

# social sport competitions information booklet



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**UNIVERSITY | HARBOURSIDE**

Newcastle University Sport (NUSport)  
 Head Office: The Forum Sports & Aquatic Centre  
 University Drive, Callaghan NSW 2308  
 P 02 4921 7001 F 02 4921 7005  
[www.theforum.org.au](http://www.theforum.org.au) ABN 67 096 090 372 ACN 096 090 372

## COVID-SAFE PROCEDURES

To ensure that the health and safety of our Forum Community and Team Members is our top priority we have introduced a range of new measures. Our staff have all completed the Department of Health COVID-19 Infection Control Training and are implementing a number of processes to keep the Forum COVID-safe.

NUsport has a dedicated COVID safety plan, which you can access here: [Covid-19 Safety Plan](#)

### **SOCIAL SPORT COVID-19 SAFETY – SEMESTER 2 2021**

For our Social Sport competition participants, we ask that you follow the procedures below to ensure we are all doing our part to make The Forum a COVID-safe environment.

- **Register yourself as an individual online** – you MUST register yourself into your team BEFORE your first game. If you are a late call-up, or are having any troubles, our Forum team members will be available on the night to assist.
- **Stay home** if you are unwell and currently experiencing any cold or flu-like symptoms or have been to any NSW COVID-19 case locations identified. All participants must adhere to and follow NSW Government Public Health advice and Orders.
- **Arrive – Play – Leave.**
- **QR code** – All persons must scan in using the QR code on arrival.
- **Face Masks** – Face masks are a mandatory requirement when entering NUsport facilities. Participants and umpires/referees can remove masks when they commence warming up and playing/officiating. Masks must be worn again as soon as participants and umpires/referees finish games.
- **Practise good hygiene** – wash your hands before and after your games. Hand-sanitising stations are provided on entry and exit of the building, and courtside.
- **Social Distancing** – adhere to the 1.5m social distancing rule when not participating in games.
- **Water Bottles and Towels** – if you are using a water bottle or towel, ensure that you have your own. Do not share with other teammates or participants.
- **Playing multiple games per night** – If you are required to play multiple games on one night, you may now do so. However, all COVID-safe protocols must still be followed (i.e. Leave venue after your first game and re-check-in, etc.)
- **Spectators** – Teams will now be able to have up to **7 spectators per team** attend their game courtside. This number includes all non-playing adults and children.
- **NSW health** – All NUsport program participants are reminded to adhere to NSW health and NSW public Health orders.

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## CODE OF CONDUCT

All players and spectators are required to abide by the Code of Conduct. Penalties for breaching this Code of Conduct may include verbal or written warnings, sending off for periods of time and /or remainder of game, or suspension or expulsion from current and future competitions. Newcastle University Sport reserves the right to remove individuals or teams from the premises or deny entry to individuals or teams at its discretion.

1. Abide by the rules of the match or competition.
2. Behave in a positive manner at all times and do not direct physical or verbal abuse towards officials or participants at any time.
3. Encourage and support honest effort, skilled performance and improvement.
4. Show respect for opponents and their skills.
5. Do not mix alcohol with sport. No player will be permitted to take part in any competition where there is any indication of intoxication.
6. Respect the official's decision. Do not abuse, threaten, or intimidate a referee or match official and do not show dissension, displeasure or disapproval towards a referee or match official's decision in an abusive or unreasonable fashion.
7. Condemn the use of violence in any form, whether it occurs between spectators, coaches, officials or players.
8. Leave the area tidy and free from any litter or other mess.

It is considered unacceptable behaviour to constantly question official's decisions. Team captains may approach officials for rule clarification. The decision of the official on court/field is final and continued harassment of officials may result in players being sent from the court/field or excluded from competition.

