Bottom 5-8</b> <b>Semi-Finals</b> Game 1: 5 vs 8 Game 2: 6 vs 7 <b>Grand Finals</b> Winner Game 1 vs Winner Game 2 - 5 <sup>th</sup> and 6 <sup>th</sup> place Loser Game 1 vs Loser Game 2 - 7 <sup>th</sup> and 8 <sup>th</sup> place. Premier and Prem Reserve will play for relegation to the grade below for the 2025 season. The exception will be Prem Reserve 5.

The 'Grand Final' teams will be contesting for promotion for the 2025 winter season while the 7<sup>th</sup> and 8<sup>th</sup> 'Play-off' teams will be competing to avoid relegation for the 2025 winter season, with the exception of Prem Reserve 5 and Senior grades.

The winning team of Prem Reserve 5 grade will move into Prem Reserve 4 grade for the start of the 2025 season. All other teams from Prem Reserve 5 will move back into their respective Collegiate 1 and Senior 1 grades for the beginning of the 2025 season.

Senior grades will not play for promotion and relegation but play the Grand Final to win their respective grade. Senior grades with pools of 9-10 will not play a final series but play a longer round robin to determine who wins their respective grade.



## 2 COLLEGIATE COMPETITION STRUCTURE AND SEASON DATES

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### 2.1 Important dates for 2024 Collegiate Netball Competition

Saturday 4 May	Collegiate Competition starts
Saturday 8 June	End of Collegiate Round 1
Saturday 15 June	Start of Round 2
Saturday 3 August	End of Collegiate Round 2
Saturday 10 August	QUARTER-FINALS for Collegiate Competition
Saturday 17 August	SEMI-FINALS for Collegiate competition
Saturday 24 August	FINAL DAY for Collegiate competition

**Note: There will be no collegiate competition games on:**

Saturday 1 June 2024	King's Birthday Weekend
Saturday 29 June 2024	Matariki Weekend
Saturday 13 July 2024	School Holidays
Saturday 20 July 2024	School Holidays

### 2.2 Grade Structure

#### 2.2.1 Collegiate grades (open to colleges only)

All college teams not in the Premier or Premier (Prem) Reserve competition play in the collegiate grades.

All teams in collegiate grades must supply their own umpire (one per team). This umpire must remain the same person for the entire game.

The grades for 2024 will be:

- Collegiate 1, 2 & 3  
Open grade competitive teams of any age/school year level. Played at Ākau Tangi Sports Centre.
- Collegiate 4 & 5  
Open grade social teams of any age/school year level. Played at Hataitai Netball Courts.
- Junior Collegiate (JColl) 1 and 2  
Junior grade - open only to Year 9 & 10 teams. Played at Hataitai Netball Courts.

Colleges entering the NWC winter competition for the first time will start their inaugural season playing no higher than Collegiate 1 grade. Under special circumstances, a team re-grade request may be considered. *See Rule 2.2.2*

In the event that results show a team is clearly in the wrong grade, NWC may exercise discretion to move a team further than the automatic promotion/relegation would allow, at the conclusion of Round 1.

#### 2.2.2 Pre-season team re-grade requests

Teams who wish to request a re-grade prior to the season must ask their Sport Coordinator to complete a [Team Re-Grade Request Form - Pre-Season](#) via Sporty and submit to NWC Community

Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) no later Friday 5 April 2024. The approval or rejection of an application for a team re-grade shall be made by the NWC Board in its sole discretion.

## 2.3 Collegiate Competition Dates and Format

Round 1	4 May to 8 June (5 Games) No Games 1 June – King’s Birthday
Round 2	17 June to 29 July (5 Games) No games 29 June – Matariki No games 13 & 20 July – School Holidays
Quarter-finals	10 August
Semi-Finals	17 August
FINALS DAY	24 August

### 2.3.1 Round 1

Five games played from Saturday 4 May to Saturday 8 June. No game 1 June – King’s Birthday.

Each Grade consists of up to 4 sections of 6 teams (maximum of 24 teams per grade). Team placings within the grades will be based on the 2023 season final placings however NWC may move teams up or down depending on a team’s player composition and advice from the school.

- 5 game round robin.
- 6 teams per section in each grade.
- Where possible we will try and have no more than 2 teams from each college in each section of each grade.

#### Collegiate 1-5 and Junior Collegiate (JColl) Pools

- Collegiate grades will consist of up to 2-4 pools of 6 teams. These teams will be seeded on 2023 season’s final placings.
- Where there are two pools in a grade, teams will be ranked accordingly.

#### Collegiate 1-5 and Junior Collegiate (JColl) Format

Pool 1	Pool 2	Pool 3	Pool 4
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13
17	18	19	20
24	23	22	21

### 2.3.2 End of Round 1

After round 1 the top teams of each pool will play the following format to decide who will be promoted into Prem Reserve 4 and Prem Reserve 5.

<b>Semi Final Collegiate Promotion Games</b> Games played on the afternoon of Saturday 8 June	<b>Final Collegiate Promotion Game</b> Games will need to be played by Wednesday 19 June at an agreed time and venue
Game 1: Pool 1 1 <sup>st</sup> vs Pool 4 1 <sup>st</sup>	Winner Game 1 vs Winner Game 2
Game 2: Pool 2 1 <sup>st</sup> vs Pool 3 1 <sup>st</sup>	Loser Game 1 vs Loser Game 2 (friendly game)

### 2.3.3 Mid-season team re-grade requests

Teams who wish to request a re-grade after Round 1 must ask their Sport Coordinator to complete a [Team Re-Grade Request form - Mid-Season](#) via Sporty and submit to NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) no later than one week prior to the start of Round 2.

NWC will organise a mid-season schools meeting with ALL netball convenors or sports directors to discuss movements of teams between Monday 10 June and Friday 14 June, mid-morning.

### 2.3.4 Round 2 & Finals

- 5 games played from Saturday 15 June to Saturday 3 August 2024
- No games Saturday 29 June (Matariki) & Saturday 13 & 20 July (School Holidays)

Each of these grades will play a round robin in the first round, with the top teams automatically promoted to the section/grade above at the end of that round. The exception to this is:

Collegiate 1 and the introduction of Prem Reserve 5 after Round 1.

- The two teams relegated from Prem Reserve 4 will move into Prem Reserve 5.
- The winner of the Collegiate promotion game and Senior promotion game will move into Prem Reserve 4.
- The 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> placed teams in Collegiate 1 promotion games and Senior 1-2, Pool 1&2 after Round 1 will move up into Prem Reserve 5.

Round 2 – Collegiate 1 grades will be based on the following rankings after Round 1. Collegiate 2 – 5 will then be based on rankings after Round 1 in a similar format to that shown below.

	<b>Collegiate 1A</b>	<b>Collegiate 1B</b>	<b>Collegiate 1C</b>	<b>Collegiate 1D</b>
<b>1</b>	Pool A 2 <sup>nd</sup>	3 <sup>rd</sup> ranked 3 <sup>rd</sup>	Pool A 5 <sup>th</sup>	3 <sup>rd</sup> ranked 6 <sup>th</sup>
<b>2</b>	Pool B 2 <sup>nd</sup>	4 <sup>th</sup> ranked 3 <sup>rd</sup>	Pool B 5 <sup>th</sup>	4 <sup>th</sup> ranked 6 <sup>th</sup>
<b>3</b>	Pool C 2 <sup>nd</sup>	Pool D 4 <sup>th</sup>	Pool C 5 <sup>th</sup>	Col 2A 1 <sup>st</sup>
<b>4</b>	Pool D 2 <sup>nd</sup>	Pool C 4 <sup>th</sup>	Pool D 5 <sup>th</sup>	Col 2B 1 <sup>st</sup>
<b>5</b>	Highest ranked 3 <sup>rd</sup>	Pool B 4 <sup>th</sup>	1 <sup>st</sup> ranked 6 <sup>th</sup>	Col 2C 1 <sup>st</sup>
<b>6</b>	2 <sup>nd</sup> ranked 3 <sup>rd</sup>	Pool A 4 <sup>th</sup>	2 <sup>nd</sup> ranked 6 <sup>th</sup>	Coll 2D 1 <sup>st</sup> or Coll 2 Highest ranked 2 <sup>nd</sup>

In round 2, due to promotion/relegation, pools of 8 may be considered in JColl 1 & 2. This will allow for a 7-week round robin and 1 week final for pools with teams of 8.

In the event that results show a team is clearly in the wrong grade, NWC may, after consultation with School Sports Coordinators, exercise discretion to move a team further than the automatic promotion/relegation would allow, at the conclusion of Round 1.

### 2.3.5 Play-Off Format

Week 1	Quarter-Finals	Game 1: 1v2 (Winner progresses directly to Grand Final in week 3 following a friendly game in week 2) Game 2: 3v4 Game 3: 5v6 (loser progresses to 5 <sup>th</sup> v 6 <sup>th</sup> Play-off in week 3 following a friendly game in week 2)
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Week 2	Semi-Finals	Game 4: Loser Game 1 v Winner Game 2 Game 5: Loser Game 2 v Winner Game 3 Game 6 (friendly): Winner Game 1 v Loser Game 3
Week 3	Grand Final & Play-offs	Grand Final: Winner Game 1 v Winner Game 4 3 <sup>rd</sup> /4 <sup>th</sup> Play-off: Loser Game 4 v Winner Game 5 5 <sup>th</sup> /6 <sup>th</sup> Play-off: Loser Game 5 v Loser Game 3

The 'Grand Final' teams will be contesting to win their grade.

The winning team of Prem Reserve 5 grade will move into Prem Reserve 4 grade for the start of the 2025 season. All other teams from Prem Reserve 5 will move back into their respective Collegiate 1 and Senior 1 grades for the beginning of the 2025 season.

#### 2.3.6 Cancellation of Games at Hataitai

Collegiate grades played at Hataitai may be cancelled due to bad weather. Cancellations will be notified via the following media:

- NWC website ([www.netballwellington.co.nz](http://www.netballwellington.co.nz))
- NWC Facebook Page ([www.facebook.com/netballwellingtoncentre](https://www.facebook.com/netballwellingtoncentre))
- NWC Game Day App Push Alerts
- NWC Instagram Story

There is no opportunity to catch up games cancelled due to weather.

