KWINANA RECQUATIC

SOCIAL SPORTS

Netball Playbook

July 2026

City of Kwinana

Welcome to Kwinana Recquatic Social Sports

Our mission is to make every moment of Netball as exhilarating and sociable as possible. To keep the games fair and fun, we've put together your go to resource for all the essential rules and regulations. If you have any questions or need a hand, our friendly Sporting Competitions Staff are here to help.

Note: All rules are as per the official "World Netball" rule book with Kwinana Recquatic amendments as detailed in this Playbook.

The information contained in this document is current and may be subject to change. Management reserves the right to adjust the playbook as needed.

General Information

At Kwinana Recquatic, we offer an exciting lineup of social netball competitions designed to challenge and entertain players of all skill levels! Our netball leagues include the following:

Social Sport Competition	Seasons	Days	Times
Mixed Netball	All year round (2 seasons)	Tuesdays	6pm until 9.15pm
Ladies Netball	All year round (2 seasons)	Wednesdays	6pm until 9.15pm
Ladies Day Time Netball	School Terms (2 seasons)	Fridays	9.20am until 12pm

Matches are timed and will start as per the fixtured time:

- Match times for Tuesday and Wednesday evenings are: 6.00pm, 6.50pm, 7.40pm 8.30pm.
- Match times for Friday mornings are: 9.20am, 10.10am, 11.00am

Match Length

A match consists of four quarters, each of 10 minutes playing duration, with an interval of one minute between the first-second and third-fourth quarters. The half-time interval is 2 minutes.

Pre Game Warm-Up	1st Quarter	Interval	2nd Quarter	Half Time	3rd Quarter	Interval	4th Quarter
5 mins	10 mins	1 minute	10 mins	2 mins	10 mins	1 minute	10 mins

Team Nomination

To get started, fill out our Team Nomination Form with the Team Captain and secondary team contact plus your teams contact details – emails and mobile numbers.

For mixed Netball, you will need at least two males listed.

Forms need to be submitted by week 3 to secure your spot. Late entries are still accepted, but it is up to management when they can fit you into the fixtures.

Team Re-Nomination

If you played last season then you're all set for the new season, unless:

- You forfeited more than three times.
- You have unpaid forfeit fines
- Your contact information is out of date.
- You had any penalties or discipline issues.

Nomination Fee

Nomination fees can change yearly and cannot be transferred or refunded.

Returning teams don't need to pay again unless you have an unpaid forfeit.

New teams, you'll need to pay up front. If you're not fully paid, you won't receive any premiership points until it is paid.

Pay in Advance

At the start of the season, all teams will pay a double game fee to remain a week in front. This is to cover any sudden withdraws and covers your final match of the season.

Match Fees

Game fees can also go up yearly. Pay when you arrive. You'll need proof of this to take the court. If you're late with payments and games get delayed, expect a penalty.

For forfeits:

- No game? If you have paid, you'll receive a credit for your next game – unless it's the last game of the season, then you'll get a refund or credit for the new season.
- Scratch match or practice? No credit for the next week.

Forfeits

Expectation is all scheduled fixtures are played In the event you are unable to make a fixture the following process and fees apply.

Forfeit Notice	Fee
No show/forfeit with **less than 24 hours' notice**	$152.00
Forfeit with **more than 24 hours' notice**	$76.00

Forfeit fines must be paid within 7 days. If not, you'll lose your premiership points until it is paid.

To notify a forfeit:

- Call Kwinana Recquatic on 9236 4700
- Tell reception in person during operating hours.
- Email Kwinana Recquatic via **Recquatic@kwinana.wa.gov.au**

Forfeit games will not be rescheduled and will lose 1 premiership point. Forfeit games will be recorded as 20 – 0.

If you forfeit 3 times in a season your team may be withdrawn and the team will be classed as a new team when rejoining the competition in the new season.

Fixtures

Fixtures come out weekly for the first 3 weeks of grading and then again for the rest of the season. Check your game times each week – fixtures are final from Week 4.

No requests for specific times or dates unless pre – approved by management.

