



# KNA – 2025 Spring Season Information & Rules

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## KNA Spring Season Officials

Position	Name	Mobile	Email
Spring Season Convenor	Felicity Stewart	0438 720 416	<a href="mailto:springcompconvenor@kna.com.au">springcompconvenor@kna.com.au</a>
KNA Registrar	Devi Ramakrishnan	0412 940 599	<a href="mailto:knareg@kna.com.au">knareg@kna.com.au</a>
KNA Grading Convenor	Kissane Gray	0419 419 469	<a href="mailto:knagrad@kna.com.au">knagrad@kna.com.au</a>
KNA Umpires			<a href="mailto:knaump@kna.com.au">knaump@kna.com.au</a>
KNA Fixtures Convenor	Katie Bonjer	0412 093 748	<a href="mailto:knafixt@kna.com.au">knafixt@kna.com.au</a>
Administration Manager	Lee Field		<a href="mailto:accounts@kna.com.au">accounts@kna.com.au</a>
KNA Secretary	Helen Pratt		<a href="mailto:knasec@kna.com.au">knasec@kna.com.au</a>

## Competition Supervisors

Afternoon / Night	Courts	Supervisor	Mobile #
Monday night	Lofberg	TBC	
Tuesday afternoon	Canoon	TBC	
Tuesday night	Lofberg	TBC	
Wednesday afternoon	Canoon	TBC	
Wednesday night	Lofberg	TBC	
Thursday night	Lofberg	TBC	

## Player Registrations

Registrations open 9th August and close 12th September. For those that wish to register with a short 3-month registration (covering Spring Season only) then registration must be after 1 September 2025.

Registrations for Ladies, Senior Mixed, Walking Netball, Fast Five, Family, 7/8, 9/10, 11/12, Cadet Mixed and Inters competitions register via clubs. Registration for the Boys Competition is via KNA.

The following rules apply:

- Ladies, Walking Netball and Cadet Mixed divisions, players must be 15 years of age by 31st December 2025. Players turning 14 years of age by 31st December are eligible to play if they have played in the Cadet Grade in the Winter Season in year of play
- Senior Mixed & Fast Five Competitions, players must be 18+ years old. 17 years can play with KNA Grading Committee approval
- Family Competition, females must be 13 years of age by 31<sup>st</sup> December 2025 & mixed rules will apply
- 7/8 NSG divisions, players must be either 7 or 8 years of age by 31<sup>st</sup> December 2025. 5 & 6 year old players can NOT play in this competition
- 9/10 divisions, players must be either 9 or 10 years of age by 31<sup>st</sup> December 2025. 8-year-olds can only play if they were a registered player during the 2025 Winter Season 9 years competition
- 11/12 divisions, players must be either 11 or 12 years of age by 31<sup>st</sup> December 2025. 10-year-olds can only play if they were a registered player during the 2025 Season Winter 11 years competition
- Boys Competition, players must be 8, 9, 10, 11 & 12 years of age by 31<sup>st</sup> December 2025
- **All late** registrations must be approved by the grading committee at least **24 hours prior to playing**

To be registered, a player must be on a team registration form or individual registration form verified by the Club Registrar, Secretary, President, or Spring Season Convenor.

Teams must register a minimum of seven (7) players and can register a maximum of twelve (12) players.

- Junior teams – 7/8 NSG, 9/10 & 11/12 years can enter a combination of boys and girls
- Intermediate/Mixed, Cadet and Senior Mixed teams require a minimum of 3 males (if mixed team) to be registered. Allowing for new registrations and de-registrations, teams are limited to fourteen (14) players
- Please note:
  - 5 & 6 year old players cannot play in the Spring Season Competition
  - 12 years can play in Intermediate Competition, if required

## Late Player Registrations

Players registering in a team more than one Grade below the most recently played in, must seek clearance from the KNA Grading Convenor/Committee and the KNA Spring Season Registrar. To obtain clearance the Grading Convenor/Committee, please send an email to [knagrad@kna.com.au](mailto:knagrad@kna.com.au) **24 hours in advance** before 5 pm on the day of play. No late registration should enhance the initial grading of that team.

- A player must have approval and be fully registered before taking the court in all competitions
- All late registrations must have KNA grading approval prior to player taking the court

## Competition Rules

### Game length and timing

Spring Season games, including Walking Netball are 4 x 10-minute quarters with 1 minute between quarters and 3 minutes at half time. No injury time is allowed.

Fast Five games are 4x 6-minute quarters with 2 minutes between quarters and 3 minutes at half time.

### Points (except Fast Five)

WIN	Win on Forfeit	LOSS	DRAW	BYE	NO GAME*	ABANDONED GAME**
2	2	0	1	1	0	1

\*No Game - Both teams fail to arrive within 5 minutes of the commencement of the game

\*\*Abandoned Game - Not played/abandoned before half time due to unplayable conditions

All BYE games will be allocated 1 point during this competition.