If a game is cancelled the following applies:

##### **During Round 1**

Games will continue according to the draw (i.e., the cancelled game will not be played) and final placing will be based on the number of games completed.

##### **During Round 2**

Games will continue according to the draw and semi-final places will be based on the number of games completed.

##### **Quarter-Final Week**

Quarter-finals will not be played and the draw for the semi-finals will be based on standard semi-finals (i.e. 1v4, 2v3, 5v6).

##### **Semi-Final Week**

Semi-Finals will not be played and the draw for the Grand Finals will be based on standing at the end of Round 2 (i.e. 1v2, 3v4, 5v6). This applies irrespective of whether the quarter finals were played or not.

##### **Finals Week**

Final team places will be determined on Round 2 rankings (i.e. the team in the Grand Final with the highest placed team in the round robin will be declared the winner of the grade, and so on). If still undecided then Round 1 results and rankings will be considered.

### 3 GENERAL COMPETITION INFORMATION

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#### 3.1 Game Lengths and Breaks

Grade	Game length	Quarter length	Breaks
Premier grades (1-3)	60 min	15 min	3 min, 5 min, 3 min – 20 mins between games
Prem Reserve and Senior grades	40 min	10 min	90 sec, 2 min, 90 sec – 20 mins between games
Collegiate and Junior Collegiate grades	40 min	10 min	90 sec, 2 min, 90 sec - 20 mins between games

#### 3.2 Timing of Matches

Except for Premier 1 – 3 games, timing of matches is controlled from the Pavilion (Hataitai) or the Sports Control Desk (Ākau Tangi Sports Centre (ĀTSC)) with start and finish times of each quarter signified by the on-court automated timer/Hataitai siren.

Timing for each Premier 1-3 game is to be undertaken by a designated timekeeper sitting on the score bench. The timekeeper is required to take injury time of up to 30 seconds by stopping the on-court automated timer and starting a manual timer for 30 seconds when the umpire/s signal that an injury has occurred. Official timekeepers will inform the umpires when 10 seconds remain, and once 30 seconds is complete. The timekeeper will restart the on-court automated timer on the umpire's whistle.

All other games should start via the on-court automated timer/Hataitai siren. The end of the quarter shall occur on the umpire's whistle when signalled by the on-court automated timer/siren.

Where a game does not start on the starting bell due to the umpires arriving late to the game:

- Other than a Premier 1-3 game, the game shall start as soon as the umpires are present on the court, but no extra time shall be played past the end of the quarter indicated by the on-court automated timer/siren.
- For a Premier 1-3 game or promotion/relegation game, the game shall start as soon as the umpires are present on the court. Every effort should be made to play the full game duration (60 minutes for Premier 1-3, 40 minutes for all other grades).

#### 3.3 Stoppages

##### 3.3.1 Premier ONLY

Tactical Changes – Players on court may ask the umpire for a Tactical Change immediately after a goal has been scored and must be made without delay so the momentum of the game is not affected as per *Rule 10.1 - 10.4* of the current World Netball Rules of Netball. The on-court automated timer **does** get stopped for a Tactical Change.

Injury/illness or blood - For injury/illness or blood the on-court player must ask the umpire for time with all other stoppage procedures conducted as per *Rule 10.9 – 10.22* of the current World Netball Rules of Netball. The on-court automated timer **does** get stopped. They have up to 30 seconds to leave the court and be replaced *as per rule 3.3.3*.

The umpires may hold time without a request being made for emergencies or in other extreme circumstances as per *Rule 10.23 - 10.26* of the current World Netball Rules of Netball. Should this happen the on-court automated timer **does** get stopped because it is considered umpire time. For Premier grades the on-court automated timer must be stopped, and the manual timer used to time 30 seconds. The on-court automated timer is restarted when the umpire restarts the game.

### 3.3.2 Prem Reserve, Senior & Collegiate

Tactical Changes – Players on court may ask the umpire for a Tactical Change immediately after a goal has been scored and must be made without delay so the momentum of the game is not affected as per *Rule 10.1 - 10.4* of the current World Netball Rules of Netball. The on-court automated timer **does not** get stopped for a Tactical Change.

Injury/illness or blood - For injury/illness or blood the on-court player must ask the umpire for time with all other stoppage procedures conducted as per *Rule 10.9 – 10.22* of the current World Netball Rules of Netball. The on-court automated timer **does not** get stopped. They have up to 30 seconds to leave the court and be replaced *as per rule 3.3.3*.

The umpires may hold time without a request being made for emergencies or in other extreme circumstances as per *Rule 10.23 - 10.26* of the current World Netball Rules of Netball. Should this happen the on-court automated timer **does not** get stopped because it is considered umpire time.

### 3.3.3 Injury substitution

The player concerned must leave the court immediately. Any substitutions must be made within 30 seconds. Timekeeper advises the umpires when 10 seconds remain, and 30 seconds is complete.

- a) Only primary care person/s permitted on court to assist the player from the court.
- b) If the primary care person/s advise the umpires that the player concerned cannot be removed safely within 30 seconds, the umpires may extend the time for the player to leave the court.
- c) The umpires may authorise other persons (including team officials) to assist the player to leave the court if need be.
- d) During the stoppage both teams may make substitutions and/or team changes, provided these are completed within the 30 seconds allowed for the stoppage.
- e) If no substitution is made for the injured/ill player, or for a player who is bleeding, play may resume with the position left vacant. If the absent player was playing in the Centre position, one player must move to take up the Centre position to allow the match to continue.
- f) If a position is left vacant, the player concerned or a substitute may subsequently, after advising the umpire, take the court in the position left vacant immediately after one of the following:
  - i. A goal has been scored
  - ii. A stoppage for injury/illness or blood
  - iii. An interval

### 3.3.4 Restart of play following injury

Once injury has been attended to and the game is safe to recommence the umpire blows the whistle to re-start the game and play restarts from where the ball was when play stopped. If the ball was on the ground or the umpire is unable to say which team had possession of the ball, play restarts with a toss-up between any two opposing players allowed in the area.

### 3.3.5 Game abandonment

In extreme circumstances and in consultation with the Centre Staff, the game may be abandoned if the safety of players and/or officials are at risk.

### 3.3.6 Competition Points

Win	4 points
Draw	2 points
Bonus Points	
Loss by 5 points or less (60-minute games)	1 point to losing team.
Loss by 3 points or less (40-minute games)	1 point to losing team
Default/Forfeit	-2 points + any applicable fine (15-0 score will be applied at the time of the default and revised at the end of the round)
Failure to perform umpire duty	-2 points + any applicable fine

If two or more teams are tied on points, the higher points differential (goals for minus goals against) will decipher the leading team.

If this cannot be determined or is equal, then the leading team shall be the team with the higher goal ratio (goals for divided by goals against).

### 3.3.7 Default/forfeit score

When a team defaults/forfeits a game, a score of 15-0 will be applied with the deduction of 2 competition points. This will be revised at the end of the round to account for both teams' ranking within the grade. The score for the defaulting/forfeiting team will always be zero. The score applied to the other team will always be a minimum of 15 but can be higher by using the following formula.

Find both teams' average points differential for the round and minus one from the other. E.g., if the teams' point differentials are 240 and 50 over a seven-week round, the average will be 34.28 & 7.14, meaning a score line of 27-0 will be applied (34 minus 7 equals 27).

## 3.4 Results

Results and points tables are updated as games happen via the Game Day App directly into the NWC website ([www.netballwellington.co.nz](http://www.netballwellington.co.nz)). Clubs are responsible for checking results and informing NWC of errors. Please ensure that you check the results, and any errors are communicated in writing to NWC Community Competitions Officer on [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) by 9am Monday following the last game played within the round. Errors raised after final or promoted/relegated teams have been confirmed will not be amended.

## 3.5 Provision of Scorers

All teams must provide a scorer that has access to the game day app i.e., one scorer per team submitting online game results. Scorers must be beside one another throughout the game to prevent disputes regarding the score. Game day app will highlight red if there is a discrepancy. Unless there is evidence to the contrary that is satisfactory to NWC, the official score will be the score submitted via the game day app. Except for Premier 1, the scorer may change during the game.

Senior or Collegiate teams that do not have reserves to score may ask the opposition to score solo and must accept the result or obtain a hard copy scorecard from the NWC Pavilion/Sports Control Desk.

### 3.6 Procedure for a Tied Play-off Game

If the score is level at full time in a play-off game the following procedure will be implemented to find an outright winner.

If this procedure is not followed and extra time is not taken, the highest ranked team on the points table will be declared the winner. A play-off game is any game in which there must be a winner and includes a quarter final, semi-final, final, promotion or relegation game.

#### 3.6.1 All grades excluding Premier 1-3

In the event that the score is tied at full time in a play-off game the following process will apply;

- a) The scorer must notify the umpire(s) immediately that the game is drawn.
- b) The umpire will hold play in the position where the ball is held.
- c) Play will then continue, on the umpire's whistle, from this position until one team has a two-goal margin (**not two goals scored**).

#### 3.6.2 Premier 1-3

If the score is tied at full time in a play-off game the following process will apply:

- a) The scorer shall advise the umpire(s) that there is a draw, and the game will stop on the final whistle.
- b) There will be a two-minute interval. Substitutions and team changes may be made during this time.
- c) Two five-minute halves to be played, with a change of ends at half time (no team changes or substitutions may be made; however, the stoppages *Rule 3.3.1* continues to apply during the play).
- d) The timekeeper must inform the umpire when there is 10 seconds left until full time. If the scores are still even, play continues until one team has a two-goal margin (**not two goals scored**).

### 3.7 Team Bench Regulations

These rules apply for all grades.

- a) All court side lines are to be clear of spectators, team gear/equipment and spectator/player items, including bags, drink bottles/drink bottle crates, balls, prams/pushchairs, wheelchairs, umbrellas (at Hataitai) etc.

#### 3.7.1 Games held at Ākau Tangi Sports Centre

- a) At the Ākau Tangi Sports Centre team benches will be in the middle (in between the courts) on each side of the court console desk. Only team officials, primary care and registered team members are permitted to sit on the team bench.
- b) Teams are to notify the umpires of the position of their bench.
  - i. Team 1 (first team listed in the draw) has the bench to the right-hand side of the court console desk (facing the court). Team 2 (second team listed on the draw) has the bench on the left-hand side of the court console desk (facing the court).
- c) The timekeeper and scorer are to be seated at the court console desk (in line with the centre circle) so that their position is clear to the umpires, both with access to the Sporty Game Day



app for online scoring. Exceptions to this positioning will be made if bench and on-court automated timer/scoreboard facilities are not available.