If any changes to fixtures occur, you will be emailed about these.

Grading

We try to place teams in their preferred grades, but sometimes we combine grades if needed. We keep an eye on results for the first 3 weeks and may move teams to balance things out. Requests to change grades should be emailed to: **SocialSports@kwinana.wa.gov.au**

Abandoned Fixtures

Matches can be abandoned for numerous reasons including leaks, altercations, serious injuries etc. in the event of an abandoned game, the result will be determined by the point of when it was abandoned.

Pre-Match

Match result will be a DRAW and teams will only receive a free game for the next week if they are not notified before entering the facility. Free games will be given if the team is not notified before entering the facility.

Before Half Time

Match result will be a DRAW and teams will receive a free game the next week if abandonment is due to anything except altercation. No free games will be offered if the match is ended by an altercation.

After Half Time

The match result will be recorded as what it was at the time of the abandonment of the match. No free games will be given for any match that is abandoned after half time, as the result is deemed final.

Social Rounds

During the year we may hold 'themed' rounds this is to encourage a social and fun atmosphere. An example: R U Ok day, wear yellow theme.

Round Robin Finale

The final round of the season will be a round robin to wrap things up in style! It's the perfect chance to celebrate the season. Plus, the League Awards will be handed out on this night.

Mercy Rule

If you find yourselves 20 goals ahead after halftime, we'll ask you to swap positions and if there is no change we'll ask you to drop a player to keep things fair! It's all about keeping the match exciting, so you'll have to put your skills to the test with one less teammate.

Ladder Points

All games played will obtain premiership points. Here's how they work:

- **Win:** 4 points
- **Draw:** 2 points
- **Bye:** 4 points
- **Loss:** 0 points

Teams that join in the middle of the season will not be given any points and will start on 0 or a bye of 4 points.

Awards

League Winners

At the end of the season, the team at the top of the ladder will be awarded league champions on the Round Robin Finale night.

If teams are tied at the top, tiebreakers like goal difference or head-to-head results may be used to determine the ultimate winner.

Round Robin Finale MVP

On our Round Robin Finale Night, umpires will vote for the MVP after each game. Every vote gets recorded and at the end of the night, we'll tally them up to award the Round Robin Finale MVP.

If it's a Mixed Round Robin Finale Night, we'll award a male and female MVP.

Culture Champions

Team captains will award votes each week and the culture champions is awarded at random monthly by drawing a voting card out of those that were submitted for the month.

Inspirational Player

Team captains will award votes each week and the inspirational player is awarded at random monthly by drawing a voting card out of those that were submitted for the month.

Fill – in Players

Each player can only be registered for 1 team and 1 division per competition.

No playing in lower grades – if it happens, your team might forfeit the game.

Teams with fewer than 7 players may use a substitute or fill-in player from another team. Fill in players may only play WA or WD with final placement at the discretion of the Umpires and Sport Supervisor

Netball Player Positions

For Mixed Netball no more than 3 males can be on court at any one time. Male players will need to be spread out across the court.
Of the 3 male players on the court, only 1 is allowed in the shooting D and 1 in the defensive D and a maximum of 2 males in each attacking or defensive third.

Quick guide:

1 Male:	Any Position
2 Males:	1: GS, GA, WA, C, WD 1: GK, GD, WD, C, WA
3 Males:	1: GS, GA, WA 1: WA, C, WD 1: GK, GD, WD

Uniforms

Teams should supply their own bibs. If there's a colour clash, the centre has some bibs for you to borrow.

Wear matching shirts so you look like a squad and stick to sports trainers with non-marking soles suitable for indoor use.

Also, leave the jewellery, watches, peaked caps, denim shorts, belted pants, shorts/pants with zips or pockets, tank tops with spaghetti straps, skate shoes, work boots and thongs/ sandals at home.

Uniform Penalty

There will be penalties for teams that are not in the right uniform by week 4. The umpire will decide what happens and their decision is final. Penalties will be added to the score sheet before the second half.

