



MRCLC Social Netball Competition

Rules & Regulations

Payment - Team fee is to be paid each week before commencement of game. Team fee is \$10.10 per player x number of players per round.
Payment can be made to the MRCLC office before the game, cash or eftpos accepted.

Eligibility - Players must be 17+ and can be male or female. Skill level can start at beginner onwards.

Program Duration - This program will run for 5 weeks, starting on Friday 21st and will run until the last game on the Friday 21st March.

Game Times - The first game will start at 6pm, with the second game starting at 7pm. Depending on team nominations, we may add a third time slot at 8pm. Games will consist of 4 x 10 minute quarters, with 2-3-2 minute breaks.

Uniforms - Players are to wear clothing that is comfortable for them, as long as they pose no risk to themselves or other players.

Enclosed sports shoes are a *MUST* and must be appropriate for running.

Teams are welcome to coordinate uniforms, as long as they are appropriate and not offensive. Colour coded bibs will be assigned to teams for the games.

We ask to please remove jewellery before taking the court.

Fixtures - These will be sent out by Tuesday 18th February for the 5 week program.

Competition Points - Results will be taken at the end of each round and distributed to all players.

Point system is as follows:

Win = 2 Points

Loss = 0 Points

Draw = 1 Point

Failure to Umpire = -2 Points

Forfeit - 0 points, 2 Points awarded to opposing team

There is no finals or rewards for winners

Umpiring - Each team each week will be assigned to umpire another time slot (this will be listed on your fixtures).

Umpires do not need to have any qualifications - it's a great way to learn! This is a social competition so we ask of everyone not to take it too seriously.

Rules

Players - A total of 7 players are

Rolling subs are allowed.

No more than 9 players are to be listed in the team each week.

Alternate players are allowed from your regular playing list that has been submitted on your nomination form.

Teams must consist of a minimum of 3 male players and 4 female players.

Game - Game Rules are the same as World Netball - Rules of Netball 2024 Edition. A copy of this can be found on game nights or through the following link: <https://netball.sport/wp-content/uploads/2024/01/World-Netball-Rules-Book-2024.pdf>