

Information and Rules for the
2024 RDNA Competitions

2024 Competition Handbook

Rockingham and Districts
Netball Association Inc.

RDNA Management Committee



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1.OBJECTIVE

The objective of the Rockingham and Districts Netball Association (Inc) (RDNA) is to encourage, promote, control and manage the game of netball within the wider Rockingham district and surrounding areas and to act in the best interests of its members and participants in all matters pertaining to netball.

1.1 Definitions and Interpretations

Affiliated Club means a Club that has submitted a completed annual Affiliation Form to RDNA.

Association means Rockingham and Districts Netball Association (Inc)

Clearance means clearing of a member from one Club to another after registration has occurred.

Club means any group of teams or any singular team playing under the same name and in the same uniform.

Competition means any Rockingham and Districts Netball Association run competition.

Delisting means removing a player from a team listing

Deregister means the withdrawal of a player's registration with Netball WA. It applies to players who are withdrawing entirely from the winter competition and not transferring to another club or association within WA.

Division means a graded section within a competition comprising of teams of similar standard and ability.

Fixtures means the list of scheduled matches between teams for a division of the competition.

Grading means the process used by the Grading committee to allocate Club teams into divisions.

Junior means any player who is 18 or under the age of 18 at December 31 of the current year.

Match means a match played between two teams on a scheduled fixture date of the competition.

Match Day means the day on which official matches of the Association are played.

MBSC means Mike Barnett Sports Complex: The location of RDNA Competition.

MPIO means Member Protection Information Officer

Play HQ is the national netball database used for recording registrations and facilitating all competition information.

NetSetGO means Netball Australia's junior entry netball program available to 5 to 10-year-old players and endorsed by Netball WA.

NWA means Netball Western Australia

Player means a person who is a financial Club member and is eligible to play in an RDNA competition.

Points means a scoring system applied for teams winning or drawing matches. The total points gained during a season shall determine a team's relative position on the ladder.

RDNA means Rockingham and Districts Netball Association.

RDNA Office means the administration office of Rockingham and Districts Netball Association located at Mike Barnett Sports Complex in Rockingham.

Registered means a person who has been registered on Play HQ and is a financial member with an RDNA Club, RDNA and Netball WA for the year of the competition.

Round means all matches scheduled to be played on a particular day.

Rules of Netball means the World Netball Rules of Netball – 2024 version.

Senior means any player who is, or will be, 18 years or older at 31st December of the current year.

Single Game Voucher (SGV) means a voucher purchased by an unregistered player to enable them to play a match at RDNA.

Transfer means the transfer of a person's data from one organisation to another within the Play HQ database system.

Withdrawal means removing a member from the affiliation listing of a Club in Play HQ but who retains their registration with Netball WA.

World Netball means the organisation responsible for the governance of the sport of netball internationally

2. ADMINISTRATION

2.1 Management Committee

President – Glen Peterson

Vice President – Brooke Onoforo

Treasurer – Dennis Ham

Registrar – Hazel Webb

Administrative Secretary – Emma de Knecht

Association Development Officer (ADO) – Lisa Mansell

Association Umpire Development Officer (AUDO) – Kimberley Robinson

2.2 General Committee

Competition Coordinator – Responsibility of clubs

Disputes Chairperson – Tracey Williamson

Events Coordinator – vacant

Grading Chairperson – Cara Simpson

MPIO – Brooke Onoforo

Property Officer – Erin Homan

Publicity Officer – vacant

Trophy Officer – Tahnee Harvey

All Committee positions are for 1 year, AGM to AGM. All positions are through nomination prior to / at the AGM and are either elected at the AGM or Appointed soon after.

2.3 Meetings

Affiliated Club Meetings are conducted in the RDNA Office. Club delegates may attend in person or via Teams. The meeting commences at 7.00pm.

- March 12th, April 9th, July 9th, August 13th 2024

Special General Meetings are called when and if required in accordance with the RDNA Constitution

Annual General Meeting is conducted in the RDNA Office, September Club Delegates must attend in person in accordance with the RDNA Constitution. The meeting commences at 7.00pm. October 8th, 2024 (TBC)

2.4 RDNA Open Day

This is an opportunity for Clubs to obtain new registrations for the 2024 season and the RDNA to provide Information and assistance.

- Venue – Mike Barnett Sports Complex
- Time – 10.00am to 12.00 noon
- Date – Saturday, February 3rd, 2024

2.5 Competitions

The RDNA administers several competitions each year;

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- Saturday Junior Winter Competition – April 20th to August 17th, 2024, plus finals
- Saturday Net Set Go Competition – April 20th to August 17th, 2024, presentations after last game each round.
- Monday Night Winter Senior Competition – April 22nd to August 19th, 2024, plus finals
- Wednesday Night Spring Junior Competition – October 9th to November 27th, 2024 (TBC)
- Monday Night Spring Senior Competition – October 7th to November 25th, 2024 (TBC)
- Monday Night Spring Mixed Competition – October 7th to November 25th, 2024 (TBC)
- No Limits Competition – Saturday February 3rd, 10th, 17th, 24th, March 2nd, 9th, Carnival March 16th @ MBSC
- Walking Netball Competition – Wednesday February 7th to March 6th, 13th 2004 @ BISC, 6-8pm

2.6 Grounds and Facilities

The following information relates to netball activities within Mike Barnett Sports Complex.

Fundraising: RDNA believes that it is important that RDNA patrons are not unduly approached to participate in fundraising activities such as purchasing chocolates or raffle tickets. The current policy is no raffle tickets are to be sold on the grounds or at cake stalls, without prior approval from RDNA, and no fundraising chocolates or sweets can be sold at cake stalls nor around the grounds.

Animals: We request Clubs strongly urge their members to not bring their dogs to netball. We have had some serious dog issues on competition days and Clubs who use our grounds for Club training during the week have also reported incidents. Support dogs are allowed.

Bikes/Scooters/Skateboards: To ensure safety of all within the grounds and to reduce the likelihood of damage to the grounds and courts, we request that members do not use skateboards, bikes scooters, rollerblades etc around the outdoor courts at RDNA. All are prohibited inside the Mike Barnett Sports Complex.

Sidelines: Due to RDNA risk management procedures and Duty of Care to our members RDNA may permit prams, chairs, mobility scooters or wheelchairs between the sidelines of the courts. Members and spectators may be asked to move these items to a safer position by an umpire or match day official. Any team official requiring wheelchair access to the team bench should contact RDNA to discuss appropriate management.

Litter: RDNA provides numerous bins, for general rubbish and recycling, around the grounds. Please ensure that when you leave an area you dispose of all your rubbish appropriately.

Sunscreen: is available from the RDNA office.

Ball pump: an electric ball pump is available for use in the RDNA office. It is not recommended for use by persons under the age of 13 years old.

EFTPOS: is available in the canteen but no cash withdrawals are available.

RDNA Merchandise: The office has a number of essential Match Day items for sale i.e. whistles, rulebooks (subject to availability), raincoats, sports briefs (limited), hats, umpire shirts

2.7 Fees and Charges

Category	Netball Australia	Netball WA	RDNA	City of Rockingham <i>Payable to RDNA</i>
Senior	\$4.49	\$101.01	\$35	Tbc
Junior	\$4.49	\$96.93	\$35	Tbc
Net Set Go	\$4.49	\$79.54	\$30	Tbc

2.8 Payments

All registration fees are paid through the Play HQ system on registration. Any other payments can be made by

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Direct Debit – Include a reference (player name, Club name or invoice number)

- Account name – Rockingham and Districts Netball Association
- BSB – 086918
- Account – 947338493

Cheque payable to Rockingham and Districts Netball Association, postage address is PO Box 32, Rockingham, WA 6168

Cash payments can be made for merchandise in person to the RDNA treasurer, a conscious effort to have the correct money would be appreciated as we do not keep cash on the premises.

2.9 Correspondence

All correspondence with the RDNA is to be sent via email to admin@rdna.org.au. The Administrative secretary will forward the correspondence to the relevant portfolio holder/s.

2.10 Working With Children Check (WWCC)

RDNA and our affiliated Clubs have obligations under the Working with Children Act 2004 to ensure that any person/s undertaking paid/unpaid/voluntary work involving children are either exempt or hold a current Working with Children Card. It is the responsibility of Clubs to obtain and maintain an up-to-date confidential register of all volunteer's WWCC details.