Match Equipment

We will supply you game balls and bibs if there's a colour clash. After the game, Team Captains need to return equipment to the Sports Supervisor. Teams need to provide their own bibs for hygiene reasons. Shirts must be worn under bibs.

Score Sheets

Before your game starts fill the score sheet out correctly and leave them at the score-bench. We need full names and signatures – registered players' names will be printed, but fill -ins should write theirs down.

The electronic scoreboard is for keeping track, but the official results is all about the score sheet.

Super Shots

Super Shots will take place every game.

Here's the breakdown of Super Shots:

- Two-point shots will be in effect for the 1st and 4th Quarters.
- Both feet must be BEHIND the line.
- The entire foot must be BEHIND the line.
- The grounded foot must be behind the line: You cannot step back and hover the ground foot to earn a 2-point shot
- You may not step forward, and still earn the two-point shot, if you have stepped out of the zone.
- The umpire will signal a two-point goal by raising both arms, instead of the usual 1.

Underage Players

Players must be 16 years or older. Players as young as 14 may join with a waiver signed by a parent/guardian, this is also at the discretion of the Sports Supervisor.

Late Arrivals

Teams need to be all set and ready to go by game time.
Have bibs on, uniforms sorted, and nails checked and taped (if needed).
Don t forget to take off or tape up any jewellery before the umpire starts the game.

Late Penalties

The game clock starts at the scheduled time, whether you're ready or not.

You need at least 5 players to start the game. For mixed netball, you must have a minimum of 1 male and maximum 3 males on court at any one time.

If your team isn't ready by game time, you'll lose 2 points for every minute you're late (up to 10 points).

If you're not ready within 10 minutes, the game will be declared a forfeit, and the other team will win. You'll also be charged with a Forfeit Fee.

Injury

Playing social sports is all about having fun, but it is good to remember that there are some risks involved. Since we don't always have the chance to train or warm – up injuries can happen. Here's the deal:

Play at Your Own Risk: Injuries can happen, and it's up to each player to take care of themselves.

Officials will Help: The umpires and officials will do their best to keep the game safe and avoid rough contact.

Injury Response: If someone gets seriously injured Recquatic staff will step in to help. If the Sports Supervisor or umpire thinks someone isn't fit to keep playing (like a concussion or an excessive blood injury), they may call the game for that player.

Seek Medical Advice: If you get hurt, it's important to get professional medical advice. Listen to your body, don't push too hard, and remember to warm up before the game to help prevent injuries.

Injury Report

If there's an injury, help us out by filling out the injury report. It'll help us take care of the player and get them sorted quickly.

Injury Time

Here's what will happen if an injury timeout is called:

Minor Injuries: We won't stop the clock for minor bumps or scrapes. Time will only be paused if the umpire or Sports Supervisor decides it's serious, like if a player can't leave the court.

Big Delays: If a game's stopped for more than 10 minutes due to an injury or incident, it'll be called off. The Sports Supervisor will look at the scores, points, and match payments and will determine the best outcome for everyone. You'll be notified about this before your next game.

Player Safety: Remember, player safety comes first. The game's outcome is secondary to making sure everyone's okay.

Rules of Sportsmanship and Conduct

A friendly reminder to keeping things fair and fun:

Team Captains: You're in charge of how your team and supporters behave at the venue.

Control your Crew: If your team or supporters are causing trouble, there could be consequences, including removal from the competition.

Be Polite: Treat everyone, including players and officials with respect.

Play Fair: Always keep the spirit of the game in mind.

Intoxicated Players: If you're suspected of being under the influence of drugs or alcohol, you won't be allowed to play.

Accurate Information: Make sure the names on the team sheet match the players on court. Using a false name could lead to penalties.

Zero Tolerance: No abusive behaviour, whether verbal or physical. Players or spectators can be kicked out, and in serious cases the police might get involved. Bad behaviour could even lead to being banned from Kwinana Recquatic.

Follow the Rules: Everyone must adhere to Kwinana Recquatic's Condition of Entry.

