# Wyong District Netball Association Welcomes Everyone to our 2023 Season

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# WYONG DISTRICT NETBALL ASSOCIATION EXECUTIVE 2023

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#### **SECRETARY**

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Wyong District Netball Courts
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# WYONG DISTRICT NETBALL ASSOCIATION EXECUTIVE MEMBERS 2023

#### PROMOTIONS/PR

Kristy Harris
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#### **DELEGATES TO NNSW**

Chris Miles Jan Addison Janet Hoddinott Sharyn Glachan

General Assembly meetings will be held at Baker Park on the dates in the following table. All correspondence must be given to the secretary on or before the day of the meeting to have it dealt with at that meeting except for matters, deemed by the Executive to be of a controversial nature, which will be held over until the next meeting. All clubs must have a representative at the *general assembly* meetings. Failure to attend will result in a \$20.00 + GST fine payable before teams take the court on the next day of play.

General Assembly Meeting Dates		
Date	Time	
13 <sup>™</sup> March	7.00pm	
8 <sup>th</sup> May	7.00PM	
19 <sup>th</sup> June (3rd Monday)	7.00pm	
14 <sup>th</sup> August	7.00pm	
AGM December 11 <sup>th</sup> —7.00pm		

# COMPETITION

Week 1	25 <sup>th</sup> March	Week 10	17 <sup>th</sup> June
Week 2	1 <sup>st</sup> April	Week 11	24 <sup>th</sup> June
Week 3	22 <sup>nd</sup> April	Week 12	15 <sup>th</sup> July
Week 4	29 <sup>th</sup> April	Week 13	22 <sup>th</sup> July
Week 5	6 <sup>th</sup> May	Week 14	29 <sup>th</sup> July
Week 6	13 <sup>th</sup> May	Week 15	5 <sup>th</sup> August
Week 7	20 <sup>th</sup> May	Week 16	12 <sup>th</sup> August
Week 8	27 <sup>th</sup> May		
Week 9	3 <sup>rd</sup> June		

Semi Finals	August 19 <sup>th</sup>
Finals	August 26 <sup>th</sup>
Grand Finals	September 2 <sup>nd</sup>

Times for Semi Finals, Finals and Grand Finals will be available to the club secretaries 1 week before games. It is the club's responsibility to inform their teams.

#### **SMOKING**

In accordance with the Clean Air Act 2000. Smoking is now <u>prohibited</u> on and around the court areas of the netball complex at Baker Park.

#### **REGISTRATIONS**

Each player must have their name entered on an official team sheet to allow for grading. No player will be permitted to play in the WDNA competition until registration has been checked with the registrar. It is the club's responsibility to sight birth certificates for all junior players and collect registration fees. Un financial members will not be permitted to take the court. The Association recommends that junior players play in their correct age groups, if possible, exceptions may be made by the Grading Committee in extenuating circumstances.

#### **LATE REGISTRATIONS**

Late registrations are allowed, the following procedure will occur for 2023 Clubs who have players wishing to join a team that is not in A grade should contact the Registrar no later than the Wednesday prior to Saturday they wish to commence playing with the information required to confirm their eligibility. Registering players into any 12 years and under competition team and 'A' Division players can be done prior to their game on Saturday. Players have the responsibility to register themselves on line once they have meet all the criteria. The committee has the right to allow or disallow a player to play in a nominated grade. This is done to ensure correct grading of teams is maintained.

#### **UMPIRING**

Umpiring format is umpire your own, for all grades other than those taken by the Umpiring Convenor or Committee for Umpire development. Each Umpire is to wear all white, a white T shirt or check the uniform policy for inclusive uniform. All umpires must ensure that they arrive to the game on time and check nails, jewelry etc. as per rule book.

Clubs are responsible for replacing an umpire who does not turn up for a club game. Association allocated umpires will be fined \$55 if they fail to turn up for their game. This fine MUST be paid to the Treasurer by the following week or they will be deemed un financial. Division 1 umpires MUST be badged umpires or those umpires working towards a National C badge who has a supervisor present for the entire game.

Umpires accepted into any WDNA umpiring program MUST follow the guidelines as per policy. Umpires must sign the scoresheet at the finish of the game.