2.11 Insurance

- All Netball WA affiliation fees are inclusive of the insurance premium, which covers registered members for the period January 1st to December 31st of the playing year.
- Affiliation Fees paid to Netball WA include insurance cover for registered players, coaches, umpires, officials, committee personnel and volunteers. This cover applies to members who are involved in Netball WA sanctioned competitions and activities only.
- The National Risk Protection Program includes the following insurance options to all registered members of the Association:
 - Personal Accident, Public Liability and Professional Indemnity (does not apply to volunteers)
 - For further information please use this link: <https://www.howdengroup.com/au-en/netball-australia>
- A Certificate of Currency is available for download from:
<https://www.howdengroup.com/au-en/netball-australia-coc>
- If an injury or accident occurs to a member, they should report to Mike Barnett Staff so the injury can be assessed, First Aid applied and all details recorded for insurance purposes.
- If an injury or accident occurs for an SGV player, Mike Barnett Staff and the RDNA office must be informed on the day of the injury. The voucher receipt portion of the SGV will be required for any insurance claim.

3. DEVELOPMENT and EDUCATION

3.1 Player and Coach

There are a number of development opportunities available for players throughout the year, the dates are determined by the ADO:

- RDNA Representative Teams / Squads
- 11/U Development Program
- Breakers Development Program
- Coach Accreditation courses and assessments (in conjunction with NWA)

3.2 Umpire

Umpire development and education programs are conducted by the AUDO; including but not limited to;

- Green Shirt Program for junior and senior competitions

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- b. Junior and Senior 'Senior Umpire Squad'
- c. Junior and Senior 'Intermediate Umpire Squad'
- d. Junior and Senior 'Development Umpire Squads'

3.3 Club Administrators

The RDNA Management Committee will arrange training and up skilling opportunities for Club administrators particularly around Play HQ and Governance.

4. AFFILIATION – (refer RDNA Registration Procedures)

4.1 Clubs and Individual

Each Club affiliating with the Association shall be required to:

- i. Be bound by the Constitution, Policies and By-Laws of Netball Australia, Netball WA and Rockingham and Districts Netball Association.
- ii. Have or be developing a Constitution, Policies and By-Laws which are aligned to the purposes of Rockingham and Districts Netball Association.
- iii. Pay all the Affiliation fees levied by Rockingham and Districts Netball Association and Netball WA by the due date.
- iv. Complete the Club Details form and submit to admin@rdna.org.au.
- v. Adhere to the Rockingham and Districts Netball Association: Competition Handbook and the World Netball Rules of Netball.
- vi. Adhere to the current Netball WA Affiliation of Members procedures including the registration of ALL Players, Coaches, Officials (umpires/score bench), volunteers and Club Committee members during the calendar year.
- vii. Pass on all information relating to the competition, courses, meetings, development and netball related matters to all Club members.
- viii. Notify the Association of any forfeits.
- ix. Have a Club official available on competition days to discuss any matters pertaining to the Club during the competition.
- x. Arrange for Club delegate/s to attend requested meetings.
- xi. Liaise between your Club members/parents and Rockingham and Districts Netball Association as required
- xii. Ensure that all Club members and spectators are aware of and abide by the Rockingham and Districts Netball Association Behaviour Codes.

All individuals must be affiliated via a Club or RDNA to Netball WA.

*The individual affiliation fee includes fees to Netball WA and Rockingham and Districts Netball Association.

Affiliation will not be accepted from Clubs/Players/Individuals who have outstanding monies to Clubs, RDNA and/or Netball WA.

4.2 Player Eligibility

Senior Competition

- Intended for players turning 18 or older in the year of competition.
- Open age (minimum age requirement – players must be at least 14 years of age as per 8.2.2).
- This is a female only competition.

Junior Competition

- Intended for players aged between 11 and 18
- The Association requests that Clubs select their teams by **birth year** (i.e. age at 31 December)
- There may be a mixed gender grade in each age division

Set and Go

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- Intended for players aged between 6 and 10
- All players should play in their allotted year of birth tiers.
 - Clubs will need to apply for exemptions from RDNA for players to play out of the appropriate Tier for their age group. This should be done prior to Clubs nominating their teams on Play HQ. All exemptions applied for will rely on additional approval from Netball WA, which must be applied for by RDNA and not by Clubs.
 - To apply for an exemption please contact: admin@rdna.org.au
- Players turning 9 and 10 will play in the GO tier and players turning 7 and 8 will play in the SET Tier.
- The commencement age to play in the Winter competition at Rockingham and Districts Netball Association will be **turning 7 during the current calendar year.**
- All SET and GO divisions are gender neutral competitions

Mixed

- Only three male players permitted on the court at any one time
 - Male players shall play one in each area of the court (mid court, goals, and defence).
 - The combination is: (GS or GA) (WA or C or WD)* (GD or GK)
- *Alternatively, if teams have two male players in the mid court, then they cannot have a male player in defence or goals.
For example:
- WA and C – cannot have a male in GS or GA
 - WD and C – cannot have a male in GD or GK
 - Players must be at least 16 years at time of registration

This table outlines the divisions used for the RDNA 2024 Winter Competition

RDNA Divisions	Year of Birth	Age of Players
SENIOR	Open age – intended for players turning 18+ in year of competition Players who are 14 at time of registering in 2024 are eligible to play in Seniors.	
SENIOR MIXED	Players must be at least 16 years at time of registration	
JUNIOR 18U	2006, 2007	17 or 18 years at 31 st December
JUNIOR 16U	2008, 2009	15 or 16 years at 31 st December
JUNIOR 14U	2010, 2011	13 or 14 years at 31 st December
JUNIOR 12U	2012, 2013	11 or 12 years at 31 st December
GO	2014, 2015	9 or 10 years at 31 st December
SET	2016, 2017	7 or 8 years at 31 st December
JUNIOR MIXED/BOYS 16U	2008, 2009	15 or 16 years at 31 st December
JUNIOR MIXED/BOYS 14U	2010, 2011	13 or 14 years at 31 st December

4.3 Team Nomination

Clubs will be required to nominate teams for the Winter Competition via the Play HQ Platform. Please refer to the RDNA Registration Procedures. **Winter Team Nomination Forms are to be emailed to the Registrar by 5pm Wednesday March 27th, 2024, registrar@rdna.org.au.**

- i. Each team nominated must have a minimum of seven registered players on Play HQ and a maximum of twelve players.
- ii. Clubs should present as much accurate information with their nomination forms about **each** team.
- iii. For a team to be registered into a Competition, RDNA require:
 - a. All players, team officials: Coaches, Team Managers be registered with Play HQ
 - b. Team Registration Form
 - i. At least 7 registered players listed on each Team Registration Form.

- ii. Please give a general description of the skills/ability of the overall team and an indication of players lost or gained to the team since the previous Winter season.
 - iii. Clubs are required to indicate what Club and division each player was in for the previous year's Winter competition and if the player is a Rep Team, Fever in Time Academy, State Cup, WANL or State player.
- c. Team Summary Form
 - d. Team Ranking form
 - e. Surnames must be in alphabetical order
 - f. Preferred 2nd option for team name. This must be filled in (in case of clash in team names)
 - g. All approved exemptions (*refer to the RDNA Exemptions Policy*)

4.4 Grading Guidelines

RDNA grades our competition on paper. The following is a brief overview of the guidelines followed when the Grading Committee convenes to grade a competition (*for a detailed outline, refer to the RDNA Grading Policy*):

- All teams will be paper graded from team registrations as submitted on Play HQ by the nominated deadline. All Clubs will submit a Team Ranking Form to the Grading Committee prior to paper grading, the date of which will be determined by the Grading Committee.
- No team changes are permitted after the nominated deadline has lapsed.
- All exemptions must be approved and submitted with team nominations

4.5 Grading Procedure

Paper grading will be executed in consideration of the following criteria

- a. Player eligibility
- b. Experience
- c. Ladder position from the previous year
- d. Team ranking form
- e. Age structure

4.6 Registering a new player after Team nomination day

Refer to the RDNA Grading Policy and the RDNA Registration Procedures for the steps required

4.7 Withdrawal / deregistering a player

Refer to the RDNA Registration Procedures for the steps required.

4.8 Withdrawal of a Team

Refer to the RDNA Registration Procedures for the steps required.

5. COLOURS AND UNIFORMS

5.1 Registration of Club colours and uniform

Each club within the Association shall register the style and colour(s) of its club uniform with the RDNA. No club shall have exclusive use of a specific colour or colours. The purpose of registering a club uniform is to ensure that there is no conflict of style and colours with a pre-existing club. Uniforms must be clearly distinguishable as to identify a particular club.

5.2 New Club Uniform Approval

Any new club(s) applying for admission to the RDNA or any existing club that wishes to change their registered uniform must present particulars of uniform style and colour to the RDNA for distribution to existing clubs for their approval and endorsement.

5.3 Sponsorship on Uniform

Any club acquiring sponsorship and intends to display the sponsor's logo and/or message must first seek approval from the RDNA Management Committee.

5.4 Uniform Description

Playing uniforms may consist of:

- a. Playing dress, skirt or shorts & club polo/t-shirt/playing singlet
- b. Head coverings such as a Hijab (with reference to the Netball WA Multicultural Uniform Guide).
- c. Long sleeve top and/ or long sleeve leggings (with reference to the Netball WA Multicultural Uniform Guide).

