



# NETBALL ACT STATE LEAGUE

2026 Competition Manual

## TABLE OF CONTENTS

<b>1. OBJECTIVES .....</b>	<b>3</b>
<b>2. DEFINITIONS.....</b>	<b>4</b>
<b>3. COMPETITION FORMAT .....</b>	<b>4</b>
3.4 Match Format.....	5
3.5 Match Points.....	6
<b>4. MATCH RULES .....</b>	<b>7</b>
4.4 Rolling Substitution.....	8
<b>5. SUPER SHOT - DIVISION 1 ONLY .....</b>	<b>9</b>
<b>6. ELIGIBILITY.....</b>	<b>9</b>
6.1 Player Eligibility.....	9
6.2 Finals Eligibility .....	11
<b>7. TEAM OFFICIAL ELIGIBILITY.....</b>	<b>12</b>
<b>8. COACHING STAFF .....</b>	<b>12</b>
<b>9. MATCH OPERATIONS.....</b>	<b>12</b>
9.1 Umpires .....	12
9.2 Score Benches .....	12
9.3 Uniform Regulations .....	13
<b>10 DISCIPLINARY RULES .....</b>	<b>13</b>
10.1 Application.....	13
10.2 Codes of Behaviour .....	13
10.3 Reporting Process .....	14

## **1. OBJECTIVES**

The Netball ACT State League (SL) is the premier netball competition in the ACT, consisting of several Divisions. Teams that compete in the SL are representative of Netball ACT District Associations and invitational District Associations from around the region.

The following Competition Rules have been provided to ensure the objectives of the SL Competition are met. These objectives are to:

### ***State League – 17U***

- Identify and develop talented athletes within or having the potential for NACT pathways
- Provide a weekly representative competition for athletes
- Provide a representative competition for developing coaches, umpires and officials

### ***State League – 19U***

- Identify and develop talented athletes within or having the potential for NACT pathways
- Provide a weekly representative competition for athletes
- Provide a representative competition for developing coaches, umpires and officials

### ***State League – Division 1***

- Identify and develop emerging national athletes
- Provide the highest level of weekly representative competition opportunities for athletes playing in the ACT
- Provide the highest level of weekly representative competition opportunities for coaches, umpires and officials

### ***State League – Division 2***

- Provide a weekly representative competition for open age athletes
- Provide weekly representative competition opportunities for coaches, umpires and officials

### ***State League – Mens League***

- Identify and develop emerging national athletes
- Provide the highest level of weekly representative competition opportunities for male athletes playing in the ACT
- Provide development opportunities for coaches, umpires and official

## 2. DEFINITIONS

**“Competition”** SL staged by NACT and run annually at a time and duration as stated by NACT;

**“Competition Rules”** SL Competition Rules as amended by NACT from time to time;

**“Competition Points”** points awarded to a Team based on the outcome of their Match which is used to determine the Teams position in the Competition

**“Division”** Separation of the competition offered

**“District Associations”** an organisation or association formed to promote netball in an area of the Australian Capital Territory with objects similar to the objects of the Association;

**“Competition Manager”** refers to the NACT employee responsible for promoting and implementing the Competition in line with the Competition Rules the specific title of which may be amended from time to time;

**“Match”** means all netball matches played between the Teams as part of the Competition and all netball matches between some or all of the Teams in respect of other events;

**“PlayHQ** NACT’s Membership and Competition Management Database;

**“NACT”** ACT Netball Association Incorporated trading as Netball ACT, the governing body for netball in the Australian Capital Territory (ACT);

**“NACT Umpire Advisory Member”** A NACT appointed Umpire, who will allocate and coach SL umpires.

**“Player” means** person who has a current financial registration with Netball ACT, who has formally been listed and is named on the NACT Team Form;

**“Round”** a series of matches that occupies a specified times, contains a certain number of teams, and allows each team to play each other

**“Team”** any entity granted the right by NACT to participate in the Competition

**“Team Form”** Official NACT document to register in the Competition

**“Score Sheet”** NACT approved document for scoring

**“INF” means the International Netball Federation, which governs the “Rules of Netball”.**

## 3. COMPETITION FORMAT

3.1. The Competition will comprise of fifteen (15) rounds, plus finals.

3.2. Only one Team per Association will be permitted in each division of the Competition.

3.3. The game rules will be in accordance with the INF “Rules of Netball “as amended from time to time unless modified in the Competition Rules.