## INSURANCE

NUsport recommends that each player privately covers themselves against injury. Whilst there is Public Liability and Professional Indemnity cover, there is no Personal Accident cover in place. Players participate at their own risk and participation is subject to NUsport Terms and Conditions available to view at [www.theforum.org.au](http://www.theforum.org.au) or on request at The Forum Sports & Aquatic Centre, University, or The Forum Health & Wellness Centre, Harbourside. NUsport advises patrons with existing medical conditions to seek appropriate medical clearance before participating in NUsport managed program.

## NAILS AND JEWELLERY

Nails are to be **short and smooth** and CANNOT be taped or gloved. All jewellery must be removed and CANNOT be taped (including piercings), with the exception of medic alert bracelets and wedding bands, which may be suitably taped over. Players who do not adhere to these conditions will be **unable to take the court** for safety reasons.

## REGISTRATION FEES

|                                |  |
|--------------------------------|--|
| <b>\$950</b> – Semester 2 2021 | One-time payment that covers all fees for the competition. NO weekly fees. |
|--------------------------------|--|

1. Competition fees can be paid to our Member Relations team on front desk, or by phone: 4921 7001
2. Fees MUST be paid BEFORE the commencement of Round 1. NO EXCEPTIONS.
3. Teams owing fees before their Round 1 game will be unable to take the court until fees are paid and may be removed from the competition.
4. No guarantee is given for refunds should teams forfeit, be forfeited against, receive byes due to unavoidable competition changes, poor weather or other circumstances.

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## COVID-19 REFUND POLICY

Should NU sport be required to cancel competitions due to tighter restrictions during the COVID-19 pandemic, teams will be entitled to a refund of **\$72 per game remaining in the regular season**. No refunds will be awarded for potential finals matches. Teams that withdraw from the competition of their own accord, or are removed for any reason by NU sport, will not be entitled to a refund.

## SCORING

|                     |   |                        |          |
|---------------------|---|------------------------|----------|
| <b>Win</b>          | 3 points  | <b>Bye</b>             | 3 points |
| <b>Draw</b>         | 2 points  | <b>Win by Forfeit</b>  | 3 points |
| <b>Loss</b>         | 1 point   | <b>Loss by Forfeit</b> | 0 points |
| <b>Bonus Points</b> | 3 points – received if registration fee is paid BEFORE first game |                        |          |

## FORFEITS

We want to ensure that teams are getting their value for money when participating in our competitions. Therefore, we ask that all teams make every effort possible to avoid a forfeit, by using all options available to them.

Should you be struggling for players, please notify the Forum as soon as possible. With enough notice, we have a large list of individual players who are looking to join a team. We can also assist to contact other individuals who are happy to fill in for your team. You may also use social media tools, such as the **Netball fill-ins Facebook Page** to request players for your teams.

**OUR AIM THIS SEASON IS TO LIMIT FORFEITS AS MUCH AS POSSIBLE.** Please assist us in reaching this goal by doing your very best to fill your side each week. Early communication, both with your players and our administration staff, will make the organisation of your side a whole lot easier.

Should you **ABSOLUTELY** need to forfeit, it **MUST** be communicated to NU sport **at least 24 hours** prior to a game by calling reception on **4921 7003**. Email forfeits will **ONLY** be accepted with **one week's notice**. Teams who forfeit three (3) times in a season will be **removed from the competition** at NU sport's discretion.

A forfeit will also be awarded if a team fails to take the court within **five (5) minutes** of commencement of their game. Results given to the non-offending team for forfeits vary between each sport. See table below:

|                       |        |                                     |              |
|-----------------------|--------|-------------------------------------|--------------|
| <b>Netball</b>        | 15 - 0 | <b>Open Futsal/Sml-sided Soccer</b> | 5 - 0        |
| <b>Basketball</b>     | 20 - 0 | <b>Mixed Volleyball</b>             | 2 - 0 (sets) |
| <b>Touch Football</b> | 5 - 0  | <b>Forum Fives</b>                  | 15 - 0       |

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## PLAYER REGISTRATIONS

All players are now required to register individually into their team via the **Social Sport Registration Form – Register as a PLAYER** on our [website](#).