5.5 Uniform Options

Clubs are permitted to offer uniform options within their registered uniform to their players.

However, if a club provides uniform options for their members, all uniform options should result in players in the same team being easily recognised as being in the same team/club (i.e. if some players choose to wear shorts/top combination and others a dress they should still be easily recognisable as the same team/club with the colours and design)

- a. If a club has any player/s requesting to wear shorts or other items of clothing that do not form part of their club's approved registered uniform options, the club will need to submit a design and colour to the Association, for approval. (The apparel will need to match the approved club design and colours to the approved registered uniform).
- b. Players may wear sports briefs, boy legs, bike shorts or leggings under playing dress/skirt in black.
- c. The dress/skirt should cover the hemline of the bike shorts.
- d. Sports briefs must be full coverage and not be visible below hemline of dress or skirt.
- e. Leggings or long-sleeved t-shirts worn under uniform must be black in colour.
- f. Players should not wear anything that could endanger themselves or other players such as pockets, zippers, hoods or large hair clips.

5.6 Visors

Soft brimmed sun protection visors may be worn. Hard brimmed sun visors are not permitted on court. The Association Management Committee and the umpires have the discretion to decide when a visor brim is too hard to be allowed on court.

5.7 Jewellery

As per the 2024 Rules of Netball, rule 3.12 - players may not wear anything that could endanger themselves or other players, including but not limited to;

- a. No body piercings including earrings may be worn.
- b. No adornment that may endanger player safety may be worn.
- c. No communication devices may be worn.
- d. Any other adornment worn must be securely covered with tape and/or padding (examples include weddings bands and medical alert necklaces/bracelets – any other adornment must be approved by RDNA Management Committee)
- e. Medical devices may be worn provided they are securely covered with tape and/or padding.
- f. Player monitoring devices may be worn provided they are secured within the playing uniform.
- g. Fingernails must be short and smooth. Sporting gloves are approved at RDNA but the nails underneath the gloves must be checked to ensure they are short and smooth.
- h. Hair must be suitably tied back (for example in a ponytail, plait or braided) and free from any adornment.

RDNA Management Committee will only review medical exemptions for body piercings if they serve a medical purpose and have the discretion to decline any exemption. Please liaise with your club and potentially the RDNA AUO before pursuing an exemption. All exemptions must be received via email to admin@rdna.org.au. and approved Prior to taking the court. An Exemption Approval Form will be supplied and must be shown on request.

In the event a player refuses to remove any adornments, that player will not be entitled entry to the playing enclosure. This is at full discretion of the umpires officiating the match, the Green Shirt Coordinator and/or any RDNA Management Committee member.

5.8 Playing Bibs

When a club has two or more teams in one grade, the club must have an alternative colour bib available for use when two club teams are playing one another to differentiate between the two teams. Clubs should also have a second set of bibs on hand for blood rule or poor Velcro adhesion -pull-on training bibs preferred.

5.9 Club Uniform Transition

Clubs changing to a new approved uniform are allowed one season to do so. During this period, a club making a change over to a new approved uniform is permitted to have teams with players wearing either the old or new uniform provided the uniforms are of similar appearance, but after this period, all players must adhere to the new approved club uniform.

5.10 Uniform Exemptions

RDNA will wherever possible make exceptions for other items of clothing that are worn for religious, cultural, medical or other inclusive reasons.

Where circumstances exist, such as religious, cultural, medical or other inclusive reasons, an annual written application should be submitted for approval by the uniform coordinator/committee of the Club for Association approval.

The RDNA does allow two playing dates for a **new** player to acquire the correct uniform; however, the player is required to be wearing a top and skirt/skorts/shorts or dress of similar colour to the uniform to be eligible to take the court. To be eligible to take the court, contact RDNA re uniform exemption.

6. COMPETITION ADMINISTRATION

6.1 Fixtures and Ladders

Fixtures will be generated by the RDNA Registrar and made available on Play HQ and the RDNA Website

The RDNA will provide and maintain competition ladders for Competition Grades each season to be placed on the RDNA website and Play HQ. (Refer - RDNA Grading Policy and Procedures)

6.2 Club Desk Duty

All Clubs are required to assist RDNA with Front Desk duties throughout the season. Before the commencement of 2024 Season a roster will be emailed out to all Clubs outlining the dates that each club will be responsible for desk duties.

On arrival (20 minutes prior to commencement of games:

- Post Pads to be placed outside the door of the RDNA Office for retrieval by teams playing on the outdoor courts.
- Collect the scorecards from the Registrar – sort by court number and time
- Collect a full day fixture from the Registrar
- Place the 'Keep the Goal Line Clear' signs at the rear of each indoor court

Pre- Game:

- A representative from the first mentioned team will come to collect their respective teams' scorecard
- Scorecards that have not been collected before each timeslot will need to be delivered to the court

Conclusion of each game:

- A representative from the winning team will return the scorecard
- Scores to be entered on the Fixture Summary Sheet
- Check off each scorecard against the Team sheets (located in files – these are in team name order) and tick off each player that took the court.
- Highlight any anomaly/ missing data on scorecard with highlighter pen.
- Any player handwritten on scorecard to be entered on 'Player fill-in' sheet in green plastic sleeve
- Ensure you have received a score card from every game in each time slot. Check each fixture on the Summary sheet has scores recorded.

End of Day;

- Return post pads to the RDNA Office
- Return all signs to the RDNA Office
- Registrar will collect score tally and team sheet folder and borrowed player list

- Empty bins & general tidy up

6.3 Match Day Officials

To ensure a smooth-running competition, RDNA has officials available on Match Days to resolve any issues that may arise. Officials can be contacted via the RDNA office. All Members of the RDNA Management Committee and their Delegates are considered Match Day Officials.

6.4 Match Day Specifications

Ball – each team to provide a suitable ball for the match. The match ball should be checked by the umpire before play commences. Set & Go division matches should be played with a size 4 netball, all other matches are played with a size 5 netball.

Court - should there be any concern over the surface of your court, please advise the office immediately. Brooms & court squeegees are available to sweep debris or water from the playing area. Please return these items to the designated position following use.

Goal Post and Net - any issues with the goalpost or net should be reported to the RDNA office immediately.

Goalpost Padding - for the safety of all participants, goal post padding is required on all courts during matches. Goal post pads are located in the RDNA Office. The first teams to use a court on a competition day will be required to collect the goal posts pads and ensure they are fitted on both goalposts prior to commencement of the match. The teams playing last on each court should each return one goal post pad to the storage area at the end of the match.

Photo /Video – please seek approval from opposing team prior to obtaining photo/video of athletes/officials.

6.5 Scorecards

Scorecards are to be collected from the RDNA Office by the first mentioned team on the fixtures. At the conclusion of the game, the completed scorecard must be returned to the RDNA Office by the winning team and placed in the tray at the front desk.

6.5.1 Filling in the Score Card

- For each scheduled match scorecards are printed with the names or registered team members for each team.
- Borrowed/fill in players must have their full name and date of birth written clearly on the scorecard in the 'borrowed players' section.
- If the player is unregistered and has purchased a SGV, then 'SGV' must be written next to their name.
- If a player has an exemption number this must be written next to their name
- If the player is from a lower grade, their GRADE and TEAM NAME must be written under their name
- All players **must have their playing positions recorded for each quarter** recorded in the designated space.
- All non-competition and competition grades will need to score (including NetSetGO)
- Use diagonal lines to keep score and alternate the lines each quarter.
- Draw a line next to the number of goals scored to show the breakdown of scores at the end of each quarter (see sample scorecard in the Appendix).
- Centre passes must be recorded. Record each centre pass with the first letter of Club or Team Name
- At the end of each match the Captain, Umpires, Scorer and Manager must check all data and sign in their designated space on the score card.
- Any RDNA issued clearances must be attached to the score card
- Rolling Substitutions changes refer to Rolling Substitution Policy

6.5.2 Incorrect Scorecards

- Incorrect scorecards include those that are missing positions, do not correctly list borrowed players or are not returned to the RDNA office at the conclusion of the match. Incorrect scorecards can incur a forfeit penalty.

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- Umpires are now required to record any game management (advancements, warnings, suspensions and ordering off) given during a game on the scorecard. They are to record the quarter in which the game management was given, including the offending players club, position and reason.
- If no positions are recorded next to a player's name in a match, the match will not count towards finals qualification.

Penalty: *An incorrect scorecard will incur a loss of up to 3 championship points for Home and Away matches to the offending team. If the game is a final, then the game will be awarded to the non-offending team for competition grades. For non-competition grades a warning will be issued to the offending Club, if another infringement occurs a \$10 fine will apply.*

6.6 Scorers and Timekeepers (Bench Officials)

Scorers and timekeepers must be side by side for the duration of the match. On the indoor courts, they must both be seated at the desk provided. On the outdoor courts, they must be seated or stood in the marked boxes on the sideline.