- d) During play team officials and bench players must remain at the team bench with the exception of bench players who may leave for valid reason (such as to warm up). Under extreme circumstances where player safety is endangered a primary care or independent concussion observer may enter the court while play is in progress. If not extreme, they must ask the umpire to hold time.
- e) Players, management, officials, and spectators (where permitted) will abide by the Public Health Officials Pandemic requirements when entering Ākau Tangi.

#### 3.7.2 Games held at Hataitai Netball Courts

- a) The scorer (and timekeeper where applicable) is to be situated side by side in line with the centre circle so that their position is clear to the umpires, both with access to the Sporty Game Day app for online scoring.
- b) Coaches, managers, and team area must take up a position at the side of the court close to the centre of the court.
- c) Teams may choose to stand on opposite sides of the court, but the positions must be clear to the umpires.
- d) During play, team officials and bench players must remain within the team area, except for bench players who may leave for valid reason (such as to warm up).
- e) Players, management, officials, and spectators (where permitted) will abide by the Public Health Officials Pandemic requirements when entering Hataitai Courts.

### 3.8 Trophies

Trophies are awarded to the winner of each grade at the end of the competition.

In addition, the following special trophies are awarded:

#### 3.8.1 Club Championship

Awarded to the Club with the most teams on average in the top two places of a grade at the end of Round 2 (e.g., number of teams in top two per grade, divided by the total number of club teams)

- Large Clubs (5 plus teams) Iris Kitts Trophy
- Small Clubs (2-4 teams) Betts Cup

#### 3.8.2 Highest Goal Average

Awarded to the team with the highest goal average in the grade category during Round 1 and Round 2 excluding semi-finals and grand final, adjusted for the length of games played in the eligible rounds:

- Premier grades (Premier & Prem Reserve) Lady Fowler Cup
- Senior grades (Senior only) Betty Armstrong Cup
- Collegiate grades (Collegiate & JColl) Shirley Smith Trophy

### 3.8.3 Best Defensive Play

Awarded to the team with the lowest goal average scored against them during Round 1 and Round 2 excluding semi-finals and grand final, adjusted for the length of games played in the eligible rounds:

- |   |                         |
|---|-------------------------|
| • Premier grades (Premier & Prem Reserve) | Umpires Jubilee Trophy  |
| • Senior grades (Senior only)             | Barbara Marchant Trophy |
| • Collegiate grades (Collegiate & JColl)  | Lady Appleton Trophy    |

### 3.8.4 NWC Special Awards

We also have the following trophies for nomination.

- |  |                       |
|--|-----------------------|
| • Club Uniform                           | Paul Cameron Cup      |
| • Volunteer of the Year                  | Haggie Cup            |
| • Coach of the Year                      | Dale Wortman Cup      |
| • Coach of the Year – Developing Players | NWC Cup               |
| • Administrator of the Year              | Geale Family Cup      |
| • Fairplay Award                         | NWC Cup               |
| • Junior Umpire of the Year              | Barbara Fabish Trophy |
| • Most Improved Umpire                   | Kirsten Lloyd Cup     |
| • Contribution to Umpiring               | Freda Maurirere Cup   |
| • Umpire of the Year                     | Denise Young Cup      |

## 4 COMPETITION RULES

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Unless otherwise stated within these Competition Rules, the current World Netball Rules of Netball apply to the 2024 NWC winter competition. These rules may be varied, amended, revoked, or added to by the NWC Board at any time however, other than clarification to remove ambiguity, or to rule on a situation not provided for, every effort shall be made not to change these rules during the winter competition.

### 4.1 Disputes and Rulings

When a competition rule is ambiguous, open to interpretation, or two rules are contradictory, or silent on a particular circumstance, NWC reserves the right to make a decision based on the intention of the specific rule or these rules generally and in the best interests of the competition and in the spirit of the game.

### 4.2 Competition Gender

The 2024 NWC winter competition is a female competition.

#### 4.2.1 Transgender dispensation

Transgender players may apply for dispensation to play and will be covered by Section 3.3 of Part VII (Integrity Regulations) of [Netball New Zealand Regulations](#). Direct dispensation requests in writing to NWC Community Director on [gm@netballwellington.co.nz](mailto:gm@netballwellington.co.nz).

### 4.3 Affiliation of a Member Club, Member School, or Member Team

Teams will only be accepted into the NWC winter competition if they are part of a Member Club, Member School or Member Team.

#### 4.3.1 Member club/school/team definition

A member club is a club entering the competition with 2 or more teams.

A member school is a secondary school entering the competition with players ranging from year 9-13 attending secondary school.

A member team is a club entering the competition with a singular team.

#### 4.3.2 New member club/school/team applications

A member team, college or club wishing to become a member of NWC must submit a new member club/school submission to the NWC Board. Please refer to *New Club - Submission Example* available to view via the NWC website at [www.netballwellington.co.nz](http://www.netballwellington.co.nz). At the same time please also submit a *New Club or College Registration* form along with a [Uniform Registration form](#) to advise proposed new uniform design. See Rule 4.8. Submit all forms to NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz).

Once a new club submission has been received and successfully accepted, the club/school will be invoiced with a \$130 affiliation fee.

#### 4.3.3 Withdrawal of member club/school/team

After an absence of two playing years, a club, school, or team must reapply to NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) as per the process above. A \$130 affiliation fee will again apply once successfully accepted.

#### 4.4 Registration of Teams

Clubs and colleges must complete the [2024 Club/Member Team Registration form](#) via Sporty by Thursday 11 April or [College Team Registration form](#) via Sporty by Thursday 18 April indicating the number of teams and their grade/s as outlined in the registration information. Teams not registered in this manner will not be entered in the competition unless the NWC Board exercises its discretion to accept late entries. Clubs and colleges must also return the [Club & College Contact Information form](#) to NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz).

##### 4.4.1 Team rankings within each club/college

Clubs and colleges must number their teams ranked from highest to lowest (with the highest team being numbered 1). Where there is more than one team from that club or college in a grade, the highest ranked team is that with the lowest number. Teams that move through promotion/relegation during the season retain their number even if it places them out of sequence with the other teams in their club or college. Teams are welcome to also advise a team name; however, the ranking number will also be associated with the team, i.e., Ories 1 White.

Please note that clubs and colleges must use all reasonable endeavours to ensure that teams are ranked strictly in accordance with their ability, as this will assist in making our competition as competitive as possible, and help players enjoy their season.

#### 4.5 Registration of Players (all grades)

4.5.1 All players must meet the Pandemic guidelines provided by Public Health Officials, Sport NZ, Netball NZ, Venues and Netball Wellington Centre to register as a player. Please note these are subject to change. Netball Wellington Centre will provide these changes as soon as they are confirmed.

##### 4.5.2 Players may play for only one club/college

Players can only be registered in one club or college team during any one season. The only exception to this is where a transfer has been approved during the season pursuant to Rule 4.12.

##### 4.5.3 Secondary school players

It is preferable that all players attending secondary school register to play for their college. However, if a secondary school player registers for a club team (regardless of whether they played for the club in previous seasons) the club must complete a [Player College to Club Notification form](#).

If a player happens to attend secondary school outside the Netball Wellington Centre catchment area (i.e., is eligible to play for college/club in Hutt Valley, Kapi Mana, Kapiti or Wairarapa as well as college/club in Wellington) a [Player Inter-Centre Notification form](#) needs to be completed.

##### 4.5.4 Primary/Intermediate players

Players attending primary or intermediate school will not be accepted as registered players for any competitions or grades within the NWC winter competition.

##### 4.5.5 Players playing within two netball centres

Players can register with another club in another centre only after a [Player Inter-Centre Notification form](#) has been received to [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) and acknowledged by the NWC Community Director. Player welfare is important to NWC and having this information will allow us to support players in this area.

#### 4.5.6 Representative trial eligibility

If players have nominated NWC as their main centre, it is NWC's preference that players commit to NWC for representative teams and college netball teams. This takes precedence over club teams for external tournament fixtures. If players are unsuccessful for NWC representative teams and wish to trial for another centre they are not affiliated to they must submit a [Player Release Notification form](#) to NWC Community Director at gm@netballwellington.co.nz prior to attending their first trial.

**NOTE:** Representative players must be registered as a representative player with only one netball Centre/Zone in any one calendar year. All players must be registered in the Centre/Zone for which they are a representative player by 31 May, unless the Centre/Zone in which the player was registered prior to 31 May consents in writing to the transfer.

#### 4.6 Player, Manager and Coach Registration

##### 4.6.1 Start of season

Clubs, colleges and member teams must complete their team registration online indicating the number of teams for the season. This must be completed and advised to the Centre by Thursday 18 April 2024 the latest, for all teams so they can be inputted into Sporty for draw preparation.

All teams in Premier, Premier Reserve and Senior grades must have all players registered and assigned to their teams by Friday 26 April. All Collegiate grade teams must have all players registered and assigned to their teams by Friday 3 May. All registered players must ensure that their registrations include names and correct date of birth (as a minimum).

**Clubs, colleges, and member teams must also register managers and coaches for all teams** and assign them to their teams by the dates applicable to their grades. This is mandatory for Premier & Premier Reserve teams at a minimum. Pre-season checks will be carried out and clubs, colleges and member teams will be followed up with if a manager and/or coach is not registered to a team/s.

Clubs must ensure that all players have completed an online club registration form (via Sporty) that links into NWC by Friday 26 April. NWC will complete pre-season checks of team registrations to ensure players are not listed in more than one club/team and that they are financial to NWC.

##### 4.6.2 Final deadline before season starts

Clubs, colleges and member teams must notify NWC if there are any changes to Premier, Prem Reserve, Senior or Collegiate team registrations by **31 May 2024. Up to this date, players register and de-register at no additional cost.**

##### 4.6.3 Player registration during season

After **31 May 2024**, all additional player registrations during the season must be registered into Sporty and an email sent to NWC Community Competitions Officer at games@netballwellington.co.nz so that the player can be allocated to a team. A team can have up to 10 registered players. Additional player registrations will incur an NWC and NCZ fee after the player has taken the court 4 times. All changes or additions to teams must comply with the grading rules (see Rule 4.11).