All players MUST be registered into their team before taking the court (this includes fill-ins and new players).

Should a player be a late addition before a game, they MUST register before taking the court. Failure to do so will mean they are unable to participate. This is a strict measure we have had to put in place during the COVID-19 pandemic. Our friendly Team members will be able to assist you when signing in for each game.

Players must sign on weekly for their team. To qualify for finals, a registered player must have played a MINIMUM of three (3) games for their team. If a team has received a forfeit, a player must have played two (2) games PRIOR to receiving the forfeit to qualify.

To sign in: Approach the designated Team Member in the main Foyer of The Forum and quote to them your team name and your own name. They will be able to match this information with the sign-on sheet and mark you as present.

## FIXTURES, RESULTS AND DIVISIONS

Fixtures are released weekly for the opening 3-4 rounds of a competition, before divisions are finalised and the remainder of the season's fixtures are made available.

Be sure to check fixtures regularly, particularly in the opening weeks, as changes may be required as new registrations are received, and divisions are adjusted. Fixtures can be found online at [website](#) which can also be saved as an app to mobile devices.

Please note that a large amount of time and effort goes in to making grading decisions, and the greatest care is taken to make divisions as even as possible. Our senior umpires and administration staff use the first few weeks of competition as a guide to adjust divisions where required. The best efforts are made by NU Sport to grade teams accordingly to create fair and enjoyable competitions for all, and their decisions are final.

## RESERVES, FILL-INS, AND ADDITIONAL PLAYERS

A large number of individuals register each season looking for a team to join. If you are able to assist, please contact The Forum via email; [competitions@theforum.org.au](mailto:competitions@theforum.org.au)

## CONTACT

For all enquiries related to Social Sport Competitions, please direct your correspondence to the Sports Administrator at [competitions@theforum.org.au](mailto:competitions@theforum.org.au)

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## RULES

### Basketball – Men’s and Mixed

Games are played according to the [FIBA Official Basketball Rules 2020](#) with the following local rules for mixed competition:

#### 1. Fielding a Team

- 1.1. Teams may register up to 18 players.
- 1.2. Teams may field a maximum of five (5) registered players on court.
- 1.3. At least four (4) registered players are required for a game to commence.
- 1.4. Mixed teams may play a maximum of three (3) players of a single gender on court at any time.
- 1.5. Players must be 16 years of age or older to be eligible to play.
- 1.6. All players **MUST** be registered to play (See **Player Registrations** on page 5).

#### 2. The Game

- 2.1. Games will consist of 2 x 18 minute halves, with a break of one minute at half time.
- 2.2. Game will begin with a jump ball (for Mixed either Male v Male or Female v Female). All further jump ball situations will use the possession rule.
- 2.3. Regular season games will start and finish on time. There will be no stoppages for time outs.
- 2.4. During all finals, the clock will be stopped within the last **two-minutes** only for fouls and time outs.
- 2.5. MIXED BLOCKING - A male player may take a defensive position in front of a female player but must not attempt to block her shot. The player’s feet must remain on the ground and his hands within his cylinder. Infractions of this rule may be penalised by the shooter receiving two (2) free throws.
- 2.6. Teams may substitute players at any dead ball situation during the game after notifying the referees.
- 2.7. Both team captains must sign the scoresheet at the completion of the game.
- 2.8. **DUTIES – One person from each team will be required to perform bench duty on their own game. This will include: Completing scoresheets and electronic scoring.**

#### 3. Attire

- 3.1. Referees will check ALL players prior to taking the court with regard to jewellery and nail length (See **Nails and Jewellery** on page 3).
- 3.2. Teams should be dressed in matching coloured tops, which **must be numbered on the back at minimum.**
- 3.3. Appropriate, closed footwear must be worn. Players will not be allowed to take the court with bare feet. Non-Slip, non-marking indoor shoes are recommended.
- 3.4. Team uniforms must not display offensive images or language, as per the entry conditions to NUsport managed facilities.