- The first mentioned team must provide a scorer.
- The second mentioned team must provide the timekeeper
- The scoring team must provide a clip board for the scorecard.

Timekeeper Protocols:-

- a. Two manual timers are required, one from each team. One match timer for quarter times and one stoppage/interval timer.
- b. Notify umpires when 1 minute to match start time. Additionally, audibly notify the umpires at 30 seconds and 10 seconds remaining to quarter start time.
- c. Start match timer when Umpire's whistle starts the match.
- d. Warn umpire audibly if the umpire is nearby by saying "30 seconds" when the end of quarter is approaching, '10 seconds' then follow the umpire and hold the timer near the umpire so they can hear the timer sound. DO NOT say "time" as the umpire MUST hear the timer sound to end the quarter. Ensure you follow the umpire without impeding their ability to officiate at full capacity.
- e. Hold time when the umpire signals play to stop. Restart when umpire signals resumption of play.
- f. Use the second timer to time the intervals. This must be set prior to the interval starting.
- g. Stoppages for injury or blood are up to 30 seconds (this is for finals only). Use the second timer to monitor this. The injured player must leave the court within this time.
- h. - umpires may extend the stoppage for serious injury, equipment damage or danger to player safety .
- i. - warn the umpire when 10 seconds of stoppage time remains
- j. - restart the timer on the Umpires signal

6.7 First Aid

- Teams must have their own up to date first aid kit for minor first aid including band aids and ice packs (RDNA do not provide). Major injuries are to be referred to the St John Ambulance via phoning 000 or visiting the Emergency Department at the nearest hospital. The RDNA strongly advise Clubs to promote first aid training for personnel.
- If injury occurs inform staff from Mike Barnett and RDNA, and fill out Incident form which is to be handed back to Mike Barnett
- If a player sustains an injury or illness and is required to miss games, then the Club is required to provide RDNA with written verification for the player to be granted an exemption to minimum number of games played by each player.
- It is the Club teams' responsibility to ensure athletes have gained clearance to play from the appropriate medical practitioner whose primary employment role is to diagnose the relevant injury/illness sustained by the athlete. RDNA will from time to time request a copy of a player's clearance from major injury, but not limited to, for its records.

6.8 Concussion Protocols (refer RDNA Concussion Policy)

- i. Initial management should adhere to first aid rules, including airway, breathing, circulation and spinal immobilisation. Where possible the on duty first aid officer or paramedic should be called to the court.
- ii. Any player with suspected concussion must be removed from the game as soon as possible, ensuring this does not cause further injuries to the player (see Appendix A) Primary Care Giver using first responder tool
- iii. Removing the player from the game allows the opportunity to properly evaluate the player
- iv. Any player who has suffered a suspected concussion must not be allowed to return to play in the same game. - It is important not to be influenced by the player, coaching staff, manager, parents or any other person suggesting the player return to the game. If necessary, a Club Official will be called to the game to manage the situation.
- v. Unconscious players: can only be moved (onto a stretcher) by qualified health professionals, trained in spinal immobilisation techniques. If no qualified health professional is on site, then do not move the player- call and wait for the arrival of an ambulance.
- vi. If required, RDNA personnel will move the game to another available court to allow First Aid to be administered and the game to continue.
- vii. If an injury has been recorded in the RDNA Injury record book as requiring further medical review for a suspected concussion, a doctor's certificate clearing the player must be received by RDNA prior to the player taking the court.
- viii. A team that breaches Rule 6.8 (iv) shall be considered to be playing an ineligible player and will be penalised as such.

6.9 COVID 19

RDNA reserves the right to make alterations to this Handbook at any point to best suit the Competition and the COVID-19 protocols as directed by the WA State Government.

6.10 Match Dates and Times

Match dates and times are determined season to season by the RDNA Management Committee. Factors to consider are:

- Calendar - school holidays, public holidays, general byes for external competition (s)
- Registrations – number of teams, court availability
- Club requests

6.11 Points and Forfeits

- 6.11.1 Points system to be 3 points for a win, 2 points for a draw, 1 point for a loss and 0 points for a forfeit.
- 6.11.2 In the event of a forfeit, ten (10) goals and three (3) points are awarded to the non-forfeiting team. 0 goals and 0 points recorded for the forfeiting team.
- 6.11.3 In the event of teams being on level points before semi-finals and finals, the position shall be determined by the percentage of goals scored for and against.
- 6.11.4 In the event of a **forfeit**, it is the responsibility of the forfeiting team to ensure the forfeit process is completed correctly:
 - a. A member from the forfeiting team must follow the process thoroughly for the forfeit to be valid.
 - b. All steps required in the forfeit process are supplied via the Forfeit Procedures tab found on the RDNA Website: www.rdna.org.au

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These steps include, but are not limited to, advising all relevant parties of the forfeit:

The Club contact person of the opposing team.

The team Umpire.

The Umpire Development Officer for a division that has a squad umpire allocated.

The RDNA Registrar and Administrator

- 6.11.5 Teams may incur a forfeit fee if playing on an indoor court. This is determined by the Mike Barnett Sports Complex. If 2 teams playing on outside courts and wanting to play indoors they may pay the court fee. Therefore, the forfeiting team isn't infringed.
- 6.11.6 If text message or voicemail is used to notify non-forfeiting team, the notified party must respond to the text message or voicemail to confirm receipt of the notification.
- 6.11.7 Notification must be made no less than one (1) hour prior to the scheduled start time of the match:
Penalty: In the event of less than 1-hour notice
The forfeiting team will incur the full cost of court hire and must pay both umpires scheduled to officiate the forfeited match unless they have been able to umpire another game.
- 6.11.8 The forfeited match is to be deemed a qualifying game for finals for the non- forfeiting team.

6.12 Cancellation of Matches

- 6.12.1 At the discretion of the President and Vice President, a timeslot or round may be cancelled due to adverse weather in the immediate vicinity of Mike Barnett Sports Complex (RDNA).
- 6.12.2 RDNA shall co-opt other Executive member/s should any of these Committee Members not be available.
- 6.12.3 This panel will make the decision on whether matches are cancelled.
- 6.12.4 If the match is cancelled by the Association before commencement, the match will be classified as a 'washout' with all teams involved allocated a no match with zero points.
- 6.12.5 If match is cancelled by the Association prior to half time, the teams are awarded 1 point each and a 10-10 result.
- 6.12.6 If the match is cancelled after half time by the Association, the current score of match stands.
- 6.12.7 No forfeits for a cancelled round/timeslot will be accepted if the round/timeslot is deemed a washout by the Association.
- 6.12.8 However, any forfeits communicated to the Association prior to the competition day will stand with the forfeiting team being awarded a 10-nil loss.
- 6.12.9 If a game has been cancelled by RDNA management committee umpires do not receive payment, unless they have started a game
- 6.12.10 In the event of a finals match having to be cancelled due to severe weather, The President will call a Special meeting of the Executive to arrange for the match/es to be played as soon as possible.

6.13 Abandoned Matches

Where a game which is not completed due to one team leaving the court or having less than five original registered team members available to play, the game will be considered a forfeit by the team abandoning the game. (refer 6.11 Points and Forfeits).

6.14 Coaches

- 6.14.1 It is desirable for All coaches registered to coach teams in the RDNA Junior Competition to have at minimum, a current Foundation Accreditation and be registered on Play HQ. It is the responsibility of Clubs to support and encourage their coaches to meet this minimum requirement.
- 6.14.2 All Coaches must be registered on Play HQ for each Competition
- 6.14.3 All Coaches must adhere to the Coach Code of Behaviour at all times.
- 6.14.4 Coaches must not move along the sidelines or goal lines with the exception of Set and Go matches.
- 6.14.5 Coaches/clubs are responsible for the conduct of their spectators and members – the RDNA has a zero tolerance of abuse directed toward anyone may result in the offending club being fined \$250 and the offending individual may face disciplinary measures.

7 UMPIRES

- 7.1 All clubs must appoint a Club Umpire Coordinator and these details must be provided on the Club Affiliation Form .
- 7.2 All umpires must wear a white shirt and/or jacket, or a green 'trainee' shirt (Green Shirt Program participants). It is preferable that umpires wear white shorts or skirts, however black or navy shorts or skirts are acceptable. Shorts are not to be in the

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style of 'scrunch bum' and must be visible under an umpire shirt/appropriate length. No denim allowed. All umpires must also wear non-marking sole sports shoes. A suitable, audible whistle is required.