#### **PHYSIOTHERAPIST**

During the 2023 season a Physiotherapist from Healthpoint Mingara will be available for consultation throughout the day. Players who requiring strapping prior to their game **must provide their own tape** or purchase it from the physio, or canteen.

#### **SCORESHEETS**

Books are available at a cost of \$6.00 (Plus GST). Please make sure you bring your score book each week. If you forget your book, you can ask the opposing team to score instead. All relevant information is on the cover of the score books. After each game the *yellow official sheet* is to be returned to the scoresheet box which is located at the Clubhouse *by the winning team*. Penalties will apply if the score sheet is not returned by the end of the day's competition.

It is the team responsible for scoring duty (first named team on the draw) to fill in the top of the score sheet correctly, failure to do so will result in a loss of points for that game. Teams who do not fill their player's names correctly on the score sheet will result in loss of points for that game. Eg. All team members should be noted on the score sheet, Y or N ticked, and substitute from another team within your club noted on the score sheet with Name, Team & Division they are subbing from before they take the court.

### **Post Protectors Returned**

Please make sure the following grades need to return their post protectors after the times listed below to avoid a \$10 fine.

#### 11.00 Round:

13/14C division courts 24, 25, 26 & 27 10C division court 20

#### 12.30 Round:

**Junior** 4 division court 19

#### 1.45 Round:

Division 7 courts 14, 17 & 18 Division 9 courts 5 & 6

All other teams playing at 3pm please return your post protectors after your game.

#### **CLUBS**

Clubs not fulfilling Canteen/ Toilet Duty will be fined \$100.00 (Plus GST) for each duty not undertaken. As voted in by the Clubs at the 2001 AGM. A list of duties will be posted in the Canteen.

#### **WET WEATHER**

Decisions to cancel games due to inclement weather will be made twice a day, at 7.45 am (morning games) and 12 o'clock (afternoon games). Radio station Star104.5 will be advised of these decisions. However, we have no control over the time of the announcements. WDNA Executive will endeavour to contact club secretaries, it is then the clubs responsibility to advise teams if games are cancelled. The committee believe that all games should be played if possible. If you cannot contact your club, assume that the game will be played. Cancellations will also be put on the Web Site & Face Book page.

#### **LOST PROPERTY**

Lost property is kept at the central control area until the end of each season. It will then be given to local charities if not claimed.

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### PLAYERS 5. Match Personnel Page 22 Rules of Netball

5.1.1 (iv) Players may not wear anything that could endanger themselves or other players, specifically:

- (a) No adornment or jewellery may be worn other than a wedding ring which must be covered with tape.
- (b) A medical alert bracelet may be worn provided it is covered with tape.
- (c) Fingernails must be short and smooth
- (d) Hair must be suitably tied back.

Non-abrasive gloves may be worn but no long nails or jewelry is permitted under the gloves. Players can be asked to remove their gloves or tape if umpires suspect they are covering piercings.

#### **PENALTIES / CODES of BEHAVIOUR**

WDNA follows the guidelines as set down by the NNSW Member Protection Policy, For more information please go to the NNSW web site.

#### **COMPLAINTS/APPEALS**

Formal complaints must be writing on the correct form available form administration Complaints on the back of score sheets will not be accepted.

It is important to come to administration immediately if an incident occurs on court do not wait until the end of the game.

Complaints for incorrect scores will not be dealt with, a scorer from each team should stand together for the entire game.

#### **FINAL SERIES**

Clubs will be allocated time slots for Semi Finals, Finals & Grand Finals after week 15 (5<sup>th</sup> August). It is the Club's responsibility to notify their teams of game times.

If a team fails to turn up for their game during the final series due to extenuating circumstances the Executive of WDNA reserve the right to re schedule the game time if the deem that one team has been disadvantaged.

#### **GRAND FINALS**

For all junior teams 12 years and under, if the scores are even at full time they will be declared joint Premiers.

The team receiving the trophy on the day will be determined by a toss of the coin between both Captains. Trophies for the other team will be given to the Club ASAP after Grand Final Day. For all other divisions extra time will be played.

#### LITTER

It is the responsibility of the association members to see that all litter is placed in the bins provided around the courts. Coaches/Managers are requested to ensure that their teams remove litter from the courts after their game. Council rangers will frequent the Courts during the Season to see if the new litter laws are being observed. Spot checks will be taken throughout the day and teams **will be fined \$20 per team** if there is rubbish left in their area. Clubs are reminded again to supervise each of their teams.