Note: 2024 Rule Updates <https://netball.sport/game/the-rules-of-netball>

### 3.4. Match Format

- 3.4.1. 17/19s Division Matches shall be played for a period as follows:
- a) Forty Eight (48) minutes divided into four (4) quarters, each of twelve (12) minute duration;
  - b) The twelve (12) minute duration for each quarter will be actual playing times and will not include stoppages in play.
- 3.4.2. Intervals shall be taken between each quarter as follows:
- a) The quarter time intervals will be a maximum period of two (2) minutes;
  - b) The half time interval will be a maximum period of four (4) minutes
- 3.4.3. Division 1, 2 and Mens Division Matches shall be played for a period as follows:
- a) Sixty (60) minutes divided into four (4) quarters, each of fifteen (15) minute duration;
  - b) The fifteen (15) minute duration for each quarter will be actual playing times and will not include stoppages in play.
- 3.4.4. Intervals shall be taken between each quarter as follows:
- a) The quarter time intervals will be a maximum period of three (3) minutes;
  - b) The half time interval will be a maximum period of five (5) minutes
- 3.4.5. All games are to be played at the SolarHub ACT Netball Centre or as scheduled by NACT.
- 3.4.6. Only the officiating Umpires may stop a Match (temporarily or indefinitely) due to extraordinary circumstances that may be deemed an emergency. This may include but is not limited to failure of equipment or facilities, a seriously injured Player, or any other reason deemed necessary by the officiating Umpires.
- 3.4.7. At the discretion of the approved NACT Staff Member or Competition Manager, matches may be delayed, postponed or abandoned for any reason deemed justifiable including but not limited to poor conditions in the field of play, equipment damage or failure and recommendations made by the Umpire.
- a) Where a delayed Match is unable to be resumed within 30 minutes of the scheduled start time, the Match will be postponed;
  - b) When a Match is postponed, it will be re-scheduled at the discretion of NACT at a time and place deemed suitable; or
  - c) Where a postponed Match is unable to be re-scheduled, the Match

will be abandoned in which case the following will apply:

- i. Teams will be awarded with a drawn game 15 goals each and receive 1 Competition Point; and
  - ii. All players listed on the Score Sheet at the time of the abandoned round will be credited with playing 4 quarters.
- 3.4.8. There will be **no deferment of games**: teams will play their games as set down in the draw. If a District Association is unable to field a team, they must forfeit their game and pay the appropriate forfeit fee.
- 3.4.9. A forfeit fee of \$300 will be incurred when a team forfeits (the Competition Manager will not impose a forfeit were satisfied, in their absolute discretion, that the withdrawal was related to COVID-19 with an insufficient number of players to take the court).
- 3.4.10. Each Player must play in the identified Association's Male or Female State League Uniform (**This includes Association bike shorts**) Shorts worn by players must not have pockets.
- 3.4.11. The Competition structure will comprise five divisions to be named:
- a) **Division 1**
  - b) **Division 2**
  - c) **19 & Under (19U)**
  - d) **17 & Under (17U)**
  - e) **Men's Division**
- Each division will have six (6) teams as determined by NACT. NACT may increase the number of teams per division for subsequent Seasons.
- 3.4.12. The NACT Competitions Manager will make the final decision as to the draw and the scheduling of Matches.
- 3.4.13. The top four (4) Participating Teams from the Minor Rounds Matches for each of the Divisions will advance to the respective Finals Series for Division 1, 2, 19U, 17U and Men's Division

### 3.5. Match Points

- 3.5.1. The official score sheet is the only true record of the Match.
- 3.5.2. If due to unforeseen and exceptional circumstances a Match cannot be rescheduled or completed prior to half time, the teams involved will receive 1 Competition Point. All players listed on the team list sheet will be recorded as 4 quarters played.
- 3.5.3. In the preliminary rounds, Competition Points will be awarded as follows:

- a) Two (2) Competition Points for a win or forfeit to;
- b) Two (2) Competition Points for a Bye round;

**Note:** The Team that has the bye all players listed on the Team List in PlayHQ will receive 4 quarters played.

- c) One (1) Competition Point for a draw;
- d) Zero (0) Competition Point for a loss; and
- e) Zero (0) Competition Points for a Team that forfeits.