##### 4.6.4 Player registration on game day

Clubs, colleges and member teams can register a player on Saturday, at the time of registration, by filling in a hard copy *New Player Registration* form at the Sports Control Desk (ĀTSC) or Games Office (Hataitai Pavilion) and registering the player to their club/college. A new player may take the court on that day, but the registration and allocation to team will not be confirmed until the player is

checked against the grading rules by NWC prior to the following week's game. Therefore, it is the responsibility of the club/college to check a player is eligible to play for their club/college team and is placed in the correct grade or the team may risk losing points and/or incur a fine.

The fine for playing an unregistered player is \$50, plus \$30 player registration fee, plus loss of 2 points and forfeiture of the game.

The fine for playing under another person's name is \$50, plus loss of 2 points and forfeiture of the game.

#### 4.7 ANZ Premiership Franchise Players

##### 4.7.1 Definition

A franchise player is defined as someone on a Standard Playing Agreement (SPA) to a franchise in the ANZ Premiership competition. Interim replacement players, training partners and National Netball League (Synergy Hair Netball League) players are not included.

##### 4.7.2 Premier 1 restriction

Franchise players can only be registered in the Premier 1 grade. For secondary school franchise players wanting to play for their college, a [Player Dispensation Request form](#) is necessary if the top college team is playing in a grade lower than Premier 1. Return completed *Player Dispensation Request* form to the NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) prior to the start of the season.

##### 4.7.3 Registration deadline

All franchise players must be registered no later than 31 May 2024 (*as per Rule 4.6.2*). Late registrations of franchise players will not be accepted after 31 May 2024.

##### 4.7.4 Player cap per team

There is no restriction on the number of franchise or National Netball League (Synergy Hair Netball League) players in a team. *Refer to rule 4.7.5 around on court restrictions.*

##### 4.7.5 Maximum on court at any one time

At any stage during the season in any one game, a Premier 1 team or the top secondary school team may only have a maximum of two (2) franchise players on court at any one time.

##### 4.7.6 Playing Up/Down

The Playing up Limit (Rule 4.11.4) applies to franchise players as well. i.e., in the situation that a Premier 1 Club has 2 teams in Premier 1, and those teams both have franchise players, the franchise players registered for the second team can play up in the first team. Rule 4.7.5 still applies. Please note any franchise players registered in the first team cannot play down in the club's second team.

The fine for playing more than two franchise players on the court at any one time is \$50 plus loss of 2 points and forfeiture of the game.

#### 4.8 Registered uniform

##### 4.8.1 Image submission

A new club, college or team must submit a colour image of their proposed uniform and bib to NWC for approval and registration before proceeding to order from the uniform supplier. Once registered, any other club, college or team may not wear the same uniform. If a club, college or team is disbanded, the uniform shall remain on the register for two years.

##### 4.8.2 Uniform amendments

Any proposed alteration to an existing registered uniform must first be approved by NWC, following the process described above. Please complete the 2024 [Uniform Registration form](#) via Sporty and submit to NWC Community Competitions Officer.

##### 4.8.3 Uniform branding/logos

Sponsors/partnerships on playing uniforms must be approved by NWC. Please direct requests in writing to NWC Community Director at gm@netballwellington.co.nz.

#### 4.9 Dress code

- a) A player may not take the court wearing an unregistered uniform unless a dispensation has been approved.
- b) Sports shoes must be worn.
- c) Players may wear taped wedding bands (flat) and medical bracelets.
- d) Subject to (c), players must not wear jewellery of any kind. Players will be sent from the court if items are seen during the game.
- e) Players may wear bicycle pants no longer than knee-length under dress/skirt. Players may not wear full-length compression tights (unless dispensation approved), exposed skimpy underwear, trousers, track pants or jeans. Players playing outdoors at Hataitai Courts are allowed to wear long-sleeved tops of a dark colour (black or navy blue) or another colour where it matches the uniform colour when playing in inclement weather.
- f) Premier Reserve, Senior and Collegiate grade players may substitute registered uniform top & shorts in place of skirt/dress. All uniform amendments must follow stipulations stated in (g).
- g) A Club Administrator or School Sport Coordinator may apply in writing to NWC for a variation from the registered uniform. A [Uniform Registration form](#) must be completed for any uniform changes before the start of the season. For teams playing outside, consideration may be given to players wearing sweatshirts during inclement weather. All requests are to be in writing to NWC Community Competitions Officer at games@netballwellington.co.nz."

A player taking the court in an unregistered uniform or breaching the above dress code will incur a fine of \$20 and may be asked to leave the court.

#### 4.10 Game Day Registration

##### 4.10.1 Team sheet completion

All teams are required to register via the Sporty Game Day app prior to the start of the game. Team substitutions for premier teams must be completed on the app and all other grades may use the app to capture these changes if they wish to.

If there are any issues with the Sporty Game Day app, a limited number of Premier Team Sheets will be kept at the Sports Control Desk (ĀTSC).

##### 4.10.2 Team registration timing

Teams are advised to complete the online registration at least 15 minutes prior to game time. If this is not done teams will be requested to do this via announcement.

##### 4.10.3 Unregistered players

Spot checks for unregistered players will be conducted throughout the season. Fines will apply and points deducted if unregistered players are found.

##### 4.10.4 Substitution and team changes for premier grades

Substitutions and team changes (including tactical) are completed digitally through the Sporty Game Day app. If there are issues with the app, hard copies of the substitution sheet can be located at the Sports Control Desk (ĀTSC) and must be handed in immediately after each game.

##### 4.10.5 Correct information required

For all grades the team registered via the Sporty Game Day app must include each player, coaches and managers correct first name and surname (no nicknames or abbreviated names). Please note a player must first be registered before they can be allocated to a team.

#### 4.11 Grading Rules

##### 4.11.1 Player re-grade

(a) Reasons for re-grade of players are as follows:

- i. for players who have played at international level at any stage yet wish to play in Premier 3 or any grade below Premier 3.
- ii. any player who wishes to play in any grade that is more than two grades below the highest grade they have played in the previous two seasons.

Clubs and colleges must complete a [Player Re-Grade Request form](#) via Sporty and submit to NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) before 12pm Thursday prior to game day.

(b) The approval or rejection of an application for a re-grade shall be made by the NWC Board Competitions panel in its sole discretion. When considering whether a re-grade for a player is appropriate, the NWC panel will take into account:

- i. medical conditions or injury rehabilitation.
- ii. return to netball after one or more seasons off;
- iii. placement of the next team below within the club;
- iv. inability to cope at the higher level previously played;
- v. fairness to other players in the grade the player wishes to be re-graded to;
- vi. And any representative history.



An application for an emergency re-grade may be made by no later than 12pm on Friday prior to the scheduled game. Please complete a [Player Re-Grade Request form](#) and forward *Form Completion* email with “emergency re-grade” in the subject heading to NWC Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz).

#### 4.11.2 Playing up

##### ***Prem Reserve, Senior, Collegiate & Junior Collegiate***

- (a) A player may not play for a team in a club or college other than the club or college for which that player is registered.
- (b) The 5th time playing up, the player must remain in a higher ranked team for the rest of the season except for college Senior A teams. *See exception 4.11.2.1 below.*
- (c) Playing up only becomes official if a player takes the court.

##### ***Premier 1-3***

- (a) A player may not play for a team in a club or college other than the club or college for which that player is registered.
- (b) The 3rd time playing up, the player must remain in a higher ranked team for the rest of the season except for college Senior A teams. *See exception 4.11.2.1 below.*
- (c) Playing up only becomes official if a player takes the court.

Team management are responsible for ensuring all players *Playing Up* are selected as part of the higher team they are playing for on game day.

*Playing Up* forms can be obtained from the Ākau Tangi Sports Control Desk or the Hataitai Games office if you do not have access to the Sporty Game Day App.

#### 4.11.2.1 The following exception applies to college Senior A teams –

- College players playing up for their Senior A college team placed in Premier or Prem Reserve grades: A college player can take the court a total of 6 times in their Senior A team during all games leading up to finals. When a player takes the court a 6<sup>th</sup> time within their Senior A team, that player is then deemed to be registered as a permanent member of the team and will be ineligible to play down for the remainder of the season.

#### 4.11.3 Playing down

Applies across all grades - Premier, Prem Reserve, Senior, Collegiate & Junior Collegiate

- (a) A player may not play for a team in a club or college other than the club or college for which that player is registered.
- (b) A player may not play for a team in a grade lower than the grade in which they are registered.
- (c) Subject to (b), where more than one team from a club is entered in one grade, a player in the lower ranked team (by team number) may play in the higher ranked team, but not vice versa.
- (d) **College players** may play for a lower team in their school, only if in the same collegiate grade.

#### 4.11.4 Playing up limit

During all **Prem Reserve, Senior, Collegiate and Junior Collegiate** games leading up to finals, players may only play up on a total of four occasions (i.e., for any team in their club that is in a grade higher, or in the same grade but ranked higher than the one in which the player is registered).

Where a player plays up a fifth time, to a higher ranked team, that player is then deemed to be registered as a permanent member of the team they have played up for and will be ineligible to play down for the remainder of the season.

During all **Premier** games leading up to finals (with the exception of 4.11.2.1), players may only play up on a total of two occasions (i.e. for any team in their club that is in a higher, or in the same grade but ranked higher than the one which the player is registered).

Where a **Premier** player plays up a third time, to a higher ranked team, that player is then deemed to be registered as a permanent member of the team they have played up for and will be ineligible to play down for the remainder of the season.

#### 4.11.5 Playing up dispensation

Where **three or more members** of the team are required for netball representative duties (*as defined in Rule 4.13*), then an application may be made seeking dispensation for 'Playing Up'. The dispensation provides that a set number of named players for a set period, determined by NWC, are entitled to play up a grade as per Rule 4.11.2 and can then return to their original team without penalty when the representative players return to the team. Dispensation requests should be directed in writing with "*Playing Up Dispensation*" in the subject heading to NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) before representative duties impact play.