#### **POST PROTECTORS**

Teams not returning their post protectors after games (as per draw) will be **fined \$20** per court. (**\$10 per team**) This fine must be paid before the following weeks games

#### **DELEGATES TO WDNA MEETINGS**\$

All delegates to WDNA meetings must be senior members and financial members of WDNA & NNSW.

# **Wyong District Netball Association**

# **Club Colours and Abbreviations**

Club	Abbr.	Colours
Bateau Bay	BB	Purple/ White
Berkeley Vale	BV	Blue/White
Budgewoi	В	Green/Gold
Central Coast Pelicans	CCP	Black/Red/Yellow
Hurricanes	Н	Royal Blue/Gold
Kanwal	K	Black/Gold/White
Lake Munmorah	LM	R/Light Blue
Lakes	LW	Royal Blue/ White
Lakes Grammar	LG	Navy/Burgundy/Yellow
MacKillop	MN	Red/Blue
Mingara/Killarney District	MKD	Green/ White
Panthers Sports	PS	Teal/Black/White
Shelly Beach	SB	Teal/Navy/White
Summerland Pt/Gwan	SPG	Red /Green/White
Toukley	T	Red/ White
Waldaba	WN	Black/White/Grey/Turquoise
Warnervale Wildcats	WW	Blue/White/black
Wyong Leagues	WL	Gold/White
Zaaps	ZAAP	Purple/Black/white

# **Club Information**

Bateau Bay	Irene Wheele	0438244051	Natalie Gelwyn	0405442736
Berkeley Vale	Kristy O'Donoghue	0408977629	Brooke Renda	0431675741
Budgewoi	Julie Shoesmith	0419986759	Rebecca Sevuloski	0404764773
C.C. Pelicans	Mandy Shaw	0402207164		
Hurricanes	Amil Davis	0424546287	Amanda Curry	0402910810
Kanwal	Setitaia Fale- Tu'uloa	0449671190		
Lake Munmorah	Rebecca Dalgairns	O408027583	Holly Wright	0410193338
Lakes	Ebonnie Leard	0435430594	Rebecca Greentree	0410619811
Lakes Grammar	Belinda Henson	0401058630	Rachelle Kowaliw	0410639175
MacKillop	Catherine Kyle	0419617136	Derek Wolfenden	0409822857
Mingara Killarney	Jacinda Harrison	0408493233	Renee Webber	0414799510
Panthers Sports	Sally Brownlie	0409332036	Kellie Bush	0420540851
Shelly Beach	Amy Pidgeon	0413332449	Adam Dippel	0413332449
Summerland Pt / Gwandalan	Alison Bull	0434640501	Hayley Veitch	0417472152
Toukley	Melissa Lewis	0418412452	Lee Starkey	0450570446
Wadalba	Jasmine Flaherty	0409532545	Lisa Holt	0412031808
Warnervale Wildcat	Kim Bunting	0412023233	Kaylie Smith	0402188207
Wyong Leagues	April Farrell	0475395225	Anne Starkey	0418491604
Zaaps	Robyn Higgins	0404493446	Tracey Gorton	0414531474

# **Canteen Roster**

Date	Week	Club	Time
25 <sup>th</sup> Mach	1	Shelly Beach	8.15am - Finish
1 <sup>st</sup> April	2	Kanwal	8.15am - Finish
22 <sup>nd</sup> April	3	Lake Munmorah	8.15am - Finish
29 <sup>th</sup> April	4	Lakes	8.15am - Finish
6 <sup>th</sup> May	5	Central Coast Pelicans	8.15am - Finish
13 <sup>th</sup> May	6	Mackillop	8.15am - Finish
20 <sup>th</sup> May	7	Mingara	8.15am - Finish
27 <sup>th</sup> May	8	Panthers	8.15am - Finish
3 <sup>rd</sup> June	9	Summerland Pt	8.15am - Finish
17 <sup>th</sup> June	10	Toukley	8.15am - Finish
24 <sup>th</sup> June	11	Warnervale	8.15am - Finish
15 <sup>th</sup> July	12	Wyong leagues	8.15am - Finish
22 <sup>nd</sup> July	13	Zaaps	8.15am - Finish
29 <sup>th</sup> July	14	Bateau Bay	8.15am - Finish
5 <sup>th</sup> August	15	Wadalba Budgewoi	8.15 – 11.30 11.30 - Finish
12 <sup>th</sup> August	16	Berkley Vale	8.15am - Finish
Semi Finals	19 <sup>th</sup> August	Hurricanes	8.15am- Finish
Finals	26 <sup>th</sup> August	Lakes Grammar	8.15 - Finish
G Finals	2 <sup>nd</sup> September	TBA	8.15am-Finish