### Score sheets

- Borrowed players **MUST** be noted appropriately. Full name, full grade, full team number AND reason why you are borrowing
- Scorers must be at least 15 years of age. Scorers must bring their own pens as no shared pens will be available on the afternoon/night
- All final scores **MUST** also be submitted online by using the Q Code provide on the back of the score sheet

## Player Rules for Female & Mixed Competition

Rules are as follows:

- JUNIOR players (7-8 NSG, 9-10 and 11-12 years old) may have a combination of boys and girls. No restriction will apply regarding the combination of players on the court. The Rep rule will apply whereby no more than **3** representative players are permitted to take the court at any one time. Five

(5) players constitute a team and must take the court on the starting bell. If insufficient players are available, then borrowing of male and female players is allowed – refer to borrowing guidelines

- INTERMEDIATE/Mixed players may have a combination of boys and girls. Teams must have a **minimum of two (2) males** on the court with a **maximum of three (3) males** and a **maximum of four (4) females** allowed on the court at any one time. Five (5) players constitute a team and must take the court on the starting bell. If insufficient players are available, then borrowing of male and female players is allowed – refer to borrowing guidelines
- CADET/SENIOR MIXED Teams must have a **minimum of two (2) males** on the court with a **maximum of three (3) males** and a **maximum of four (4) females** allowed on the court at any one time. Five (5) players constitute a team, consisting of **two (2) males** and **three females (3)** minimum and must take the court on the starting bell. If insufficient players are available, then borrowing of male and female players is allowed – refer to borrowing guidelines
- FAMILY COMPETITION Teams must have a **minimum of two (2) males** on the court with a **maximum of three (3) males** and a **maximum of four (4) females** allowed on the court at any one time. Five (5) players constitute a team, consisting of **two (2) males** and **three females (3)** minimum and must take the court on the starting bell. If insufficient players are available, then borrowing of male and female players is allowed – refer to borrowing guidelines

*Please note if a team only has one (1) male and four (4) female players, this does not meet the above mixed netball minimum team requirements to take the court and a forfeit will occur if a second male cannot be borrowed.*

**There can only be one (1) male in each third of the court from a positional perspective:**

**One male in the GS or GA positions (Circle Attack Third)**

**One male in the WA, C, or WD positions (Centre Court Third)**

**One male in the GK or GD positions (Circle Defence Third)**

- WALKING NETBALL

A player cannot run or jump

A player may keep possession for up to 4 seconds before passing or shooting

A player may take 1 additional step before passing or shooting

Substitutions can be made at any time and there is no limit to how often you change

- FAST FIVE

- Playing positions are Goal Shooter (GS), Goal Attack (GA), Centre (C), Goal Defence (GD), Goalkeeper (GK)

- A team must have at least four players on the court at any time (this may include a player in the process of entering the court as a substitute). At the start of a quarter: when play is ready to start, a team must take the court if there are at least four players present (one must play as Centre). If four players are not present, a period of 30 seconds is allowed for additional player/s to arrive

- The last 90 seconds of playing time in each quarter is designated as the 'Power Play Period'. This is contested by both teams in each quarter. In a 'Power Play Period', all goals scored by a team receive double goal points. This is indicated by a sound from officials
- The initial centre pass in each quarter is taken as specified at the toss. All other centre passes are taken by the team that did not score the last goal.
- Substitutions can be made at any time and there is no limit to how often you change
- A goal is scored when the ball is thrown or batted over and completely through the ring by Goal Shooter or Goal Attack from any point within the goal third (including the goal circle).
  - 3 points is scored if the player had no contact with the ground in the goal circle
  - 2 points is scored the player had contact with the ground in the outer circle (marked on the court) but no contact with the ground in the inner circle
  - 1 point is scored if the player had contact with the ground in the inner circle

## Representative Player Rules

Should any Junior/Intermediate/Cadet/Ladies/Senior team wish to enter a team which has more than **3** representative players, no more than **3** representative players are permitted to take the court at any one time. There is no restriction as to the number of representative players registered.

A representative player is deemed to be anyone from a 2025 team in the representative program at any association. Later selection into a representative program team will not then affect the makeup of the team.

## Uniforms

- No specific uniform is required. Teams can either wear club uniform (if they play in a Winter Season and have one) or an outfit in the same colour/design eg; black shorts, red t-shirt, blue t-shirt etc. All team members must be in the same or similar team outfit
- No tracksuit pants, cargo shorts or shoelaces that do not tie up (this is for safety reasons as attire must not have any additional zips or adornments)
- Bibs need to be of the same colour
- No sharp adornment or item of jewellery, except a (taped) wedding ring or medical bracelet shall be worn
- Fingernails must be short and smooth – no taping allowed

## Finals Series

There **is no finals series** during 2025 Spring Season with all grade winners being declared as '**first past the post**'.