#### 4. Finals

- 4.1. Finals will be played in the following format: (1<sup>st</sup> v 4<sup>th</sup>) & (2<sup>nd</sup> v 3<sup>rd</sup>). Winners progress to Grand Final.
- 4.2. If scores are level at the end of regular time, a period of Overtime will commence. 2-minutes each way. If scores are still level, a team must take the lead by two points to win the game.

## Futsal – Open

Games are played according to the [FIFA 2020/2021 Laws of The Game](#) with the following local rules for open competition:

### 1. Fielding a Team

- 1.1. Teams may register up to 18 players.
- 1.2. Teams may field a maximum of five (5) registered players on court (one of whom is the Goalkeeper).
- 1.3. At least four (4) registered players are required for a game to commence.
- 1.4. Teams playing Open Futsal will not have any restrictions based on the number of male/female players on the court. It is an OPEN competition.
- 1.5. Players must be 16 years of age to be eligible to play.
- 1.6. All players **MUST** be registered to play (See **Player Registrations** on page 5).

### 2. The Game

- 2.1. Games will consist of 2 x 18 minute halves, with a break of one minute at half time.
- 2.2. Captains will begin with a coin toss; 'paper-scissors-rock' or other method to determine which team will receive first possession.
- 2.3. Games will start and finish on time. The clock will not stop for time outs.
- 2.4. Teams may substitute players at any time without notifying the referee **EXCEPT** for Goalkeepers.
- 2.5. Both team captains must sign the scoresheet at the completion of the game.

### 3. Attire

- 3.1. Referees will check ALL players prior to taking the court with regard to jewellery and nail length (See **Nails and Jewellery** on page 3).
- 3.2. Teams should be dressed in matching coloured tops, which should be numbered on the back.
- 3.3. Appropriate, closed footwear must be worn. Players will not be allowed to take the court with bare feet. Non-Slip, non-marking indoor shoes are recommended.
- 3.4. Team uniforms must not display offensive images or language, as per the entry conditions to NUsport managed facilities.

### 4. Finals

- 4.3. Finals will be played in the following format: (1<sup>st</sup> v 4<sup>th</sup>) & (2<sup>nd</sup> v 3<sup>rd</sup>). Winners progress to Grand Final.
- 4.4. If scores are level at the end of regular time, a period of extra-time will commence. 2-minutes each way. If scores are still level, a team must take the lead by two points to win the game.



## Netball – Ladies and Mixed

Games are played according to the [International Federation Official Rules of Netball 2020 Edition](#) with the following rules for local competition:

### 1. Fielding a Team

- 1.1. Teams may register up to 18 players.
- 1.2. Teams may field a maximum of seven (7) registered players on court.
- 1.3. At least five (5) registered players are required for a game to commence.
- 1.4. Teams playing Mixed Netball may have a maximum of three (3) and minimum of one (1) male/s on court at any time.
- 1.5. Mixed teams may have a maximum of one (1) male per third – i.e. one only as either GS or GA (attacking third), one only as either WA, C or WD (centre third), and one only as either GD or GK (defensive third)
- 1.6. Players must be 16 years of age to be eligible to play.
- 1.7. All players MUST be registered to play (See **Player Registrations** on page 5).

### 2. The Game

- 2.1. Games will consist of 2 x 18 minute halves, with a break of one minute at half time.
- 2.2. Captains will determine which team will receive possession for the first centre pass, with a coin toss, 'paper-scissors-rock' or other method.
- 2.3. Games will start and finish on time.
- 2.4. Both team captains must sign the scoresheet at the completion of the game.

### 3. Attire

- 3.1. Umpires will check ALL players prior to taking the court with regard to jewellery and nail length (See **Nails and Jewellery** on page 3).
- 3.2. Teams should be dressed in matching coloured tops.
- 3.3. Appropriate, closed footwear must be worn. Players will not be allowed to take the court with bare feet. Netball shoes are recommended.
- 3.4. Team uniforms must not display offensive images or language, as per the entry conditions to NUSport managed facilities.
- 3.5. Bibs are provided at the venue. However, teams may also provide their own.