Please Note: Clubs will need to supply at least 6 adults or high school students to the canteen. At no time will children under the age of 13yrs be permitted to serve in the canteen.

# **Barbecue Roster**

Date	Week	Club
25 <sup>th</sup> March	1	12yr reps
1 <sup>st</sup> April	2	13yr reps
22 <sup>nd</sup> April	3	14yr reps
6 <sup>th</sup> April	4	15yr reps
7 <sup>th</sup> May	5	17yr reps
13 <sup>th</sup> May	6	Open reps
20 <sup>th</sup> May	7	Combined Rep BBQ
27 <sup>th</sup> May	8	Ruth Kent Indigenous Round
3 <sup>rd</sup> June	9	Kanwal
17 <sup>th</sup> June	10	Lake Munmorah
24 <sup>th</sup> June	11	Lakes
15 <sup>th</sup> July	12	Lakes Grammar
22 <sup>nd</sup> July	13	Mackillop
29 <sup>th</sup> July	14	Mingara Killarney
5 <sup>th</sup> August	15	Panthers
12 <sup>th</sup> August	16	Shelly Beach

# **Barbecue**

Representative teams are allocated days prior to Clubs to help with fund-raising for Senior/Junior State Titles. The cost to use the barbecue is \$110 per Club, the alternative is to provide two people rostered in the canteen from 7.00am – 8.15am to help with set up.

It is the teams/clubs responsibility to fill the gas bottle prior to use.

Teams & Clubs allocated a BBQ for fundraising purposes are responsible for putting the garbage bins around the courts before 8am

BBQ & facilities MUST be cleaned and inspected by a WDNA Executive member before leaving. A fine of \$100 will be imposed if facilities are left dirty and equipment not put away correctly. All rubbish from the BBQ must be put into the nearest outside wheelie bin.

# **Carnival Entry Procedures**

Entries to WDNA's carnival will be accepted individually or from Clubs. Teams/Clubs can collect an official carnival entry form from administration, teams or club officials may submit this form at any time on Saturdays to an executive member in administration. The Treasurer will then invoice the club directly.

#### No entries will be taken if not on the official form.

Teams withdrawing without appropriate notice are subject to a \$50.00 fine (Plus GST).

#### UMPIRING RESPONSIBILITIES AT CARNIVALS

It is the responsibility of the team to supply an UMPIRE of a reasonable standard. It is not always possible to umpire your own team, and you may be required to umpire at the same time as your team is playing, so be prepared for this.

Teams may borrow players from other teams for carnivals but these players must be registered with NSWNA.

Clubs/Teams wishing to enter any District Associations Carnival must apply directly to that Association.

# **INSURANCE FORMS**

Insurance forms can be either downloaded from the NNSW web site (Insurance) or collected from administration on the day of accident or injury, or as soon as possible after the incident. Please follow the instructions on the form carefully and have it signed by the appropriate personnel. It is the responsibility of injured person (or guardian) to complete the form correctly which is then **sent directly to the insurance company.** 

# **Carnival Dates 2023**

Date	Carnival Venue	Grade	<b>Closing Date</b>
16 <sup>th</sup> July	Blacktown	All Age	Check with Ass.
16 <sup>th</sup> July	Port Stephens	All Age Net Set Go	Check with Ass.
23 <sup>rd</sup> July	Charlestown	All Age Net Set Go	Check with Ass.
30 <sup>th</sup> July	St George	11yrs-17yrs + other club	Check with Ass.
	Ku ring gai	11yrs + other club	Check with Ass.
	Maitland	All Age	Check with Ass.
	Lakeside	Net Set Go	Check with Ass.
	Illawarra	10yrs -17yrs	Check with Ass.
6 <sup>th</sup> August	Wyong	10yrs -Opens	<b>22<sup>nd</sup></b> July
	Nelson Bay	All Age Set - 12yrs	Check with Ass.
13 <sup>th</sup> August	Cessnock	All Age	Check with Ass.
August 13th	Liverpool	All Age	Check with Ass.
	Cessnock	All Age	Check with Ass