Dispensation may also be requested when long-term injury has occurred to a player. Dispensation requests should be directed in writing with "*Long-Term Injury Dispensation*" in the subject heading to NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) within 7 days of injury.

#### 4.11.6 Playing up exemption

In special circumstances, the NWC Board may grant an exemption from this deemed re-grade. Application for re-grade exemption must be directed in writing with "*Re-grade Exemption*" in the subject heading to NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) by Thursday 12pm prior to the Saturday game. Until such time as an exemption is granted (if any), the re-grade stands.

#### 4.11.7 Finals eligibility

A player may only play for a team in the Round 2 finals series (Semi-Finals & Grand Finals) or in any promotion/relegation match if that player has taken the court for their own registered team and club on at least two occasions previously that season.

*Playing Up Rule 4.11.2 and Playing Down Rule 4.11.3 applies. However, Playing Up Limit Rule 4.11.4 will still be enforced during finals.*

The fine for playing "down" is \$50, plus the loss of 2 points and forfeiture of the game (or games) in question.

The fine for playing "up" without dispensation is \$50, plus the loss of 2 points and forfeiture of the game (or games) in question.

#### 4.12 Transfers and Unfinancial Players

Subject to the grading rules, players may transfer between clubs, colleges, regions and centres.

Transfers between seasons need to be advised in writing to NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) yet are not subject to any rules.

Transfers during the season must be notified in writing to NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) by the club/college to which the player is transferring, accompanied by a letter of agreement from the club/college which they are transferring from.

NWC takes no responsibility for unfinancial transferring players unless the player has an outstanding debt or obligation to NWC. It is the responsibility of clubs/colleges/teams to follow up unfinancial transferring players.

#### 4.13 Dispensation or Deferment for Representative Duties

Representative duty is defined as a player, coach, manager or umpire required to participate in any of the following:

- a) Netball Wellington Centre representative team competition/tournament
- b) Netball Central Zone National Netball League competition/tournament
- c) Netball New Zealand, International appointments, Secondary School or Senior representative netball competition/tournament

##### 4.13.1 Game deferment request

A deferred game cannot be deferred for a second time.

Where a team has **three** or more members (may include player, coach, manager, or umpire) who are unavailable to play or coach/manage/umpire on the scheduled Saturday competition day due to netball representative duties outlined in *Dispensation or Deferment for Representative Duties Rule 4.13*, the team may request **to defer the game**.

The last game of a round may not be approved to be deferred, as in most cases the new round starts the following week and subsequent draws rely on an outcome. Deferments can be requested for special circumstances and will be at the discretion of NWC Community Director and opposing team.

A deferment request must follow this procedure:

- a) The team wishing to request a game deferment must notify their opposition's Club Administrator/Sport Coordinator in writing at least 10 days prior to the scheduled game.
- b) The request must be accompanied by not less than three alternative dates that the game can be played, all timed after 5.30pm if a weekday, and name a venue.
- c) The game must be played within two weeks of the scheduled game. The suggested alternative dates referred above must fall within this time frame.
- d) Before a deferment may be granted the two teams involved must come to an agreement on the date, time & venue for the deferment.
- e) Teams who apply for deferments are responsible for organising the game in consultation with NWC and for reimbursing each umpire for out-of-pocket expenses.
- f) Once a date is settled between the requesting team and their opposition, a [Game Deferment Request form](#) must be completed no later than 7 days prior to the scheduled game.

#### 4.14 Game Time Change Request

Lies outside the deferment rule.

It is up to the club/college opposition to agree to a time change. The team submitting the request must arrange umpires of suitable calibre. The game must be played before the next competition game. ***Game time changes cannot be made to the last game of the round or semi-finals and finals.***

Once a new game time is agreed and confirmed, a [Game Time Change Request form](#) must be completed by the team that initiated the request no later than 14 days prior to the scheduled game. The NWC Community Competitions Officer will forward the agreed times and dates to the club/college opposition, so everyone is informed.

#### 4.15 Defaults

Clubs, colleges and teams must notify of defaults ***by 12pm the day prior to the scheduled game.*** All notifications must be made via the Club Secretary or School Coordinator in writing with “*Game Default*” in the subject heading to NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz).

A default notified prior to 12pm the day before the scheduled game incurs the following penalty:

**Premier, Prem Reserve and Senior teams** - \$100 plus loss of 2 points and forfeiture of the game.

**Collegiate and Junior Collegiate teams** - \$40 plus loss of 2 points and forfeiture of the game.

##### 4.15.1 Late defaults

A late default fine will be incurred for:

- defaults after 12pm on the day prior to the scheduled game
- no show on game day

If the fine is not paid within two weeks of the default, the team will be withdrawn until payment is made.

The team who defaulted will forfeit the game and the score will be recorded as 15-0 in favour of the opposition team. *Please refer to rule 3.4.1 for clarification.*

A late default incurs the following penalty:

**Premier, Prem Reserve and Senior teams** - \$200 plus loss of 2 points and forfeiture of the game.

**Collegiate and Junior Collegiate teams** - \$100 plus loss of 2 points and forfeiture of the game.

#### 4.16 Player Welfare

##### 4.16.1 Fair Play

NWC adheres to the *General Code of Conduct Rule 5* – Part VII in the [Netball New Zealand Regulations](#), all members (players, coaches, managers, and officials) are expected to adopt fair play practices in their games. NWC in addition to this applies the following fair play principles to its Code of Conduct for all of its competitions:

- Playing within the spirit of the game and rules.

- Respect others always including but not limited to your teammates, coaches, managers, and officials.
- Be responsible for your own actions.
- Do not abuse others physically or verbally.
- Be always safety conscious.
- Do not discriminate against others.
- Be a positive role model.
- Adhere to all Drugfree Sport New Zealand and WADA requirements.

NWC supports umpires in penalising players deemed to have breached fair play under *World Netball Rules of Netball - Rule 19*.

Any off-court incidents will follow *NWC Disciplinary Procedures Rule 5.2*.

#### 4.16.2 Breaches of General Code of Conduct or Fair Play

All breaches of Fair Play or NNZ General Code of Conduct must be reported either directly after the game to NWC Staff at the Sports Control Desk (ĀTSC) or Games Office (Hataitai Pavilion). Formal complaints must be received in writing via the Club Administrator or Sport Coordinator with “*Formal Complaint*” in the subject heading directed to NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) by 12pm Monday following the game.

#### 4.16.3 Misconduct

For cases of misconduct, disciplinary action involves successive warnings before termination is considered. However, a single instance of serious misconduct would make a member liable for a severe penalty, which could include termination of membership without the need for any further warning to be given.

Type of misconduct - the seriousness and consequences of any case of misconduct depend on the circumstances in which it occurs. The following list should therefore be used as a guideline only. If you are concerned about something you have done, please discuss with an NWC Staff member or the NWC Community Director via email to [gm@netballwellington.co.nz](mailto:gm@netballwellington.co.nz).

The following are some examples of general misconduct:

- Disrespecting umpires or volunteers
- Breach of Smokefree policy
- Unsatisfactory performance (applies to volunteers, umpires, managers, coaches etc.)
- Consumption of illicit substance and alcohol
- Breach of the fair play obligations set out in *Rule 4.16.1*.

The following are some examples of serious misconduct:

- Harassment of any person - sexual, racial, religious, or otherwise
- Threatening, abusive or insulting behaviour to any person
- Violence or threats of violence against others
- An act of negligence or unsafe practice which seriously effects safety or health of any person
- Illegal possession or consumption of drugs
- Failure to comply with any of the safety policies, procedures or rules of NWC

This policy incorporates aspects of the *General Code of Conduct – Part VII – Integrity Regulations* in the [Netball New Zealand Regulations](#).

The full *NWC Disciplinary Procedure* is outlined in Rule 5.2.

#### 4.16.4 Video and Photography of Players

NWC will be taking videos and/or photos of games throughout the season to share on the NWC website and Facebook page and/or use for promotional materials only. If a player does not want to be included in videos or photos it is important they advise the Centre at the start of the season by emailing the NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz).

Those wishing to video or take photos must respect other players' privacy before displaying on social media. Please seek permission from both teams before engaging in any recordings or photos.

#### 4.17 Umpiring Duties

##### 4.17.1 Player Umpire requirements:

- a) Premier, Prem Reserve and Senior 1-4 will be required to provide up to 6 umpires either before or after each game every week and **must** have attended a new rules session prior to the season.
- b) College teams in Premier & Prem Reserve grades will be required to supply umpires as above.
- c) All teams playing in Collegiate and Junior Collegiate grades must provide one umpire for their own game.
- d) All player umpires must report to the Sports Control Desk (ĀTSC) within 10 minutes prior to the start of the next round for allocation to games in the following round and go immediately to their court.
- e) Premier 1-3 teams playing the 2.00pm Premier round may need to provide umpires at the earlier round when required.
- f) It is the club/school responsibility to ensure that players are supported to complete their umpiring duty.

All teams are responsible for checking the umpire roster each week.

##### 4.17.2 Player Umpire Duties & Fines:

- a) All games must have two umpires.
- b) In all cases, once an umpire begins a game, that umpire must umpire the entire game. Umpires may not be changed during the game except in the case of injury to the umpire and/or at the discretion of NWC Staff.
- c) If doable player umpires shall umpire at least two grades below that which they play. Player umpires should not umpire another team from their club or college.
- d) Where possible player umpires must wear neutral colours before taking the court to avoid confusing on-court players.
- e) Player umpires must wear appropriate netball shoes to complete their umpiring duty (i.e., slides or bare feet not acceptable).
- f) Player umpires are expected to provide own whistle or come prepared to purchase a whistle at least 10 minutes prior to the start of the game. Whistles may be purchased at the Sports Control Desk (ĀTSC) or Games Office (Hataitai Pavilion).

Finger whistle - \$6.50

Cash or debit card Eftpos available (ĀTSC only). Loan whistles are not provided.

- g) Player umpires must report for duty at the Sports Control Desk (ĀTSC) prior to the start of the game regardless of whether allocated on duty or reserve. Player umpires must sign-in and stay

in the near vicinity of the Sports Control Desk (ASC) until released by NWC Staff once the round has started. Failure to adhere will result in a fine and possible deduction of points.