- 7.3 Each team must supply their own umpire. The umpire must possess the necessary skills and experience to officiate the division in which the team competes. For the 2024 Winter season, all umpires MUST have attended a Rules Discussion Workshop to learn the changes in rules to be eligible to umpire at RDNA. If the umpire has not attended one of these workshops or upskilled themselves elsewhere, the AUDO may replace the umpire with another suitably skilled umpire.
- 7.4 The RDNA AUDO will allocate umpires to certain divisions. These divisions are selected at the discretion of the AUDO. Teams must remunerate allocated umpires the amount to be determined by the AUDO prior to the commencement of each season.
- 7.5 Payments are to be made as per the table below, it is a club's responsibility to ensure that each team has the required denominations to appropriately pay the umpire in cash. The cash used should not be damaged, notes are preferred but coins are acceptable. On the RDNA SQUAD Facebook page there will be an up-to-date list of names of umpires who are entitled to the B + badged umpire payment rate.

RDNA UMPIRE PAY RATES AS OF 03/10/2023			
Division	Unbadged Umpire	C Badge Umpire	B Badge + Umpire
Mixed Senior	\$20	\$30	\$30
Senior Div 1 & 2	\$20	\$30	\$30
Senior Div 3 & below	\$15	\$25	\$30
SET	\$15	\$25	\$25
GO	\$15	\$25	\$25
12U	\$15	\$25	\$30
14U	\$15	\$25	\$30
16U	\$15	\$25	\$30
18B & below	\$15	\$25	\$30
18A	\$20	\$30	\$30
Mentoring (Green Shirt mentors \$10 each team)	N/A	\$20	\$20
Green Shirt Umpire	\$0	\$0	\$0

- 7.6 If an umpire is not present at the commencement of a game, the affected team should notify their club official and the AUDO. All attempts should be made to find another umpire at the venue. Teams can wait up to 5 minutes to find an umpire. The game cannot commence without 2 umpires as per 7.8
Penalty: For non-attendance umpiring there will be a \$50.00 fine for seniors and juniors and a \$30 fine for NetSetGO shall be incurred by the offending team.
- 7.7 Any player(s) that are sent from the court for the duration of any given match for engaging in behaviour not in the spirit of the game will incur mandatory reporting to the Disputes Committee (refer Policy/Procedures Complaints and Disputes) by one or both of the umpires officiating the match.
- 7.8 In winter 2 umpires are required, if only 1 umpire has attended then game is a forfeit to the non-offending team. A team coach who chooses to umpire their teams match must forfeit the right to coach the team for the duration of the match.
Penalty: The game will be declared a forfeit in favour of the non -offending team. (Refer 6.11 Points and Forfeits)
- 7.9 Refer to the 2024 Rules of Netball rule book for any rule's clarification.
- 7.10 In the interest of protecting umpires and players from fatigue, umpires should not be doing more than FOUR games per day as either an umpire or player. E.g., umpiring 3 timeslots and playing 1 timeslot = 4 maximum.

8. COMPETITION

8.1 Winter Season Dates and Match Duration

	SET	GO	JNR	SNR	Mixed
Home and Away Season Start	April 20 th	April 20 th	April 20 th	April 22 nd	April 22 nd
General Byes	June 1 st	June 1 st	June 1 st	June 3 rd	June 3 rd
Home and Away Season end	August 17 th	August 17 th	August 17 th	August 19 th	August 19 th
Semi Final	N/A	N/A	August 24 th	August 26 th	August 26 th
Preliminary Final	N/A	N/A	August 31 st	September 2 nd	September 2 nd
Grand Final	N/A	N/A	September 7 th	September 9 th	September 9 th

	SET	GO	JNR	SNR	Mixed
Playing Quarters	8 minutes	10 minutes	15 minutes	15 minutes	15 minutes
1 st quarter interval	2 minutes	2 minutes	2 minutes	2 minutes	2 minutes
Half time	3 minutes	3 minutes	3 minutes	3 minutes	3 minutes
3 rd quarter interval	2 minutes	2 minutes	2 minutes	2 minutes	2 minutes

8.2 Competition Overview

8.2.1 All teams will be graded by the RDNA as per the Grading Policy.

8.2.2 Age to be calculated as at December 31st of the current year.

Juniors must be 14 at time of registration if they wish to participate in the Senior Competition, 16 at time of registration for Senior Mixed Competition, and can do so only after an application has been received and approved by at least two RDNA Management Committee members.

8.2.3 The rules shall be those of World Netball Rules of Netball 2024 rule book.

8.2.4 The RDNA offers a Spring Competition. Dates and times are determined by the RDNA Management Committee.

8.3 Player Registration (refer 4.2 Player Eligibility)

8.3.1 Individual registrations are as per the RDNA Registration Policy and Procedures.

8.3.2 Players who wish to transfer to another club, after the commencement of competition, must complete and submit a Team Change Form and/or a Player Clearance Form to the RDNA Management Committee for approval prior to registering with the new club.

8.3.3 From the first game, any unregistered players that take the court will be invoiced for a Single Game Voucher (SGV). The charge for a SGV is \$15 for each unregistered senior player and \$10 for each unregistered junior player. This will occur each week until:

1. The unregistered player is registered on Play HQ
2. The four (4) SGV per unregistered player maximum is reached. Refer 8.5.10

8.4 Ethics Clause and Member Transfers (Poaching)

8.4.1 Players and coaches are regarded as being registered to a particular Club from the time the club submits their team list to the conclusion of their registration period, (December 31st). During this period: - No club member, coach or other official, including Representative coaches/officials, may approach any player or coach from another club to discuss transferring or offer inducements to transfer.

8.4.2 Approaches may be made to any player/coach after their registration has expired for the year when every player/coach is deemed to be a free agent. If the RDNA Management Committee suspects that this policy has not been adhered to, they have the right to investigate and take appropriate action.

8.4.3 RDNA Representative Coaches may not have direct contact with a player to promote their club and to solicit the player's participation. This will be considered a poaching violation. Player contact includes, but is not limited to text messages, phone calls, emails, social media, and other written communication and/or in person conversations. Responsible representatives may include parents of team members, team managers, coaches, club committee members and others perceived as an agent of the club. Any recommendation for the player to attend training, trials or any other team or club event by the representative would be inappropriate and considered an attempt to induce a player to leave their present organisation. **Penalty:** May be referred to RDNA disputes committee

8.5 Single Game Vouchers (SGV)

8.5.1 A team that has less than seven players available for a match must first attempt to borrow a player from a suitable lower grade registered with their club before using a Single Game Voucher (SGV).

Penalty: *If found to be in breach of rule 5.9.1, the game will be declared a forfeit.*

8.5.2 In the event of a team being unable to source players from a suitable lower grade within their club, a non-registered player is permitted to participate in either Association competition by purchasing a Single Game Voucher (SGV).

8.5.3 The cost of a SGV will be determined by the RDNA Management Committee in that playing season. A player who has competed by use of a SGV can register at any time during the season with no reduction in the scheduled fee.

8.5.4 Single Game Voucher (SGV) payments are to be made by placing the correct amount in the SGV envelopes provided outside the RDNA office. Clubs are permitted to request an invoice from the RDNA treasurer for SGV payments.

8.5.5 An RDNA member who intends playing between RDNA competitions can use an RDNA voucher for the intended match in accordance with the rules set out in this document.

8.5.6 The skill level of a player using a SGV must be commensurate to the division they are to participate in.

8.5.7 A player who is participating in a match by use of a single game voucher must write 'SGV' next to their name on the scorecard in the Borrowed Players section of the scorecard. Refer to Borrowed Players.

8.5.8 A SGV player is to be considered a bench player and may be substituted in and out of the game as the team deems necessary. All available registered team members must take the court during the match.

Penalty: *In the event a team has not played all available registered team members in the match the match will be awarded to the non-offending team (refer 6.11 Points and Forfeits).*

8.5.9 A player using a SGV is not deemed to be a registered player with the RDNA and hence the game played with a SGV is not considered to be a qualifying game for the player to participate in finals.

8.5.10 Individuals are permitted a maximum of four (4) SGV's per season, regardless of which team or club they are playing for.

8.5.11 There is no limit to the amount of SGV's utilized by a team in a season.

Penalty *A team that exceeds the maximum limits of Individual player or team SGV's will have the game(s) where the maximum was exceeded declared a forfeit.*

8.6 Playing Up – Borrowed Players

8.6.1 A club that enters two or more teams in the RDNA is permitted to transfer players from a lower grade to participate in a match. Any one player may play up 4 times in a season

Penalty: *If a player from a lower grade is found to be playing in the higher grade more than four times, the offending team shall forfeit the game*

8.6.2

REGISTERED GRADE	Grades permitted to play in
Set – non-competition *	Any Set or low Go grade
Go – non-competition*	Any higher Go Grade (not Set)
12/U Competition	Any higher 12/U grade and any 14/U grade.
14/U Competition	Any higher 14/U grade and any 16/U grade
16/U Competition	Any higher 16/U grade and any 18/U grade
Monday Night Senior Competition	Any suitable higher senior division

**Scores are to be recorded for these games and RDNA will not provide a ladder.*

8.6.3 Permission needs to be sought from the RDNA Management Committee, in writing, for consideration of a Go Tier Player to act as a borrowed player in a low graded 12U game. This will only be considered in extenuating circumstances.