# Substitution Rules For Players from the same club

GRADE	Eligible Substitutes Can Be From
	No 12yr can sub to a Snr Division
	110 12yl can sae to a Sin Bivisien
12 A	12A, 12B, 11A, 11B, 11C, Any10
12 B	12 B, 11B, 11C, Any 10,
11A/B	11 A, 11B, 11C, Any 10, 9 comp. 9/10yrs
11 C Blue	11 C Blue /Maroon, Any 10, 9comp, 9/10yrs
11 C	11C Blue, 11C Maroon, Any 10, 9 comp. 9/10yrs
Maroon	
10A	10A, 10B, 10C, 9 comp, 9/10yrs
10B	10C, 10B, 9 comp, 9/10yrs
10C	10 C, 9 comp, 9/10yrs
9 Comp	9/10yrs, 8yrs
9/10yrs	Any 8. 9/10 may also sub among themselves to make
	the game for enjoyable if a team is short
7yrs, 7/8yrs	These games are NON-COMPETITION and aimed at skill
8yrs	development. 7's, 7/8's 8yrs can sub among themselves. With
	inter club cooperation you may use players from the opposing team to make the game more enjoyable for all.
	Please check general information "Score Sheets" and
	Substitution rules (Players from other team) for the correct
	procedure when filling in score sheet.

# Substitution Rules For Players from the same club

Grade	Eligible Substitutes Can Be From
Division 1	Div 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, Any Cadet, Junior
	or 13yrs Div
Division 2	Div 3, 4, 5, 6, 7, 8,9,10,11, Any Cadet, Junior or
	13yrs Div
Division 3	Div 4, 5, 6, 7, 8, 9, 10, 11, Any Cadet, Junior or
	13yrs Div
Division 4	Div 5, 6, 7, 8, 9,10, 11, Any Cadet, Junior or 13yrs
Division 5	Div 6, 7, 8, 9, 10, 11, Any Cadet, Junior or 13yrs
Division 6	Div 7, 8, 9,10, 11, Any Cadet, Junior or 13yrs Div
Division 7	Div 8, 9, 10, 11, Any Cadet, Junior or 13yrs Div
Division 8	Div 9, 10, 11, Any Cadet Any Junior or 13yrs Div
Division 9	Div 10, 11, Cadet 2, Any Junior or Any13yrs Div
Division 10	Div 11, Cadet 2, Junior 2, 3,4, 5, or Any 13 Div
Division 11	Cadet 2, Junior 2,3,4,5, or Any 13 Div
Cadet 1	Cadet 2, Any Junior, 13yrs or 12yrs
Cadet 2	Junior 2,3, 4,5, Any 13yrs or 12yrs
Junior 1	Junior 2,3,4, 5, Any 13yrs,12yrs or 11yrs
Junior 2	Junior 3,4,5, Any 13yrs,12yrs, or 11yrs
Junior 3	Junior 4,5, Any 13yrs,12yrs or 11yrs
Junior 4	Junior 5, Any 13 Any 12 or 11yrs
Junior 5	Any 13, 12B, 12C, Any 11yrs
13B	13C, 12B, 12C Any 11, Any 10
13C	12C, Any 11, Any 10

