

## **NETBALL - Women's and Mixed (Mixed - see below)**

**Warm up prior to participation and warm down upon conclusion.**

**It is “strongly” recommended that mouth guards and other appropriate protective equipment be worn during play.**

**Keep hydrated**

**(General Rule 1.1, 1.2 & 1.3 apply)**

Teams of 7 must be on court ready to play at the commencement of each game. Any time after the central whistle has blown will infringe on the team's playing time.

No injury time will be given. It is important for an injured player to be replaced with a reserve immediately.

### **Umpiring:**

- 1 It is the responsibility of each team to provide two umpires for the duties allocated to them. Please honour your duties so all teams (including yours) will not experience delays in starting.
- 2 You are reminded that all umpires are voluntary and are there for the players' benefit. Please remember this before disagreeing with any of their decisions.
- 3 All umpires must supply their own whistles.

All other rules for netball apply.

### **Finals:**

In the event of a drawn game after full time 5 minutes extra time will be played. Should the scores still be even after extra time then golden goal applies (next team to score wins).

## **MIXED NETBALL**

**Warm up prior to participation and warm down upon conclusion.**

**It is “strongly” recommended that mouth guards and other appropriate protective equipment be worn during play.**

**Keep hydrated**

- 1 Same rules apply to mixed Netball as for Netball.
- 2 Each team of 7 must have at least 2, and no more than 3, male players.  
**(General Rule 1.1, 1.2 & 1.3 apply)**
- 3 Only 1 male player allowed at each of the defending/offending ends. For example you can't have a male GS and a male GA (or a male GK and a male GD).

### **Equipment**

SportsFest to supply Netballs & approx 20 sets of Bibs

However If Teams already have Bibs please supply.

Competitors to have own personal safety equipment