8.6.4 A borrowed player is to be considered a bench player and may be substituted in and out of the game as the team deems necessary. All available registered team members must take the court during the match. Players cannot be upgraded between the Junior Competition and the Senior Competition or Mixed Competition.

Penalty: *In the event a team has not played all available registered team members in the match the match will be awarded to the non-offending team (refer 6.11 Points and Forfeits).*

8.6.5 Clubs have a responsibility to ensure that an upgraded player is both physically and emotionally capable to compete in the higher grade. Any other upgrades may be permitted upon application to the RDNA Management Committee. NO player may play in a lower grade.

8.6.6 Interchange of players in the same grade must be approved by RDNA Management Committee.

Penalty: *The offending team shall forfeit the game.*

- 8.6.7 A Club that wishes to transfer a player from the team to which they are registered, to another team within the Club must submit team change paperwork to the RDNA Administrator and Registrar (refer RDNA Grading Policy).
- 8.6.8 A team cannot borrow a player who is registered to another club to play in the same RDNA competition.
Penalty: *The offending team shall forfeit the game.*
- 8.6.9 A player is only permitted to play two (2) games (8 quarters) in one competition day.

8.7 Team Responsibilities

- 8.7.1 No team may take the court with fewer than five registered team members. A replacement player borrowed from another team within the club and/or a player utilizing a single game voucher are not considered registered team members and thus do not constitute one of the five required players.
Penalty: *The game will be declared a forfeit.*
- 8.7.2 The names of all players participating in the match must be written on the scorecard **prior to the captains and officials signing the scorecard at the completion of the game.**
- 8.7.3 At the completion of the game the scorecard must be signed by the Team Captains, Bench officials and Match Officials thus declaring the scorecard is a true and correct record of the match.
- 8.7.4 Penalties apply to teams who do not complete the scorecard requirements. Refer 6.5 Scorecards.
- 8.7.5 Correct completion of scorecard also applies to Set and GO matches, although ladder points penalties will not apply as championship points are not tallied at this level. However, a second & continued offence will incur a \$20 fine.
- 8.7.6 Each team shall have a match ball available and supply a bench official to be seated at the score bench for each home and away round.
- 8.7.7 The first mentioned (home) team will score and the second mentioned (away) team will be the timekeeper. Both bench officials will be seated together central to the court between the two team benches.
- 8.7.8 The home team bench will be to the left of the scorers and the away team bench will be to the right of the scorers.
- 8.7.9 In the event of a team being late, the umpires will signal a 30 second warning. If at the end of the 30 seconds, the team has not yet arrived the umpires will declare the game a forfeit as per the 2024 Rules of Netball.
Penalty: *The offending team will forfeit the match.*

8.8 Finals

- 8.8.1 The top four teams on the competition ladder at the completion of all scheduled home and away rounds will participate in finals. The RDNA Management Committee together with the relevant Competition Coordinators will schedule times and courts for finals. A registered player must have participated in seven matches (or matches equivalent to one round in their respective grade) to be eligible to play in a final.
- 8.8.2 Borrowed players for finals matches must be registered with the RDNA and have participated in seven matches (or matches equivalent to one round in their respective grade) for their club to be considered eligible to play in a final. Clearance must **be sought and given by the RDNA Management Committee in all circumstances.**
- 8.8.3 In the event that a club has no teams in a lower division but has a team that has competed in the same division, that has not qualified for finals, the club may utilize a player or players from the non-qualifying team in the event that they do not have seven registered players from the original team available for the game. **Clearance must be sought and given by the RDNA Management Committee in all circumstances.**
- 8.8.4 Procedures
- All finals will be individually timed.
 - The RDNA will pay the prescribed team fee for each team competing in a Grand Final.
 - The RDNA will pay the umpires fee for each of the Grand Final matches.
 - Clubs are to be responsible for the allocation of suitably qualified umpires for the Semi- Final, unless otherwise directed by the RDNA AUDO.
 - The RDNA AUDO will roster umpires for the Preliminary Final and Grand Final.
 - All teams will provide a match ball and Bench Officials.
 - The first mentioned team will sit to the left of the score bench and the second mentioned team will sit to the right.
 - Injury and illness procedures will be as per the official rule book.

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- In the event of a draw in any final the following will apply;
 - At the completion of the fourth quarter there will be a **3-minute interval**, both teams may make substitutions and/or team changes.
 - At the conclusion of the 3-minute interval there will be **two 7-minute halves** with a 1-minute half time. Substitutions and/or team changes permitted. Normal injury/ illness procedures apply.
 - If at the end of the 14 minutes the match is still a draw the game will continue until one team has a **2-goal advantage**.

8.9 Spectators

- 8.9.1 All spectators must adhere to the RDNA Codes of Behaviour
- 8.9.2 Spectators are not permitted to move along the sidelines during a game.
- 8.9.3 Spectators are not permitted to stand on the baseline during a game.
- 8.9.4 Spectators are not permitted to coach, but rather to encourage and support their team
- 8.9.5 For Set and GO, spectators are not permitted to move along the sidelines. Coaches are permitted to move up and down the sideline only to provide feedback to players (not the baseline). Within reason, and as appropriate, enter the field of play to provide players with immediate feedback as required, provided it does not impede the play. They must exit the court quickly and not impede the umpires.
- 8.9.6 All communication with regards to competition is to be forwarded directly to your club and not to RDNA Offices.
- 8.9.7 Your Club President or Representative will take your concerns or queries to RDNA Management Committee if your club is unable to assist you directly and deems it necessary to seek clarification, or consultation from RDNA.

8.10 Game Day Incidents

- 8.10.1 Please refer to the RDNA Policy and Procedures for Complaints and Disputes or contact the RDNA MPIO for support or guidance in handling concerns arising from game day incidents.
- 8.10.2 The first point of contact is your Club.

8.11 Exemption to the Competition Rules

The RDNA Management Committee understands and appreciates that clubs may from time to time be presented with a situation or circumstance that cannot be resolved without contravening these Competition Rules. A written application to the RDNA Management Committee stating the situation or circumstance can be lodged for consideration and determination by the RDNA Management Committee.

CONCUSSION RECOGNITION TOOL 5 ©

To help identify concussion in children, adolescents and adults



RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS — CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complainants are reported then the player should be safely and immediately removed from play/game activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment.

- Neck pain or tenderness
- Double vision
- Weakness or tingling/numbing in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

Remember:

- In all cases, the basic principles of first aid (danger, response, always breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma

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STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

Athletes with suspected concussion should:

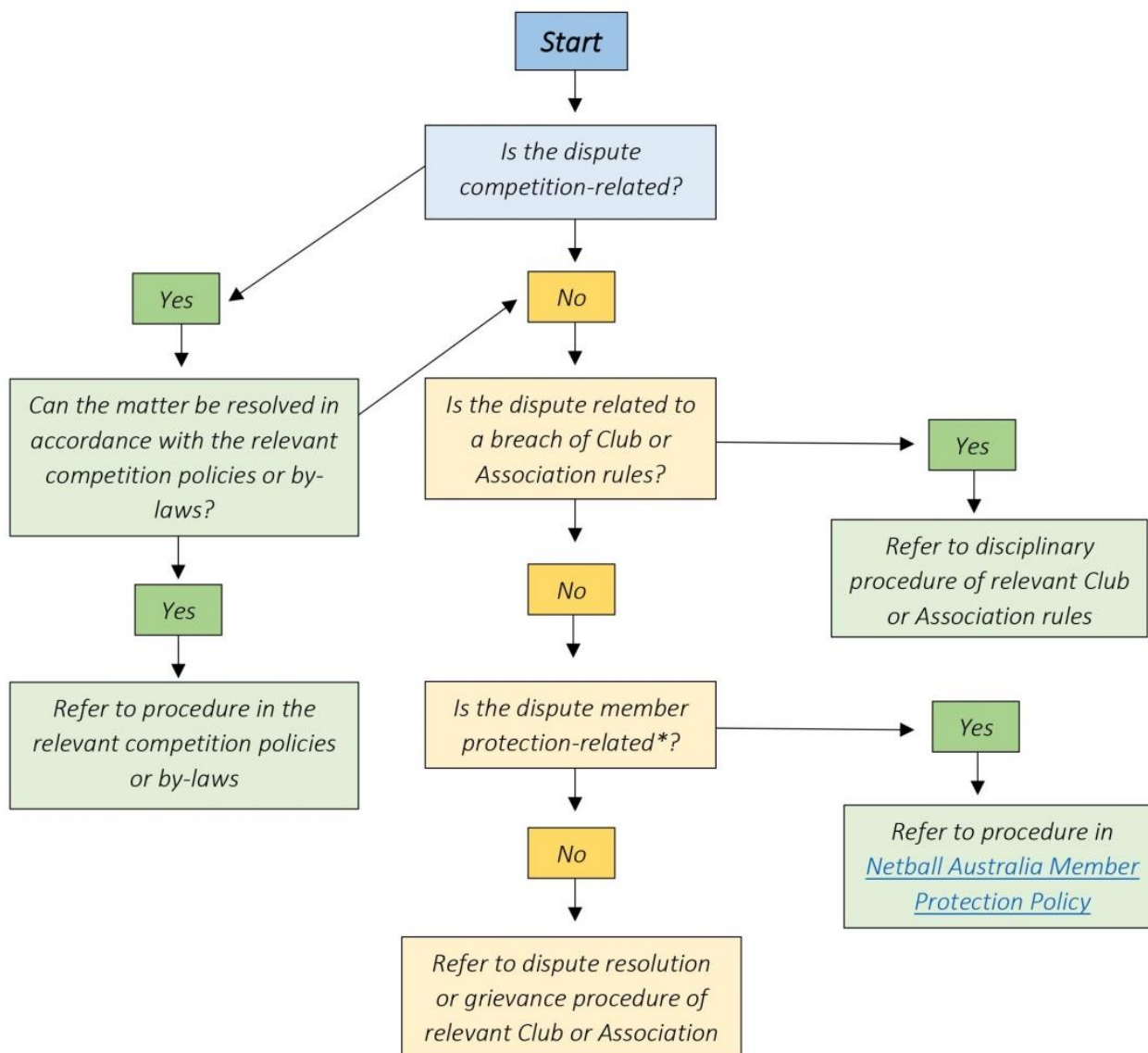
- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/ prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