# **Substitution Rules** (Players from other teams)

- a] Subbing of girls from a LOWER DIVISION, AGE GROUP OR GRADE
- b] If a team is unable to field seven players, they may borrow from a team of a lower grade division or age group WITHIN THEIR OWN CLUB
- c] The borrowing team must field at least THREE (3) **Original players**.
- d] The maximum number of borrowed players shall be TWO (2) into any one team.
- e] If a registered player arrives after a subbed player has been used the original player may replace the subbed player but not until an interval. (1/4, 1/2 or 3/4 time). Once a registered player has replaced a subbed player that subbed player may not retake the court except in the event of an injury.
- f] A player can only sub up into a particular team TWICE (2) times. She will not be eligible to sub into the same team a third time. If she does sub a third time the borrowing team shall lose competition points awarded for that game.
- g] Substitutes must be written on the score sheet before the player takes the court. It is the responsibility of the Coach/team to ensure that the substitute is eligible to play in that division.
- h] The borrowed players must be eligible to play their own game.
- i] FORMAT for eligibility to sub into a team shall be: JUNIORS/ INTERMEDIATE/ CADET/SENIOR
  - all be decided yearly.
  - No subbing semis, finals and grand finals.
  - Rep teams may sub from squad players within their age group.

Please note: If registered team player comes late/or is injured and has already been replaced by a substitute, please indicate late/injured player with an \*\* on the score sheet.

# Substitution Rule (Players within your own team)

Netball Australia - Official Rules - Revised 2016

- 9.1 Substitution and Team Changes Page 44 Rules of Netball
- (1) Both teams have the right to make substitutions and/or team changes:
  - (a) During an interval
  - (b) When play is stopped for injury/illness or blood.
- (ii) The numbers of substitutions are not limited provided the players used are those named for the match.

A team is up to twelve players (of whom a maximum of seven are on the court at any time)

# **CALENDAR OF EVENTS**

DATE	EVENT
1 <sup>st</sup> April	Umpires Convenors meeting 9.45am
22 <sup>nd</sup> April	Member Protection Officer's meeting 12.00
22 <sup>nd</sup> April	Registration for 10-week Net Set Go program opens
6 <sup>th</sup> May	11.00 Net Set Go 10 week program commences
4 <sup>th</sup> June	2nd selection for 11yr development squad. Baker Park, Wyong 9am start. Application to trial forms are on the web site & will be accepted up until May 21st. Players wishing to trial MUST be in attendance.  Late applications will not be accepted.
11 <sup>th</sup> - 13 <sup>th</sup> June	State Championships, Maitland - 15yrs, 17yrs, Opens
18 <sup>th</sup> June	Kids Cancer appeal day
2 <sup>nd</sup> - 4 <sup>th</sup> July	State Age Championships, Camden -12yrs, 13yrs, 14yrs
6 <sup>th</sup> August	Interviews for rep coaching positions, times TBA
12 <sup>th</sup> August	11yr Development Squad selections for 2022. Baker Park, Wyong 9am. Application to trial forms are on the web site & will be accepted up until August 12th  Players wishing to trial for a position in this squad must be in attendance. Late applications will not be accepted.
	12yr rep squad selections for 2022. Baker Park, Wyong 1.30pm Application to trial forms are on the web site & will be accepted up until August 12 <sup>th</sup> Late applications will not be accepted.
15 <sup>th</sup> August	13yr rep squad selections for 2022, Baker Park, 4.30pm Application to trial forms are on the web site & will be accepted up until August 12th Late application will not be accepted.
17 <sup>th</sup> August	14yr rep squad selections for 2022, Baker Park, 4.30pm 15yr rep squad selections for 2022, Baker Park, 6.30pm Application to trial form are on the web site & will be accepted up until August 12th Late applications will not be accepted.
18 <sup>th</sup> August	Senior representative application to trial forms are due on or before the 14 <sup>th</sup> August. All interested players are required to attend Baker Park at 7.30pm for either squad selection or expression of interest depending on numbers.

TBA	Representative Presentation Dinner for all players & rep personnel
Coach & Umpire Development	Coaching & Umpiring Courses are available through Netball NSW please check NSW web site for details - www. netballnsw.com For updates and general information please check the Wyong Netball Association web site www.wyongnetball.com.au
Player Development	Please check NNSW web site & WDNA web site/face book page for details of clinics for players.

#### **NET SET GO NETBALL GUIDELINES FOR 7 & 7/8yrs**

#### Coaching/Umpiring

Use simple language and explain decisions

Umpire accordingly to the skill level of the players.

Adopt the role of teacher/umpire rather than rule enforcer

Adopt an encouraging and pleasant manner to ensure an open and free flowing game. Be flexible, easy going with a desire to help the children to enjoy the game Use common sense to ensure that "the spirit of the game" for children is not lost by overcalling the game.