### 5. Finals

- 5.1. Finals will be played in the following format: (1<sup>st</sup> v 4<sup>th</sup>) & (2<sup>nd</sup> v 3<sup>rd</sup>). Winners progress to Grand Final.
- 5.2. If scores are level at the end of regular time, extra-time will commence. 3-minutes each way. If scores are still level, a team must take the lead by two points to win the game.

### NEW – Timeout rule

- A single timeout may be called in each half of a Netball game by either team.
- Must be called **while the ball is not in play** (e.g. after a goal or when the ball is called out).
- Must be called **between 10:00 and 3:00** on the countdown timer.
- **Both teams may make substitutions** during the timeout with players on their bench (30 seconds).
- Once this timeout is finished, **neither team will be able to make another timeout call during that half of the game.**
- **The clock will not be stopped for timeouts.**

## Touch Football – Mixed

Games are played according to the [Touch Football Rules 8th Edition](#) with the following rules for local competition:

### 1. Fielding a Team

- 1.1. Teams may register up to 18 players.
- 1.2. Teams may field a maximum of SIX (6) registered players on the field.
- 1.3. At least four (4) registered players are required for a game to commence
- 1.4. Teams may have a maximum of three (3) and minimum one (1) male on the field at any time.
- 1.5. Players must be 14 years of age to be eligible to play.
- 1.6. All players **MUST** be registered to play (See **Player Registrations** on page 5).

### 2. The Game

- 2.1. Games will consist of 2 x 17 minute halves, with a 2 minute half time break.
- 2.2. Captains will begin with a coin toss; ‘paper-scissors-rock’ or other method to determine which team will receive first possession.
- 2.3. Games will start and finish on time. The clock will not stop for injuries/time outs.
- 2.4. Teams may use an unlimited number of substitutions at any time during the game.
- 2.5. Both team captains must sign the scoresheet at the completion of the game.

### 3. Attire

- 3.1. Umpires will check ALL players prior to taking the court with regard to jewellery and nail length (See **Nails and Jewellery** on page 3).
- 3.2. Teams should be dressed in matching coloured tops which **must be numbered on the back at minimum.**
- 3.3. Appropriate, closed footwear must be worn. Players will not be allowed to take the field with bare feet. Moulded football boots are recommended. Screw-in/metal studs are not permitted.
- 3.4. Team uniforms must not display offensive images or language, as per the entry conditions to NUsport managed facilities.

### 4. Finals

- 4.1. Finals will be played in the following format: (1<sup>st</sup> v 4<sup>th</sup>) & (2<sup>nd</sup> v 3<sup>rd</sup>). Winners progress to Grand Final.
- 4.2. If scores are level at the end of regular time during finals matches, a *drop-off* will occur in accordance with TFA 7<sup>th</sup> Edition playing rules.

## Volleyball – Mixed

Games are played according to the [Official Volleyball Rules 2017-2021](#) with the following rules for local competition:

### 1. Fielding a Team

- 1.1. Teams may register up to 18 players.
- 1.2. Teams may field a maximum of six (6) registered players on court.
- 1.3. At least five (4) registered players are required for a game to commence.
- 1.4. Teams may have a maximum of three (3) and minimum one (1) males on court at any time.
- 1.5. Players must be 16 years of age to be eligible to play.
- 1.6. All players **MUST** be registered to play (See **Player Registrations** on page 5).