3.5.4. The team forfeited will also be awarded a 15 to nil goal difference.

3.5.5. The finals format for Division 1, 2, 19U, 17U and Mens Division will be as follows, unless otherwise formally advised in writing at the start of the Competition by the Competitions Manager:

- a) 1st Semi Final                      3rd v 4th
- b) 2nd Semi Final                     1st v 2nd
- c) Preliminary Final                 Loser of 2nd Semi Final v winner of 1st Semi Final
- d) Grand Final                         Winner of 2nd Semi Final v winner of Preliminary Final

3.5.6. The top four positions will be decided on by the Competition Points after the final Round of matches.

3.5.7. Where two teams are on the same Competition Points, positions for Semi Finals shall be decided on the goal percentages calculated by PlayHQ.

3.5.8. The number of games played includes games a team has forfeited, or where a team has received forfeits.

3.5.9. No disputes will be entered into regarding score sheets where the two team score bench representatives have signed the score as final.

- a) if there is a dispute about the score on the score sheet, then the dispute will be raised with the Competitions Manager who in consultation with the score bench will ascertain to the best of their ability the situation, and will decide the outcome of the game;
- b) no further disputes will be entered into.

#### 4. MATCH RULES

4.1. Matches will be played in line with the INF "Rules of Netball" with the addition of Rolling Substitutions.

**Note:** Netball ACT will not be implementing the new rule of "Tactical Change" and

will maintain Rolling Substitutions.

- 4.2. Team Lists must be submitted to the score-bench 15 minutes prior to the Match commencing. A maximum of twelve (12) players can be listed on the team list. Once the Match has commenced no athletes can be added to the Team List and is not permitted to take the court. If a player who was not listed on the Team List when submitted to the score-bench takes the court, the NACT Sanction is an automatic forfeit, and the opposition team will register the Win.
- 4.3. Once submitted, no changes can be made to the Team List except in exceptional circumstances as approved by the Competition Manager (in their absolute discretion). Where changes are approved, the Team Manager must immediately notify the opposing team and the Bench Officials of these changes.

#### 4.4. Rolling Substitution

- 4.4.1. NACT will be responsible for marking the substitution zones for each team.
- a) NACT State League local rule, the GS/GK are the only positions allowed to stand in the opposition teams substitution box, due to minimal sideline space.
- 4.4.2. Teams will be allowed to make substitutions during play, this **DOES NOT** include during stoppages and intervals. There is no limit to the number of substitutions that can be made, and more than one substitution may be made at any time. Play will not be held up for substitutions.
- 4.4.3. Teams are required to submit a substitution slip to the Bench as soon as the substitution has been made.
- 4.4.4. The substitute player must stand wholly inside the substitution box to indicate a substitution is to take place.
- 4.4.5. The incoming player must wait until the player being replaced enters the substitution box before entering the field of play.
- 4.4.6. Players must observe the offside rules when entering the court. Failure to do so will result in a sanction in line with INF rule 9.7 Offside with a free pass being awarded where the ball was at the time of the infringement or at the point of the infringement which ever favours the non-infringing team.
- 4.4.7. Rolling Substitutions position process, due to the limited run off area, rolling substitutions for a GK / GS whose team is at the opposite end of the team substitution box – will be required to enter the opposite team’s substitution box, ensuring they do not interfere with the umpires.
- 4.4.8. Team Managers are required to submit a substitution slip to the Bench as soon as the substitution has been made.

## 5. SUPER SHOT – DIVISION 1 ONLY

- 5.1. A Super Shot scoring zone will be clearly marked out on all courts with a court marking and will be activated at specific times during a match. The zone will commence at 3m from the goal post and extend to 4.9m from the goalpost. The width of the zone will be 1.9m.
- 5.2. Activation of the Super Shot Scoring Zone will be indicated in venue via audible (airhorn) and visual signal (tbc). All attempts from the Super Shot scoring zone during the specified times will be called a Super Shot, and two points will be allocated to the team who successfully scores.
- 5.3. The Super Shot scoring zone will be activated for the final five minutes of each fifteen-minute quarter. To be clear, at the activation of the Super Shot audible and visual signal, if the ball has already left the hands of either shooter (i.e., an attempt at goal outside the specified time) – and the shooter has complied with all other rules in respect of the Super Shot – and the subsequent goal is successful, 2 points will be awarded.
- 5.4. The Super Shot scoring zone will remain activated for the Extra Time period played following a drawn finals match in regular time. To avoid doubt, this includes any Extended Extra Time for all Finals matches.
- 5.5. The number of points allocated to the goal scored is determined by the place from which the shot is made and includes contact with the ground by the player during the catching and holding of the ball prior to taking the shot. In taking a super shot at goal the GS or GA:
  - 5.5.1. must have contact with the ground in the Super Shot scoring zone for two points to be allocated to the goal and no contact with the ground outside the Super Shot scoring zone either while catching or holding the ball.
  - 5.5.2. may lean on the ball in the goal circle or goal third area outside of the Super Shot scoring zone or may roll the ball or pick it up from these areas, provided the GS or GA makes no physical contact with the ground outside the Super Shot scoring zone.
  - 5.5.3. Umpires will signal a successful 2 point shot by raising both hands straight above their head and verbalise 'two (2)' to assist the bench officials with applying the correct point allocation for the goal.