The CRT5 may be freely copied in its current form for distribution to individuals, teams, groups and organisations. Any revision and any reproduction in a digital form requires approval by the Concussion in Sport Group. It should not be altered in any way, rebranded or sold for commercial gain.

ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE

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Dispute Resolution Process Flow Chart



*Specific categories of dispute only – refer to the [Netball Australia Member Protection Policy](#) for clarification.

Note: time limits for making a complaint may apply under competition by-laws, under a constitution, and under the Member Protection Policy. To ensure your ability to access the dispute process that you are engaging with, please make sure that any complaint that is raised is done so within the specified time frame under that rule.

Appendix C - Net Set Go Information

Woolworths NetSetGO is a fun and safe introduction to netball and is the best way for girls and boys aged 5 to 10 to have fun with their friends, keep active and learn the basic skills of netball in a safe and social environment.

Netball WA and the Gold Industry Group are committed to the sustainability of the sport from the grassroots through to the elite. As the Associate Partner of the Woolworths NetSetGO program, the Gold Industry Group's support will ensure participants across the State stay involved with the sport, while also encouraging new participants to get involved with netball.

In 2024, all Woolworths NetSetGO tiers are the responsibility of Clubs as a NetSetGO grassroots level program

Net teaches fundamental motor skills and netball skills through dance, activities and games. The Net tier has a minimum entry age of 5 years and may be offered to children up to the age of 10 years.

Set focuses on refining fundamental motor skills and introducing modified netball matches. The Set program has a minimum entry age of 7 years old and is recommended for children ages 7-8 years.

GO focuses on developing netball specific skills through modified netball matches. The GO program has a minimum entry age of 9 years and is recommended for children aged 9-10 years.

Each Club at RDNA who chooses to enter a team in Set or GO or plans to run a Net Program must register as a 2024 NetSetGO centre through Netball WA. Through this process clubs are required to appoint a **NetSetGO Coordinator**. This individual is expected to hold, at minimum, a current Foundation Accreditation and should be upskilling NetSetGO coaches within their club.

Appendix D - Green Shirt Development Program

The Green Shirt Umpiring Program is a practical umpiring course aimed at developing and training beginner umpires born 2010 and previous. Introduced to netball associations in 2007, the program has continued to grow, introducing an increasing number of individuals to umpiring and setting them on a pathway to ongoing development. As an association we are strongly encouraging young athletes to get involved, and likewise strongly encourage older and mature athletes to enrol as well. Coaches, parents and spectators alike are encouraged to come and try their hand.

The program will run during the Winter Season. It aims to:

- Introduce interested beginner umpires to the rules and umpiring techniques of Netball.
- Make new officials easily identifiable, so that they are easy to recognise and support.
- Raise awareness of new umpires so that they can be supported and encouraged.
- Encourage and build confidence in umpiring skills.
- Assist in reducing the pressure on new umpires.
- Decrease any frustrations, verbal abuse or conflict directed towards new officials
- Educate players, spectators, coaches, and the community to create a culture of support for new officials.

The program will run for 10 weeks and comprises a mix of theory and practical components.

- **The cost for the Green Shirt/ Development Program is \$70.** (This includes a copy of Netball Rules Book).
- Payment is non-refundable.
- Please note that the program costs are in addition to the Foundation Umpire Course.

ALL umpires wishing to register for this course **MUST** have completed:

- Foundation Umpire Education Course – \$45
- Rules of Netball Theory Exam – \$15

These are done through the C Badge Umpire Accreditation course available through My Learning, link is:

Netball Learning Centre log in: learning.netball.com.au

****Evidence of completion (certificates) are to be emailed to the AUDO**** - umpiredevelopment@rdna.org.au

Any participants wanting to complete the Green Shirt program must email in their expression of interest and will be directly sent a registration link. Spots for this program are NOT based on a first come, first serve basis – but a fair weighting of intended participants based on their club to ensure each club at RDNA has a steady supply of umpires.

Further information on Umpire pathways and development courses can be found on the Netball Australia website under the '**Get Involved**' and '**Umpiring Accreditation**' tabs.



Rockingham and Districts Netball Association Inc. 2024 Competition Handbook

The Junior Green program course will commence on Saturday May 27th, 2024, times tbc and will run for approximately 10 weeks, concluding on Saturday August 26th.

We are looking at running a Senior Green Shirt program, this will be sent to clubs early 2024 and posted on the RDNA Facebook Page for expressions of interest.

Junior Green Shirt will umpire Go 1 & Go 2.

Green Shirt mentors will receive \$10 per team, RDNA executive committee will collect monies during game. Please ensure money is in envelope with the following details on envelope: team name, date, court and time.

Registration will be via Play HQ and a link will be posted on the RDNA Facebook Page and sent to Clubs early 2024.

Participants must have a whistle, rule book, hair tie/ring and a green shirt (shirts issued at first session).

[Appendix E: Development Information](#)

Coaching Development Opportunities 2024

Clinics and Programs

Throughout the year, the RDNA will schedule clinics and programs to target building capacity for players or coaches in the Netball Australia Skill Development Framework. These will be advertised via the RDNA Facebook Page and/or RDNA Website and sign up will be via Play HQ.

New Coaches Workshop

March TBC

Free @ RDNA Venue TBC

Description: This workshop covers:

- Step by step guide on writing a training session and - how to deliver it.
- Keeping it interesting and engaging for your players
- Game-day Coach behaviour

Develop the ability to teach the basic skills of netball from Net Set Go (7-10yrs) and Juniors (11 -13yrs). Learn how to progress a skill in 5-steps. Learn how to manage parents/supporters

Requirements: New coaches/assistant coaches with current Foundation or Development accreditation AND current affiliation with RDNA

Duration: This is a 3-hour workshop facilitated by a Netball WA approved presenter. Coaches will be taken through a step-by-step guide to surviving a full season of netball. There is no assessment involved. no pass or fail

Attendance Numbers

Min 6 coaches required for this workshop to go ahead.

Must register, Registration is via netball learning.

Detection and Correction Workshop

TIME/DATE/VENUE TBC

Description: This workshop has been designed to empower coaches to detect faults and correct netball skills. The ability to provide timely corrective and positive feedback. What you'll learn: The ability to detect faults and correct techniques, to promote the development of skills.

Requirements: Current Foundation or Development Accreditation Current affiliation with your Member Organisation Who is this course for Aimed at: Community coaches

Rockingham and Districts Netball Association Inc. 2024 Competition Handbook

Duration: This is a 2-hour workshop facilitated by a Netball WA approved presenter. There is no expectation or requirement for coaches to lead or conduct any practical and theoretical aspect of the workshop, however, coaches will be given the opportunity to contribute to this workshop without being assessed in any way.

Attendance Numbers Required:

Min 6 coaches required for this workshop to go ahead.
Must register, Registration is via netball learning

Development Face to Face Accreditation Course

TIME/DATE/VENUE TBC

This is part two of a national accreditation course, online pre requestion need to be completed, please urge ALL of your Foundation accredited coaches to attend. Coaches will learn to deliver a 5-step skill progression and receive their next accreditation.

Please contact development@rdna.org.au for any information.

Attendance Numbers Required:

Min 6 coaches required for this workshop to go ahead.