Misconduct

Misconduct is counted as things like rude language, unsportsmanlike behaviour (spitting or giving rude gestures), playing too rough (hitting players without the ball), or striking anyone are a no – go. Keep it clean, because repeated offenses could mean your team is kicked out of the competition. Also, if your team obtains more than 10 warnings for Netball in a season, you might get kicked out without no further warning.

If you're sent off from the field of play, you'll need to grab your belongings and leave the venue. You won't be able to come back onto court for the rest of the night.

If a game gets out of hand, the official can call off the game.

Netball Warning Procedure

Here's how our officials will deal with things if they get a bit rough on court:

First Offense: The officials will ask you to adjust your play.

Second Offense: An advancement will be given on the court to the opposition.

Third Offense: The umpire will give a friendly warning to either a player or the whole team.

Fourth Offense: If things still don't improve, the player will get a 2-goal timeout and will have to sit out. During this time no one can take their place on the court – except if it's the centre who's off the court.

Double Trouble: If a player receives a second 2 goal penalty in the same game, they'll be asked to leave the playing area, and additional consequences may follow based on their actions. No one will be able to take their place on the court – except if it's the centre who's off the court.

Deliberate or Dangerous Play: If an umpire considers an action to be a deliberate delay of play, dangerous, or unsportsmanlike, and not in keeping with the spirit of social netball. They may decide to advance play or apply stronger sanctions without a prior warning.

Discipling by an Official Warning

If an official gives you a warning it means they're not happy with how you're playing. This could be because of:

Verbal or Physical Abuse: This includes any kind of aggressive behaviour towards players, umpires or spectators.

Rough Play: If you're playing too hard or being overly aggressive.

Disputes with Officials

Here's how to handle disputes about calls and decisions:

Need Clarification on a Call? Officials are happy to chat about their decisions if you ask calmly and respectfully.

Disagree with a Call? Instead of arguing during the game, wait until half time or after the match. Approach the official calmly. If they're not up for a chat, you can take it up with the Sports Supervisor. Remember the Team Captain is only permitted to speak to the officials or Sport Supervisor.

Still Not Happy? If you're not satisfied after talking with the Sports Supervisor, the Team Captain can reach out to the Sports and Programs Team Leader for further feedback.

Please avoid stopping the game to argue, swear or be aggressive with officials or players. If things get heated, you may be warned, cautioned, or even sent off depending on what happened.

Incident Reports

If an incident happens during the game, please help the officials by noting it down. If they ask for details, please send an email with your version of what happened to:

SocialSports@kwinana.wa.gov.au

Children Supervision

Children under 12 must be actively supervised by a guardian 16 years or older. Unsupervised children may result in a player being required to leave the court to provide supervision.

Cautions, Dismissals and Suspensions

Misconduct	On Court Penalty	Resulting Penalty
Foul Language non – directed.	Warning and explanation.	None needed if stopped.
"Accidental" physical contact to another player.	Warning and explanation.	None needed if stopped.
Arguing with umpire.	2 goal timeout.	Verbal Warning.
Foul language directed at player/umpire.	Suspended for rest of the game.	2+ week suspension.
Mild unsportsmanlike behaviour.	2 goal timeout.	Verbal Warning.
Repeated on-court arguing with umpire.	2 goal timeout - Suspended for the rest of the game.	1 – 2+ week suspension.
Attempting to strike or threatening another player.	Suspended for rest of the game.	3+ week suspension.
Aggressive behaviour (either verbal or physical) towards player or spectator	Suspended for rest of the game.	3+ week suspension.
Physical abuse towards a player or Spectator.	Suspended for rest of the game. May be asked to leave courts or removed from venue.	3+ week suspension. This will be determined by type and level of physical abuse/assault. Team may be issued a warning or removed from competition.
Physically touching an umpire in a threatening manner or extreme verbal abuse.	Suspended for rest of the game. Will be asked to leave courts and removed from venue.	Player is banned for rest of the season or possible life ban from all competitions.

All suspension decisions will be at the discretion of the Sports and Programs Team Leader, in conjunction with the Sports Supervisor after an investigation has been completed.

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