## 6. ELIGIBILITY

### 6.1. Player Eligibility

- 6.1.1. Players can only play for one District Association in each Competition.
- 6.1.2. To be eligible to participate in the Competition, Players must be a registered member of their District Association and appear as financial to NACT on the PlayHQ database.
- 6.1.3. District Associations are to fully complete and lodge the Team lists on the PlayHQ database by the nominated date as set by NACT.
- 6.1.4. All players registered on a State League team list, will be ineligible to play in the Capital Chemist Junior Championships in the same year. An exemption for players registered in the U15 Junior Championship to play up to a maximum of 6 quarters in a State League team may be sought in writing with NACT prior to Junior Championships. After Junior Championships there are no restrictions on the number of quarters U15 players can play (*Exception to this rule is if Junior Championships concludes after round 7 of the State League competition, then rule 6.1.6 a) will apply*).
- 6.1.5. All District Association entries must list on the PlayHQ database a minimum of seven (7) and a maximum of (15) Players for each team entered as at the closing date of entries.
  - a) any new Player after the closing date must be a registered member of NACT and be entered into the PlayHQ database before taking the court.
- 6.1.6. New Player registration regulations will:
  - a) not be accepted after Round 7 of the Competition;
  - b) any exemption requests are to be submitted in writing to NACT for consideration;
- 6.1.7. Players in 19U must not be older than 19 years of age as at 31 December in the year of play.
- 6.1.8. Players in 17U must not be older than 17 years of age as at 31 December in the year of play.
- 6.1.9. The minimum playing age for any Division is 15 as at 31 December in the year of play.
- 6.1.10. A Player may only play in a team one division lower than the team in which they are registered, and in accordance with rule 5.1.6 & 5.1.7. For avoidance of doubt a Division 1 Player would not be eligible to play in a 19U Team, even if of an eligible age.

- 6.1.11. Once a Player takes the court in sixteen (16) quarters in a higher Division, on taking the court in the 17th quarter that Player will remain in the higher Division for the remainder of the season and will not be eligible for finals in a lower division.
- 6.1.12. Once a Player takes the court in eleven (11 ) quarters in a lower Division, on taking the court in the 12th quarter will remain in the lower Division for the remainder of the season and will not be eligible for finals in the higher division.
- 6.1.13. A player may play a maximum of six quarters in a seven (7) day calendar week across maximum of two Divisions. If a player is found to have played more than six quarters in this 7 day calendar week, the NACT Sanction will be an automatic forfeit to the Division that the player is filling in for (eg: Not registered on the team list)

## 6.2. Finals Eligibility

- 6.2.1. To be eligible for finals a Player must play a minimum of twenty (20) quarters in the Division they are registered in PlayHQ.
- 6.2.2. A player is only permitted to play finals in one Division. Any exemption requests due to multiple players being unavailable in a finals match (due to injury or illness) are to be submitted in writing to NACT with supporting evidence. This exemption may be given by verbal agreement with NACT if the injury and/or illness occurs on the day of the final.
- 6.2.3. Any team found to be playing an ineligible Player in the final series for a Division will be disqualified in that game in which the ineligible Player has taken part and the opposition will progress to the next finals match.
- 6.2.4. If there is a draw in the final series the game shall be continued to a result in accordance with the INF "Rules of Netball".

If the match is drawn the match procedure is:

- Two (2) minute break (teams are permitted to make substitutions)
- Two (2) x seven (7) Min periods
- One (1) min break between the seven (7) min periods
- If at the end of the second seven (7) min period the match is still drawn the match will continue until one (1) team is two (2) goals ahead

## 7. TEAM OFFICIAL ELIGIBILITY

- 7.1. As a minimum, an associations team officials must consist of a head coach, assistant coach, team manager.
- 7.2. Netball ACT is piloting for 2026 a centralised Primary Carer support program for the Opens on Friday nights. Two qualified physiotherapists from Rebound Rehab and Recovery will be on site each round providing support across the 3 timeslots
- 7.3. The 17/19s Division will remain that all teams are required to provide a Primary Carer for the matches and record them on the Team List. The Primary Carer cannot perform the role of any other Team Official during the Match (e.g. a Primary Carer cannot be a team Manager and Primary Carer for the same Match).