Registration is via netball learning

Player Development Opportunities

Club Level Player Development Opportunities:

NetSetGO

A NetSetGO clinic be held in the July school holidays.

11s Development

A short development program for registered RDNA athletes born in 2013. The program aims to bridge developmental gaps in fundamental skills required to be successful for trials to 12U Representative Teams in 2025

Representative Level Development Opportunities and Higher

Representative Teams

RDNA selects teams to represent RDNA at the Netball WA Fuel to Go and Play Association Championships.

Trials have been done for U12, U13, U14, U16. These were done on the 12th & 13th of November.

Trials for 20's, Open (2003 & earlier) and Masters (1988 & earlier) to be confirmed.

Cost to trial: \$10.00 Registration: Play HQ

Athlete check in 15mins prior to trial start time.

Athletes must wear plain dark shorts and a plain white or black t-shirt.

Bring large drink bottle, recovery snacks and a sweat towel.

Representative training to be confirmed.

RDNA Breakers Development Program

The RDNA ADO will lead talent identification to select talented coaches and athletes to join the RDNA Program. This is an Association level talent development program for athletes in the 14/U and 16/U age groups who demonstrate strong potential for future selection to the Netball WA Fever In Time. This is, in essence, an underpinning program for the Netball WA Fever In Time. This program will commence after the Fuel to Go and Play Association Championships. There is no trial or application, this is by invitation only.

Accreditation

The Netball WA Website is your point of reference for coach accreditation courses. The RDNA ADO can provide mentoring to coaches who wish to pursue the pathway through the calendared clinics and programs. Please email development@rdna.org.au for more information



2024 Affiliation Fee Structure					
1. Fees are inclusive of PlayHQ's 2.03% transaction fee. 2. PlayHQ will also be introducing a 1.49% service fee charged to participants on all transactions. This fee will be added at the time of checkout for any transaction made through the PlayHQ system.					
WINTER 12-month NWA membership	Year Born	Netball Australia Admin & Services Fee (non-refundable)	NWA Member Fee	RDNA Member Fee	Total Fees
Senior (Including Mixed Competition)	2006 and Earlier (Turning 18 years and older)	\$4.49	\$101.01	\$35.00	\$140.50
Junior (Including participation in Senior & Mixed Competitions)	2007 to 2013 (Turning 11 to 17)	\$4.49	\$96.93	\$35.00	\$136.42
NetSetGo (Includes Pack)*	2014 to 2019 (Turning 5 to 10)				
“Net” Tier* - Club Program	2018 to 2019 (Turning 5 to 6)	\$4.49	\$79.54	\$0.00	\$84.03
“Set” & “Go” Tiers*	2014 to 2017 (Turning 7 to 10)	\$4.49	\$79.54	\$30.00	\$114.03
Non-Playing Club and RDNA Officials and Volunteers	Umpires, Coaches, Team Managers, Scorers, Timekeepers, Committee Members	\$0.00	\$0.00	\$0.00	\$0.00

SPRING – 3-month NWA membership					
SENIOR	Played Winter	\$0.00	\$0.00	\$25.00	\$25.00
	New Player	\$4.49	\$51.02	\$25.00	\$80.51
JUNIOR	Played Winter	\$0.00	\$0.00	\$25.00	\$25.00
	New Player	\$4.49	\$51.02	\$25.00	\$80.51
NetSetGo	Set & Go New	\$4.49	\$51.02	\$20.00	\$75.51
	Set & Go Repeat	\$0.00	\$0.00	\$20.00	\$20.00

NetSetGo ‘Net’ Tier* short season - Club Program	2018 to 2019 (Turning 5 to 6)	\$4.49	\$51.02	\$0.00	\$55.51
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*Woolworths NetSetGO packs will be paid out of this fee: \$31.24 non-refundable

Appendix G - Merchandise Price List

Single Game Vouchers Snr Comp \$15.00	RDNA Caps \$ 7.00
Single Game Vouchers Jnr Comp \$10.00	RDNA Hoodie \$50.00
RDNA Game (Reg'd Jnr filling in Snr Comp) \$10.00	Umpire Polo Shirt – C Badge or higher \$45.00
Rule Book new publication due mid 2024 (price to be advised)	Umpire Polo Shirt – Non-badged \$35.00
Thunderer Metal Whistles \$25.00	Umpire Jacket \$75.00
Silver whistle \$10.00	Umpire Pants \$10.00
Timer \$24.00	Umpire Skort \$40 .00
RDNA Backpack \$25.00	Umpire Raincoat \$23.00
	Umpire Visor \$7.00

Appendix H - Fines

6.5.2	Incorrect Scorecard	loss of 3 points – or forfeit if game is a final \$10 fee NetSetGO \$10 fine for reoffending
6.11.7	Late notification of forfeit	Fine – double the MBSC and umpire fees
7.5	Non-attendance of umpire	Fine - \$50 for offending team that forfeits match
7.7	Coach umpiring	Offending team forfeit match
8.4	Poaching	Sent to disputes committee
8.5.1	SGV over pulling up	Offending team forfeit the match
8.5.8/8.6.4	SGV or borrowed players over registered	Offending team forfeit the match
8.5.10/8.5.11	Exceeding SGV limits	Offending team forfeit the match
8.6.1	Exceeding borrowed player limit	Offending team forfeit the match
8.6.6	Interchange of same grade players	Offending team forfeit the match
8.6.8	Borrowed player from other club	Offending team forfeit the match
8.7.1	Playing with less than 5 registered players	Offending team forfeit the match
8.7.9	Late teams	Offending team forfeit the match
8.8	Playing ineligible player in finals	Offending team forfeit the match
6.13.4/8.9.1	Abuse of an official	Fine - \$250 and disciplinary action



<p>What does the complainant want to happen to resolve the issue?</p>	
<p>What other information has the complainant provided?</p>	
<p>What is the complainant going to do now?</p>	

This record and any notes must be kept in a confidential and safe place. Do not enter it on a computer system. If the issue becomes a formal complaint, this record is to be given to the RDNA Disputes Committee Chairperson.



Rolling Substitution During Play

Teams will be allowed to make substitutions during play, this includes during stoppages and intervals. There is no limit to the number of substitutions that can be made during a match and more than one substitution may be made at any time.

Play will not be held for rolling substitutions (umpires do not need to be notified if a player wishes to complete a substitution).

1) The substitutions area will be clearly marked next to the Scorer/Timer box on the court with an X, marker, or cone.

- a. Rolling substitution box for each team will be set up court side where possible, otherwise common sense will need to be used where boxes are not marked.
- b. Coaches are permitted to enter the rolling substitution box during the matches.

2) The substitute(s) stands wholly inside the team's substitution zone to indicate a substitution is to be made.

3) Players can only enter play once the substituting player has completely exited the court.

- a. Before the player moving onto the court leaves the substitution area, the player leaving the court must tag hands.

4) Players must observe the offside rule as they enter/leave the court in permitted areas for their position.

- a. If a player entering or leaving the court enters an area not designated for their playing position, a sanction will be awarded whether that player is in contact with the ball or not.

5) Players must not interfere with the umpire's movement during the substitution, or a sanction will be awarded.

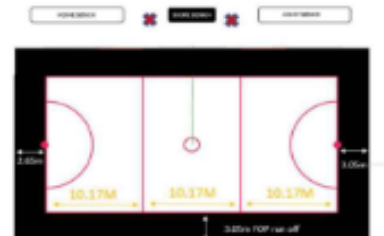
Sanction: Free pass where the ball was when the interference or offside upon entry/exit occurred.

6) A player leaving the court must exit via the rolling substitution box and then return to the team bench.

7) Players cannot change positions whilst on the court.

- a. Any changes to positions require a player to roll off and return to the court in the desired position with correct bib on.

8) Rolling Substitutions Areas: Areas will be marked with an X, marker, or cone as indicated on below diagram.



Delaying Play

9) Should a team delay play whilst making a substitution a sanction will be awarded. The normal sanction for Delaying play will apply.

- **Example:** substituting a Centre player during the scoring of a goal and taking of next centre pass.
- This needs to be done quickly to not delay play especially if the Centre player rolling on will be taking the Centre pass.

Sanction: A Penalty Pass is awarded which is advanced, a warning may be issued where multiple or continuous offences occur.

Rolling Substitutions - Umpires

10) Players must observe the offside rules as they enter / leave the court and must not interfere with the umpire's movements during the substitution.

11) Umpires' priority must always be the players on court.

Sanction: When an incorrect substitution occurs, a Free Pass is awarded instantly where the ball was (on court) at that time.

12) Should the non-infringing team be in possession of the ball at the time the sanction should be awarded, play continues, and no stoppage is required.

13) If the non-controlling umpire sights an incorrect substitution and the ball is in the other umpires end of the court, then play continues

Record of rolling substitution changes on scorecard are not required, starting seven (7) positions are to be recorded on the scorecard as normal.