- h) If a player umpire has someone umpire on their behalf, they must ensure the umpire is skilled enough to umpire the required grade. If it is found the umpire isn't of the right skill it may result in a fine or deduction of points.
- i) Player umpires are responsible for the following duties:
  - Nail and jewellery check
  - Establish which team has the first pass (Evens) and record in Sporty Game Day app.
  - Request match ball from each team and retain on console desk.
  - Check score and next centre pass at the end of each quarter on the scorers' Sporty Game Day app
  - Ensure the World Netball Rules of Netball are applied so that all parties to the game are kept safe.

Failure to report and/or failure to provide umpires as per the schedule for the required level will result in a fine of \$50 per umpire plus the loss of two competition points per umpire.

The fine set out above shall increase if the team fails to comply with this requirement more than once.

On the second failure, the fine shall be \$100 per umpire.

On the third occasion the fine shall be \$200 per umpire, and so on.

#### 4.18 Player Umpire

##### 4.18.1 Prior to performing umpire duty

It is compulsory for teams in Premier, Premier Reserve and Senior 1-3 grades to complete before Friday 17 May 2024 the [NWC Player Umpire Questionnaire](#). This is available to complete via the Netball Wellington Game Day app and on our website. Failure to complete this questionnaire by 17 May 2024 will result in the players not being able to take the court on 18 May 2024 and thereafter until they have completed it. If you have a Netball NZ qualification you do not need to complete the questionnaire.

Netball Wellington Centre also recommends the following:

- Attend one of the following NWC Umpiring Rules 101 workshops
  - #1 – Tuesday 23 April, 6.30pm – Virtual
  - #2 – Wednesday 22 May, 6.30pm – Virtual

Register Here - [tinyurl.com/y8bkajhs](https://tinyurl.com/y8bkajhs)

*Above dates may be subject to change pending facilitator availability.*

- Complete *Learning to Umpire* online learning at <https://bit.ly/3JDXJoN> or access via NWC website - [netballwellington.co.nz](https://netballwellington.co.nz)
  - open *Umpires and Officials* tab
  - select *Umpires and Officials Handy Resources & Info*
  - click *Learning to Umpire – FREE online module* button (2<sup>nd</sup> row from top)
  - click *Enrol* button (right side of page). Requires free sign-up/sign-in to proceed.

If difficulty accessing Sport Tutor view How to Guide here <https://bit.ly/36oYT9o>

Access difficulties - email NWC Community Development Officer at [admin@netballwellington.co.nz](mailto:admin@netballwellington.co.nz).

##### 4.18.2 Practical umpire training opportunity

Clubs and colleges are welcome to request practical umpire training led by NWC for their players via email to NWC Community Development Officer at [admin@netballwellington.co.nz](mailto:admin@netballwellington.co.nz).





#### 4.19 Health & Safety

All accidents, injuries or incidents both on and off the court must be reported to the Sports Control Desk (ĀTSC) or Games Office (Hataitai Pavilion) on the day or as soon as possible thereafter.

In the case of injury or incident an [NWC Injury Report form](#) must be completed digitally via the Sporty Game Day app by the injured player, or if unable, by a team or club official. Where it is not possible to access the form digitally, please request from the Sports Control Desk (ĀTSC) or Games Office (Hataitai Pavilion) on the day. Complete and return ASAP to NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz).

In 2024 NWC aim to have first aid providers at Hataitai Netball Courts if available to service these venues.

## ADMINISTRATION

### 4.20 Annual registration fees

All annual registration fees must be paid in full by **Friday 14 June 2024**.

- 50% due Friday 10 May 2024. Remaining 50% due Friday 14 June 2024.

Late payment may result in a 10% penalty on all outstanding amounts and may result in suspension from the competition and players being ineligible for representative teams as deemed unfinancial.

Teams who withdraw after **Thursday 9 May 2024** may be required to pay the full registration fee.

NWC 2024 Affiliation Fees (Includes Levy from Netball New Zealand and Netball Central Zone)		Levies to NNZ and NCZ inclusive of GST:	
Grade	Total Registration fee payable – GST inclusive	Netball NZ	Netball Central Zone
<b>2024 Member Club, Member Team</b> Premier 1, 2, 3 for a team of up to 10 players <i>Additional players – 4<sup>th</sup> game NWC &amp; NCZ levy applies</i>	\$2,090.00 \$30.00pp	\$65.00	\$185.00 \$18.50pp
<b>2024 Member Club, Member Team</b> Prem Reserve 1 – Senior 7 for a team of up to 10 players <i>Additional players – 4<sup>th</sup> game NWC &amp; NCZ levy applies</i>	\$1,790.00 \$30.00pp	\$65.00	\$185.00 \$18.50pp
<b>2024 Member School</b> Premier 1, 2, 3 for a team of up to 10 players <i>Additional players – 4<sup>th</sup> game NWC &amp; NCZ levy applies</i>	\$1,980.00 \$10.00pp	\$40.00	\$135.00 \$13.50pp
<b>2024 Member School</b> Prem Reserve 1-4 for a team of up to 10 players. <i>Additional players – 4<sup>th</sup> game NWC &amp; NCZ levy applies</i>	\$1,660.00 \$10.00pp	\$40.00	\$135.00 \$13.50pp
<b>2024 Member School</b> Collegiate 1-3 for a team of up to 10 players. <i>Additional players – 4<sup>th</sup> game NWC &amp; NCZ levy applies</i>	\$990.00 \$10.00pp	\$40.00	\$135.00 \$13.50pp
<b>2024 Member School</b> Collegiate 4+ outdoor grades for a team of up to 10 players <i>Additional players – 4<sup>th</sup> game NWC &amp; NCZ levy applies</i>	\$550.00 \$10.00pp	\$40.00	\$135.00 \$13.50pp
<b>2024 Affiliated Member Satellite</b> Year 7&8 – for a team of up to 10 players <i>Additional players –NCZ levy of \$8.50pp applies</i>	\$145.00	\$40.00	\$80.50 \$8.50pp
Year 5&6 – per player	\$12.50 pp	\$4.00pp	\$6.00 pp
Year 1-4 – per player	\$6.75 pp	\$2.50pp	\$2.50 pp

The registration fee is assessed on the grade in which the relevant team plays in Round 1.

### 4.21 Summary of fines/charges

Each fine/charge is to be paid within 7 days of the invoice being issued by NWC. Any disputes regarding fines must be made in writing to NWC Community Director on gm@netballwellington.co.nz within seven days.

Failure to pay a fine or charge by the due date may result in the team being defaulted until such time that the fine or charge is paid.

Fee or charge description	Fine
Default before 12pm the day prior to the scheduled game	Prem, Prem Res & Senior teams: \$100 Collegiate teams: \$40 (+loss of 2 points and forfeiture of game)
Late default	Prem, Prem Reserve & Senior teams: \$200 Collegiate teams: \$100 (+loss of 2 points and forfeiture of game)
Unregistered player, including incomplete team sheet	\$50 fine plus \$30 player registration fee (+loss of 2 points and forfeiture of game)
Playing under another name	\$50 (+loss of 2 points and forfeiture of game)
Playing down a grade or up over the 2 times allowed without dispensation	\$50 (+loss of 2 points and forfeiture of game)
Breach of Franchise Player rule	\$50 (+loss of 2 points and forfeiture of game)
Failure to report for umpiring or failing to umpire or failing to wait until reserve umpires are dismissed	\$50 per umpire (+ loss of two points per umpire) – (team's 1st offence) \$100 per umpire (team's 2nd offence) \$200 per umpire (team's 3rd offence)
Unregistered uniform	\$20 (per player) + player maybe asked to leave the court.
Bib hire	\$5 per set

#### 4.21.1 Hataitai Court hire

Hataitai Netball courts must be booked through Wellington City Council (WCC) - Bookings Officer (Sportsfields). Phone 04 389 0262.

#### 4.21.2 Ākau Tangi Sports Centre Court hire

Court bookings must be booked through Ākau Tangi Sports Centre Bookings Coordinator. Phone 04 830 0500 or email [sportscentre@wcc.govt.nz](mailto:sportscentre@wcc.govt.nz).

Ākau Tangi Court Hire	
Peak time: Monday to Friday 6pm-10pm Saturday & Sunday 8am-6pm Off Peak: Monday to Friday 7am-6pm Saturday & Sunday 6pm-10pm	Must be booked via Ākau Tangi Sports Centre Bookings on 04 830 0500 or <a href="mailto:sportscentre@wcc.govt.nz">sportscentre@wcc.govt.nz</a>  \$64.00 inc. GST per court, p/h \$43.00 incl. GST per court, p/h
<i>Disclaimer: Costs subject to change on annual basis at the discretion of the Ākau Tangi Sports Centre</i>	

#### 4.22 Hataitai Pavilion hire

The NWC pavilion is available for hire. Netball Wellington does not hold a liquor licence. If a liquor licence is required for an event, the hirer bears responsibility for applying for this individually, and meeting all legal requirements surrounding this licence. Below are indicative costs. Please contact The Community Director on [gm@netballwellington.co.nz](mailto:gm@netballwellington.co.nz) for any booking queries.

Member clubs, colleges, and teams (for use by the club, college or team other than as set out above)	Daytime hire (8am-4pm)	\$25 + GST p/h
	Evening hire (4pm-1am)	\$35 + GST p/h
	Evening Club meeting	\$25 + GST p/h

Members of member clubs, colleges and teams for events that are not Member club, Member school or Member team events, and Not for Profit entities	Daytime hire (8am-5pm)	\$35 + GST p/h
	Evening hire (5pm-1am)	\$50 + GST p/h \$37 + GST p/h (security call out)
Non members	Daytime hire (8am-5pm)	\$60 + GST p/h Plus bond of \$150
	Evening hire (5pm-1am)	\$75 + GST p/h Plus bond of \$250 & \$37 + GST p/h (security)

#### 4.23 Valuables and Lost Property

Please do not leave valuables unattended around the courts. NWC takes no responsibility for items lost or stolen at their venue. NWC retain lost property collected at Hataitai for up to two months. Ākau Tangi Sports Centre retain lost property for up to two weeks only. Enquire at the Games Office (Hataitai Pavilion) or Main Reception (Ākau Tangi Sports Centre).

Enquiries around lost property please contact the NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) indicating the day, venue, time and court where the item was left.