Coaches (1per team) may enter the court to help players. If the game is one sided coaches MUST make sure all players have a good experience.

#### **NET SET GO PROGRAM FOR 7YR TEAMS.**

15 minutes FOR skill development & warm up games.

MATCH DURATION - 3 X 15 Minute on court game time.

GOAL POSTS - 2.4 Metres (8 foot) height.

**BALL-Size 4** 

TIME TO PASS THE BALL - Up to 5 seconds.

STEPPING - Shuffling on the spot to regain balance allowed.

DEFENDING - Strict "one-on-one defence". Players may not defend the shot for goal.

OBSTRUCTION— A player must defend from a distance of no less than 1.2m (4ft)

PENALTIES - Do not stand out of play for contact or obstruction but explain the rule.

#### SUBSTUTITIONS:

The game time should be evenly distributed amongst all players.

A team may make unlimited substitutions at intervals or at any time during play.

- 1) Before leaving the court the substitute shall tag the player leaving the court.
- 2) Players should be substituted to either only attack positions or defence positions only during the duration of the game.

Players should experience all playing positions over the course of the season.

#### **CENTRE PASS:**

The initial Centre Pass will be taken by the team that won the toss and all other Centre Passes shall be taken by the team that did not score the last goal.

#### SCORING:

There are no scores kept in these games.

#### **NET SET GO RULES FOR 8YRS**

**Match Duration:** 4x 15-minute quarters

**Goal Posts:** 2.4m

**Ball:** Size 4

**Time to pass ball:** Up to 5 seconds

**Footwork:** 1-2 steps (to regain balance) allowed

**Defending:** Strict one-on one defence

Players may NOT defend a shot at goal

**Centre Pass:** Taken by the non-scoring team

**Substitutions:** Game time evenly distributed amongst all players

Unlimited substitutions at any time

Players should be allowed to try all positions

throughout the season.

**Umpiring:** Use simple language to explain decisions

Umpire accordingly to the skill level of the players Adopt an encouraging and pleasant manner to ensure an open and free flowing game. Be flexible, easy going with the desire to help the children enjoy the game.

Use common sense to ensure that "the spirit of the game"

is not lost by overcalling the game.

Two umpires are required on these games

**Coaching:** Coaches can act as the Umpires/Mentors on these

If the game is one-sided coaches must make sure all

Players have a good experience

#### **Recreation Smoke Free Policy**

Council adopted the Recreation Smoke-Free Policy at the Ordinary Meeting held on 25 June 2008. It was moved by Councillor Welham and seconded by Councillor Stewart.

The purpose of the Recreation Smoke Free Policy is to protect residents, in particular children, from the harmful effects of passive smoking. The policy is further evidence of Council's commitment to a partnership which will see Wyong Shire Council staff work with the NSW Cancer Council and Northern Sydney Central Coast Health to highlight the health benefits of smoke-free areas.

Council has the ability to regulate activity in a public place by means of regulatory notice on council owned and controlled land by virtue of Section 632 of the NSW Local Government Act 1993.

Smoke-Free Zones are declared on the following Council owned and managed land:

All sports grounds and their associated infrastructure including:

- Amenities buildings and car parks
- Tennis court and netball courts
- Skate and BMX parks
- Swimming centres
- · Golf driving ranges; and

#### Zones will also apply at:

- Council events within 30 metres of playgrounds on all parks and reserves
- within 10 metres to the side and rear of red and yellow swimming flags on all
- patrolled beaches when patrols are present
- within 10 metres of rock pools; lake and ocean baths; BBQs; picnic furniture
- areas; alfresco dining areas.
- within 10 metres of entrances to Council owned or managed buildings, including balconies and covered areas
- within 10 metres of all bus stops
- Council owned and managed pedestrian malls and plazas
- within 10 metres of all covered taxi ranks located on Council owned or managed land.
- Promoters of events held on land managed by Council or under the sponsorship of Council will also be encouraged to operate as smoke-free.

Note that Council does not have the statutory authority to apply this policy to privately owned land, unless that land falls within the boundaries laid out above. Privately owned land is subject to the NSW Smoke Free Environmental Act, which prohibits smoking in a wide range of public places.

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For all competition information including draws, results, press releases, rep information, coaching/umpiring clinics, club contacts and more visit:

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