### 2. The Game

- 2.1. Captains will begin with a coin toss, 'paper-scissors-rock' or other method to determine which team will serve first. The winning captain will choose to serve or receive; the losing captain will have the choice of end.
- 2.2. Games will consist of 2 sets to 21 points and a final 3rd set to 15 points. All games are subject to a 40 minute time limit. Should the time limit be reached before all sets have been completed, the result will be based on the score at that time (i.e. if Team A plays Team B and the score is 25-12; 17-25; 11-8 at full time, Team A will be declared the winner). If the set score is even at full time, a draw will be declared.
- 2.3. "Rally Point" scoring will be used. This simply means a point is scored whenever a team wins a rally, regardless of which team was serving.
- 2.4. Games will start and finish on time. No injury time or "time outs" will be allowed.
- 2.5. Teams may substitute players on any rotation during the game.

### 3. Attire

- 3.1. Umpires will check ALL players prior to taking the court with regard to jewellery and nail length (See **Nails and Jewellery** on page 3).
- 3.2. Teams should be dressed in matching coloured tops.
- 3.3. Appropriate, closed footwear must be worn. Players will not be allowed to take the court with bare feet. Non-Slip, non-marking indoor shoes are recommended.
- 3.4. Team uniforms must not display offensive images or language, as per the entry conditions to NUsport managed facilities.

### 5. Finals

- 5.1. Finals will be played in the following format: (1<sup>st</sup> v 4<sup>th</sup>) & (2<sup>nd</sup> v 3<sup>rd</sup>). Winners progress to Grand Final.

## Forum Fives Netball

Games are played according to the [International Federation Official Rules of Fast 5 Netball 2020 Edition](#) with the following rules for local competition:

### 4. Fielding a Team

- 4.1. Teams may register up to 15 players.
- 4.2. Teams may field a maximum of five (5) registered players on court.
- 4.3. At least four (4) registered players are required for a game to commence.
- 4.4. Teams playing Mixed may have a maximum of two (2) and minimum of one (1) male/s on court at any time.
- 4.5. Mixed teams may have a maximum of one (1) male per third – i.e. one only as either GS or GA (attacking third), one only as C (centre third), or one only as either GD or GK (defensive third)
- 4.6. Players must be 16 years of age to be eligible to play.
- 4.7. All players **MUST** be registered to play (See **Player Registrations** on page 5).

### 5. The Game

- 5.1. Games will consist of 4 x 8 minute quarters, with a break of one minute at quarter time, and three minutes at half time.
- 5.2. A coin toss, 'paper-scissors-rock' or other method will determine who takes Centre pass 1<sup>st</sup> and 3<sup>rd</sup> quarter. The other team will receive centre pass on 2<sup>nd</sup> and 4<sup>th</sup> quarters. All other centre passes will go to the team who **did not** score the last goal.
- 5.3. The team that wins the coin toss may also select their **power play** quarter (double points). The other team may then select their quarter from the remaining three.
- 5.4. Fast 5 uses **rolling substitutions**, meaning you may sub at any time during the game.
- 5.5. 1 point will be awarded for goals from the inner semi-circle, two points from the outer semi-circle, and three points for any other position inside the attacking third.
- 5.6. Games will start and finish on time.
- 5.7. Due to the fast-pace, alternate scoring, and power-play periods in Forum fives, each team is expected to provide one person to assist in the scoring of the game.
- 5.8. Both team captains must sign the scoresheet at the completion of the game.

### 6. Attire

- 6.1. Umpires will check ALL players prior to taking the court with regard to jewellery and nail length (See **Nails and Jewellery** on page 3).
- 6.2. Teams should be dressed in matching coloured tops.
- 6.3. Appropriate, closed footwear must be worn. Players will not be allowed to take the court with bare feet. Netball shoes are recommended.
- 6.4. Team uniforms must not display offensive images or language, as per the entry conditions to NUSport managed facilities.
- 6.5. Bibs are provided at the venue. However, teams may also provide their own.

### 7. Finals

- 7.1. Finals will be played in the following format: (1<sup>st</sup> v 4<sup>th</sup>) & (2<sup>nd</sup> v 3<sup>rd</sup>). Winners progress to Grand Final.
- 7.2. In the event of a drawn game in finals, the winner will be decided by the following tiebreakers:  
Three-pointers – two-pointers – higher team on the original ladder