#### 4.24 Advertising

##### 4.24.1 Club/Sponsor Signage

Any club, college or team that wishes to display signage, must get permission from NWC Community Director for permission.

##### 4.24.2 Provision of contact information to commercial agencies

NWC will not provide the contact information of any clubs, colleges or individual players to any agencies without specific consent. The only time contact information may be accessed, would be for surveys to gather data about NWC.

#### 4.25 No Smoking or Vaping Policy

Smoking and/or vaping is not permitted within the Hataitai Pavilion, the Ākau Tangi Sports Centre or inside the surrounds of the Hataitai Netball Courts in compliance with the *Smoke Free Environments & Regulated Products (Vaping) Amendment Act 2020*.

## 4.26 Restrictions on Court Use/Access

### 4.26.1 Hataitai Courts

Dogs, bicycles, skateboards, rollerblades and scooters are not permitted within the fenced perimeter of the netball courts. Umbrellas, pushchairs, prams and wheelchairs may only be used in a location so as to avoid impeding umpires. If you are asked to relocate, please respect this request as the NWC staff and umpires aim to ensure safety is maintained.

### 4.26.2 Ākau Tangi Sports Centre

Conditions of use for courts hired at the Ākau Tangi Sports Centre are outlined on the Ākau Tangi Sports Centre court-hire contracts. Refer to details listed under 2024 Court Hire above or contact Ākau Tangi Sports Centre Bookings on 04 830 0500 or [sportscentre@wcc.govt.nz](mailto:sportscentre@wcc.govt.nz) for further clarification.

## 5 DISCIPLINARY

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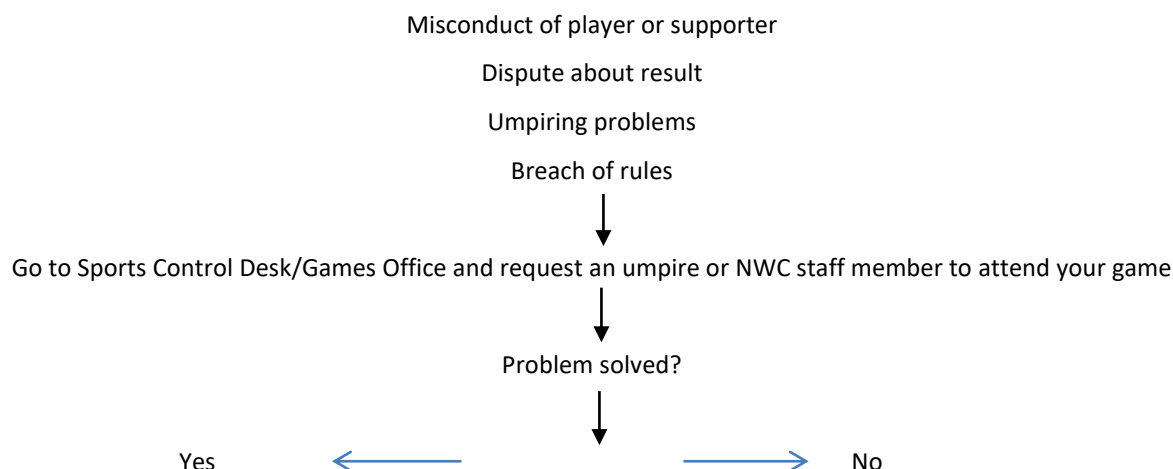
### 5.1 Netball New Zealand General Code of Conduct

As a member of Netball New Zealand (NNZ) you must meet the following requirements in regard to your conduct during any activity held by or under the auspices of NNZ, a Zone or a Netball Centre and in any role you hold within NNZ, a Zone or a Netball Centre: *(republished from 2023 NNZ Regulations – Schedule 4)*

- Respect the rights, dignity and worth of others.
- Be fair, considerate, and honest in all dealing with others.
- Be professional in and accept responsibility for your actions.
- Make a commitment to providing quality service.
- Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age.
- Be aware of, and maintain an uncompromising adhesion to NNZ standards, rules, regulations and policies.
- Operate within the rules of netball including national and international guidelines which govern NNZ, the Zone and Netball Centres.
- Understand your responsibility if you breach or are aware of any breaches of this Code of Conduct and Ethics.
- Do not use your involvement with NNZ, a Zone or Netball Centre to promote your own beliefs, behaviours, or practices where these are inconsistent with those of NNZ, a Zone or Netball Centre.
- Wherever possible, avoid unaccompanied and unobserved activities with persons under 18 years of age.
- Refrain from any form of abuse towards others.
- Refrain from any form of harassment towards, or discrimination of, others.
- Provide a safe environment for the conduct of any netball or netball related activity.
- Show concern and caution towards others who may be sick or injured.
- Be a positive role model. World Netball Rules of Netball

All breaches of Fair Play or *General Code of Conduct Rule 5 – Part VII* should be dealt with on court in the first instance. If you feel it has not been resolved, it must be reported directly after the game to NWC Staff at the Sports Control Desk (ĀTSC) or Games Office (Hataitai Pavilion). Formal complaints must be received in writing via the Club Administrator or Sport Coordinator with “*Formal Complaint*” in the subject heading directed to NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz) by 12pm Monday following the game.

## Netball Wellington Centre Misconduct Procedures



**Lay a complaint (even if the problem was solved but you feel more needs to be done)**

All complaints must be in writing and be received via your school coordinator or club administrator.

Complete the *Complaints* form &/or email the NWC Community Competitions Officer at [games@netballwellington.co.nz](mailto:games@netballwellington.co.nz)

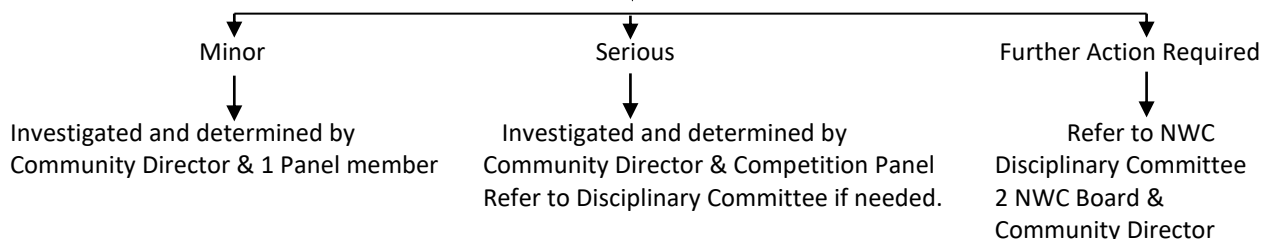
**Complaint must be received no later than 12pm Monday following the incident.**

NWC will acknowledge receipt of complaint within 24 hours of receiving the complaint.

### Resolution process

**Step 1 – Categorisation (Minor, Serious, Executive Decision)**

**Step 2 – Referral.**



#### Step 3

##### **Investigation - the Disciplinary Committee may:**

Contact the complainant; player, supporter or umpire;  
 Contact the club or college; request further details and  
 consider appropriate action.

Advise all parties of the outcome of the investigation  
 and action that has been taken

#### Step 4

##### **Determination – the Disciplinary Committee may:**

Censure the player, supporter or umpire; request an  
 apology &/or provide development, replay game, reverse  
 the result; suspend the member or take any other action  
 that is deemed appropriate.

Advise all parties of the outcome of the investigation  
 and action that has been taken.

### 5.3 Pregnancy Guidelines

NWC considers that pregnancy is a state of health, not an illness. It is important that all athletes are fully informed of the risks. As such NWC follow the Netball NZ Pregnancy guidelines (outlined below) and suggest anyone either pregnant or involved with a pregnant player (coach, manager or club official) read through the guidelines and follow any appropriate steps to ensure the safety and health of the player and their child.

The following guidelines outline the responsibilities of the pregnant player, coaches, administrators, umpires and other players when dealing with pregnancy in netball. However, as each person and each pregnancy is different, a pregnant player's ongoing participation in netball should be made on an individual basis and these guidelines can only assist all those concerned with pregnancy in netball to make decisions.

The key principle to note is that a pregnant player has the right to participate in her chosen sport and it may be considered discriminatory and prohibited by the Human Rights Act 1993; to use pregnancy as a basis for discrimination.

#### Recommended actions of the Pregnant Player:

- Obtain professional medical advice and a clear understanding of the risks before deciding on whether to continue to participate in netball and for how long.
- Regularly review training and playing programme with a medical advisor, considering the changes to their physical condition.
- Use common sense and avoid taking unnecessary risks.
- Bleeding and/or abdominal pain are warning signs, if either or both occur, stop the activity, and seek immediate medical advice.
- Pregnant players should avoid overheating, especially in the first trimester.
- Pregnant players **should not** increase the intensity of their training or playing programme at any stage during their pregnancy.
- Pregnant players should monitor their heart rate regularly to ensure they always work at less than 75% of their maximum heart rate.
- The pregnant player should advise her coach and trainer of their pregnancy so that training can be modified accordingly.
- Pregnant players need to also pay special attention to a thorough warm-up and cool-down, consuming adequate fluids before, during and after exercise.
- Remember that it is the pregnant player who shall decide as to whether to continue to participate in netball or when to stop.

#### Responsibilities of the Coach and/or Trainer

- Respect and support the rights of players who wish to continue exercising while pregnant.
- Encourage and support players to obtain and act on professional medical advice concerning their continued participation in netball and when to stop.
- Avoid giving advice that you are not qualified to give. Coaches & Trainers must be careful when advising on how to train during pregnancy that they are not placing themselves in the position of medical experts. A consultative approach between the player, coach, trainer and medical expert is recommended.
- Select players as per the relevant selection policy and ensure that this is based on merit and capability without discriminating based on pregnancy.



- Retaining the confidentiality of a player's pregnancy must be respected unless the player agrees to disclosure or there is a serious or imminent threat to the player's life or health.
- Remember that the pregnant player shall decide as to whether to participate in netball and when to stop.

#### Responsibilities of the Administrator or Facility Manager

- Respect and support the rights of players who wish to continue exercising while pregnant.
- Ensure that policies are in place to outline the organisation's commitment to equal opportunity and avoiding discrimination, particularly where pregnant players are concerned.
- Evaluate and consider precautions that can be taken to avoid harm to all players, including pregnant players.
- Ensure Coaches understand that they must select players as per the relevant selection policy and ensure that this is based on merit and capability.
- Promote adherence to the rules of the game.
- Avoid giving advice that you are not qualified to give and encourage pregnant players to obtain and act on medical advice, particularly regarding the risks of continuing to play.