## 8. COACHING STAFF

- 8.1 All Coaching Staff must be current financial members of Netball ACT, or any other Member Organisation.
- 8.2 Any Division 1, Division 2, Men's **Head Coach** must hold at a minimum a current **Advanced** netball accreditation or working towards.
- 8.3 Any Division 1, Division 2, Men's **Assistant Coach** must hold at a minimum a current **Intermediate** netball accreditation or working towards.
- 8.4 Any **19s and 17s Head Coach** must hold at a minimum a current **Intermediate** netball accreditation or working towards.
- 8.5 Any **19s and 17s Assistant Coach** must hold at a minimum a current **Development** netball accreditation.

## 9 MATCH OPERATIONS

### 9.1 Umpires

- 9.1.1 All HCFSL Umpires are required to be registered and financial to NACT and with a District Association.
- 9.1.2 NACT Umpire Advisory Panel will be responsible for the allocation and supervision of umpires during matches, in consultation with NACT Umpire and Coach Coordinator.
- 9.1.3 The NACT Umpire Advisory Panel shall have access to the Field of Play in designated areas to observe the Match, but without impacting on any operational requirements.
- 9.1.4 NACT is to be notified of all State League umpire coach/mentors that will be coaching/mentoring umpires at State League matches.
- 9.1.5 If an Umpire has not arrived 20 minutes prior to the commencement of the Match, a replacement Umpire may take the court, providing that they meet the allocation requirements of the match.

- 9.1.6 ACT Umpire and Coach Coordinator will communicate umpire allocations for the Competition as advised by the NACT Umpire Advisory Panel.
- 9.1.7 NACT will provide a shirt for each umpire within the HCFSL Umpire Pool.

## 9.2 Score Benches

- 9.2.1 Netball ACT will facilitate a score bench roster for each round which will comprise of volunteers from the Associations who are ***over the age of 18*** for scheduled Matches:
- 9.2.2 The score bench personnel must be in attendance 20 minutes prior to the start of the match and will set the fifteen (15) minute warm up clock.
- 9.2.3 NACT will provide the bench with stopwatches, umpire alerts.
- 9.2.4 Teams will submit Team Lists fifteen (15) minutes prior to commencement of the Match and substitution forms as required during the Match.

## 9.3 Uniform Regulations

- 9.3.1 Any modifications to team uniforms must be sent into NACT fifteen (15) weeks prior to the competition commencing. NACT will require the full supplier design PDF mock-up of the full team kit including any logo and bib sizing.
- 9.3.2 Teams are not to produce team kit until written confirmation from NACT is received.

# 10 DISCIPLINARY RULES

## 10.1 Application

- 10.1.1 NACT may enforce the terms of these Competition Rules and impose sanctions only if it has given the party alleged to have breached these Competition Rules reasonable notice of the alleged breach; and the opportunity to be heard and to make submissions in relation to that alleged breach and possible sanction
- 10.1.2 All participants of the Competition including but not limited to Players, Umpires, Coaches and Team Officials who have breached the Code of Behaviour or [Netball Australia Member Protection Policy](#) may be subject to disciplinary action as listed within the Netball Australia Member Protection Policy.
- 10.1.3 The incident of potential misconduct may have occurred before, during or after the Match. The incident must have occurred within the confines of the Match venue or its immediate surrounds, or elsewhere if directly related to Competition activity of any sort, and may be made regardless of any action taken by the Umpires during the Match

## 10.2 Codes of Behaviour

- 10.2.1 All participants taking part in the Competition are required to act in

accordance with the National Codes of Behaviour published as part of the Netball Australia Members Protection Policy as amended from time to time.

### **10.3 Reporting Process**

- 10.3.1 All complaints lodged with NACT in relation to the Competition will be dealt with in accordance with the procedures of the Netball Australia Member Protection Policy.
- 10.3.2 An incident must be reported to the Competitions Manager within 2 business days (48 hours) of the incident occurring via [media@netballact.com.au](mailto:media@netballact.com.au)