#### Responsibilities of Umpires and Officials

- Respect and support the rights of players who wish to continue exercising while pregnant.
- Avoid giving advice that you are not qualified to give.
- Apply the rules of netball equally and fairly to all participants at all times.
- Prioritise the safety and welfare of all participants above all else.

#### Responsibilities of the Other Players

- Respect and support a pregnant player in the same way as they would any other participant.
- Adhere to the rules of the game.

#### Other

- Legal issues to be considered in dealing with pregnant players include providing safe playing environments and the privacy of the pregnant player. It is recommended that legal and/or medical advice is sought by the relevant parties if an issue arises where it is not clear what steps should be taken in a given situation.

#### Review and Approval of Pregnancy Guidelines

The Pregnancy Guidelines will be reviewed annually against related medical & legislative changes.

#### Resources:

The following resources are also recommended if further reading on the subject is sought:

- Pregnancy in Sport: Guidelines for the Australian Sporting Industry (2002), Australian Sports Commission
- Pregnant Athletes: A review of the legal issues (Australia) (2001) – an opinion obtained by the Australia and New Zealand Sports Law Association
- Women in Sport: Exercise and Pregnancy, issued by Sports Medicine New Zealand
- Mums the Word; Exercise During Pregnancy, New South Wales Sport and Recreation

- Sports Medicine Australia's Statement – the Benefits and Risks of Exercise in Pregnancy" Journal of Science and Medicine in Sport 5(1): p11-19
- Sports Medicine Australia: Exercise in Pregnancy – Fact Sheet No.2
- Get Knocked Up or Get Knocked Out –Pregnancy in Sport, The Independent 2 April 2003, A Scott-Howman, Bell Gully
- What Athletes Can Expect When They're Expecting, (2006) The Chronicle of Higher Education, Vol 52, Issue 38

#### 5.4 Pandemic return to play guidelines

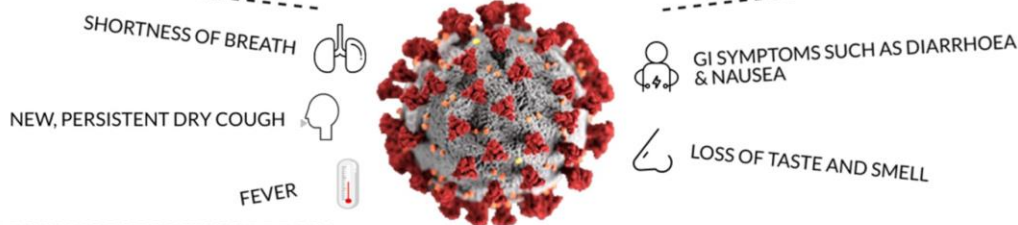
A pandemic can take a toll on a person, and it is important that we are smart with our return to play. To bounce back successfully it's vital to acknowledge it's a gradual process not to be rushed given each person may be affected in a different way.

Please find below a NetballSmart recommended Covid return to play guideline.

# COVID-19 GRADUATED RETURN TO PLAY FOR PERFORMANCE ATHLETES: GUIDANCE FOR MEDICAL PROFESSIONALS

JUNE 2020 EDITION

## INDICATORS OF COVID-19 INFECTION



THIS GUIDANCE IS AIMED AT ATHLETES WITH MILD TO MODERATE SYMPTOMS OF COVID-19. ATHLETES SHOULD FOLLOW LOCAL GOVERNMENT GUIDELINES OF COUNTRY OF RESIDENCE FOR MANAGEMENT OF SYMPTOMS INCLUDING ISOLATION AND TESTING PROCESSES. ATHLETES WHO HAVE MORE COMPLICATED INFECTIONS, OR REQUIRED HOSPITAL SUPPORT SHOULD HAVE A MEDICAL ASSESSMENT BEFORE COMMENCING GRTP. ASSESSMENT MAY INCLUDE:

BLOOD TESTING FOR MARKERS OF INFLAMMATION (HS-TROP, BNP, CRP), CONSIDER RENAL & HAEMATOLOGY MONITORING

CARDIAC MONITORING (ECG, ECHO, ETT, CARDIAC MRI)

RESPIRATORY FUNCTION ASSESSMENT (SPIROMETRY)



## GRADUATED RETURN TO PLAY PROTOCOL UNDER MEDICAL SUPERVISION

	STAGE 1 10 DAYS MINIMUM	STAGE 2 2 DAYS MINIMUM	STAGE 3A 1 DAY MINIMUM	STAGE 3B 1 DAY MINIMUM	STAGE 4 2 DAYS MINIMUM	STAGE 5 EARLIEST DAY 17	STAGE 6
ACTIVITY DESCRIPTION	MINIMUM REST PERIOD	LIGHT ACTIVITY	FREQUENCY OF TRAINING INCREASES	DURATION OF TRAINING INCREASES	INTENSITY OF TRAINING INCREASES	RESUME NORMAL TRAINING PROGRESSIONS	
EXERCISE ALLOWED	WALKING, ACTIVITIES OF DAILY LIVING	WALKING, LIGHT JOGGING, STATIONARY CYCLE. NO RESISTANCE TRAINING	SIMPLE MOVEMENT ACTIVITIES E.G. RUNNING DRILLS	PROGRESSION TO MORE COMPLEX TRAINING ACTIVITIES	NORMAL TRAINING ACTIVITIES	RESUME NORMAL TRAINING PROGRESSIONS	
% HEART RATE MAX		<70%	<80%	<80%	<80%	RESUME NORMAL TRAINING PROGRESSIONS	
DURATION	10 DAYS	<15 MINS	<30 MINS	<45 MINS	<60 MINS	RESUME NORMAL TRAINING PROGRESSIONS	
OBJECTIVE	ALLOW RECOVERY TIME, PROTECT CARDIO-RESPIRATORY SYSTEM	INCREASE HEART RATE	INCREASE LOAD GRADUALLY, MANAGE ANY POST VIRAL FATIGUE SYMPTOMS	EXERCISE, COORDINATION AND SKILLS/TACTICS	RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS	RESUME NORMAL TRAINING PROGRESSIONS	
MONITORING	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	SUBJECTIVE SYMPTOMS, RESTING HR, I-PPRS, RPE	

RETURN TO COMPETITION  
IN SPORT SPECIFIC TIMELINES

ACRONYMS: I-PPRS (INJURY - PSYCHOLOGICAL READINESS TO RETURN TO SPORT); RPE (RATED PERCEIVED EXERTION SCALE)  
NOTE: THIS GUIDANCE IS SPECIFIC TO SPORTS WITH AN AEROBIC COMPONENT



INFOGRAPHIC CREATED BY UK HOME COUNTRIES INSTITUTES OF SPORT; ELLIOTT, N. ELLIOTT, J. BISWAS, A. MARTIN, R. HERON, N.

# COVID-19 Care

NetballSmart can help your transition through the RTP stages:

## Stage 1 7-10 days

- Walking and activity of daily living.
- Light Core programme when feeling well enough – **NetballSmart Core and Stability Programme**.
- Light Body weight strengthening when feeling well enough – **NetballSmart Body Weight Strengthening**.
- Simple **NetballSmart Roller and Stretching** activity may be useful at this stage.

## Stage 2 2 days (min)

- Light aerobic activity – see **Running, Biking and Body Weight Circuits** for some ideas. Keep the intensity low.
- Check your heart rate – less than 70% of your max heart rate (220 – age) and work for 15 mins only.
- Monitor how you feel the next day – must not be more fatigued than day before.
- Use **My Smart Roadmap** to aid recovery.

## Stage 3A 1 day (min)

- Increase the intensity of the activity to less than 80% of max heart rate.
- Use **Running, Biking and Body Weight Circuits** for some ideas.
- Or use the **Preparation Programme**. This programme is more Netball specific.
- Check heart rate and modify intensity as necessary and work for 30 mins.

## Stage 3B 1 day (min)

- Use the **NetballSmart Dynamic Warm-Up** at training.
- Use the **Preparation Programme** to help plan training.
- **Year 9 & 10 Starter programme** may be a useful resource.
- Keep heart rate less than 80% of maximum heart rate and work for 45 mins.

## Stage 4 2 days (min)

- Back into Netball training. Start with the **NetballSmart Dynamic Warm-Up**.
- And progress into a full training session.
- Keep heart rate less than 80% of max heart rate and train for 60 mins.
- Maximise recovery – use **My Smart Roadmap** to aid recovery.

## Stage 5 2 days (min)

- Back into high intensity and full and normal Netball training leading into competition.
- Use the **NetballSmart Dynamic Warm-Up** for all trainings.
- Maximise recovery – use **My Smart Roadmap** and **NetballSmart Roller and Stretching** activity to aid recovery.

RETURN TO PLAY

## LIFE MEMBERSHIP & SERVICE AWARDS

### 5.5 Life Membership

A Life Member is a person who has been granted a Life Membership of NWC for outstanding contribution or service to netball and/or NWC.

A person shall become a Life Member of NWC by nomination, recommendation, and the vote by a two-thirds majority of those entitled to vote at a NWC AGM.

The nominee must have made an outstanding contribution to netball, with exceptional service in administration, coaching and/or umpiring at club, college or as an associate member within NWC and/or NNZ.

The nominee must hold a NWC Service Award at the time of nomination.

### 5.6 Service Award

Qualifications for a Service Award shall be a significant contribution in administration, coaching and/or umpiring at club, college, associate member or NWC level. The work itself must have been of an outstanding nature and the period of itself is not a qualification.

Throughout the season the ability to nominate suitable people for recognition will be advertised through website, social media, and email. Clubs, colleges, and associate members wishing to nominate a person for Life Membership or a Service Award must complete the approved nomination form which will be circulated widely and sourced from NWC or the website. All information pertaining to the nomination must be received by NWC at any time during the year. All nominations will be kept confidential. At the appropriate time nominations will be forwarded to the Convener of the Committee.

**Nominations close on Wednesday 6 November for decision by the AGM in the first week of December.**