## Wet Weather

To access wet weather information, please check the KNA website (<http://kna.com.au>) and KNA Facebook page.

## Forfeits

If all efforts to borrow players fail, a team, through the club contact, MUST advise of an impending team forfeit before the game by email to:

- KNA Spring Season Convenor – Felicity Stewart @ [springcompconvenor@kna.com.au](mailto:springcompconvenor@kna.com.au)
- KNA Spring Season Registrar – Devi Ramakrishnan @ [knareg@kna.com.au](mailto:knareg@kna.com.au)
- KNA Fixtures Convenor – Katie Bonjer @ [knafixt@kna.com.au](mailto:knafixt@kna.com.au)

The Club must ensure **that opposition team and umpires** are notified. All team managers will be provided with contact details of the opposing teams.

Where a team attends the court and cannot field five players or cannot supply an umpire with the requisite qualifications, the opposition may claim a forfeit 5 minutes after the bell rings to commence the game. Note that second and third forfeits will attract a financial penalty as an incentive to teams to make all efforts to play.

## Borrowing Guidelines

Will be provided upon the completion of grading on the KNA website.

- Interclub borrowing is permitted (ie: any club can borrow from another club)
- A borrowed player can NOT displace a registered team member
- A borrowed player may be borrowed any number of times

## Post Padding

Teams playing in the last timeslot are required to remove the padding from the posts and place them in the Post Pad bins near the shed as indicated by the Spring Season Supervisor or Supervisor on duty.

## Safety Guidelines

Some players have medical conditions that may affect their participation in sport. Asthma, diabetes, and epilepsy are common conditions that coaches/managers should be aware of. Discuss the player's needs, medication (how to deal with an emergency) with the player and parents. It is important for players/parents to have medication with them at training and games.

**Do not** share towels, drink bottles, mouthguards, asthma puffers or any personal equipment which may have blood, saliva, or other body fluids present. Warm-up and cool-down exercises should accompany all sporting activities. Regular fluid intake before, during and after training and competition should be encouraged.



- Umpires must be advised by their team if there is a bye or forfeit
- Umpiring minimum requirements (unless prior approval of KNA Spring Season Umpires Convenor):

#### **Ladies, All Mixed, Walking Netball & Fast Five Competition minimum requirements**

- All umpires must be 15 years of age, unless otherwise approved
- All ladies' grades - 15 years of age and current KNA High District Badge unless approved by the Spring Season Umpires Convenor
- Senior Mixed Competition- approved experienced National C Badge (minimum requirement – no exceptions)
- Cadet Mixed Competition -National C Badge
- Intermediate Mixed – recommended High District Badge

#### **Junior Competition minimum requirements**

- At least 12 years of age and a Mid District Badge

### **UMPIRING RULES**

1. The standard rules of netball apply to the Spring Season plus the local rule specified below (**Local Rule**).
2. Players must abide by **ALL** the rules of netball, the KNA Code of Conduct and the Local Rule.
3. All players and spectators must show respect to officials, umpires, and other players always.
4. **NO** disrespectful behaviour of any kind to any other person will be tolerated.
5. The umpire's decision is final and shall be given without the right to appeal.
6. If a player wishes to seek clarification on any ruling made by an umpire, the captain of the relevant team may approach by both umpires during the next scheduled break in play. No other response is acceptable.
7. The umpires have discretion as to the penalty imposed for disrespectful or inappropriate behaviour, persistent breaking of the rules and rough or dangerous play. The penalties which may be imposed include warning a player, suspending a player, ordering a player to leave the court, or excluding a player from the area.
8. If due to penalties imposed a team is reduced to less than 5 players a forfeit will be awarded to the opposing team.

### Penalties

**Penalty (i)** - Loss of one (1) point from aggregate score

- The score sheet is not completed as required

**Penalty (ii)** - Loss of two (2) points from aggregate score

- Scoresheets not lodged via Q Code on the back of the scoresheet on the afternoon / night of the play



**Penalty (iii)** - Match points to be awarded to opposing team and all goals to stand

- Losing team has two (2) points deducted from its aggregate score
- Playing an unregistered player
- Playing, an unapproved by Grading Committee, player registered in a higher division
- Registering a player without the approval of the KNA Grading Committee
- Registering more than twelve (12) players at the same time
- Exceeding the team limit of fourteen (14) players, allowing for new registrations and de-registrations

## Team Fines

The following fines apply to the spring season.

- Umpiring Non-Attendance                      team forfeit with friendly played if agreed to by both teams
- 2nd Forfeit    \$ 20
- 3rd & Subsequent Forfeits                      \$ 50

## Code of Behaviour for players and spectators

- Play by the rules
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition
- Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted in any sport
- Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you
- Be a good sport. Applaud all good plays whether they are by your team, opponent, or the other team
- Treat all players as you would like to be treated. Do not interfere with, bully, or take unfair advantage of another player
- Cooperate with your coach, teammates, and opponents. Without them there would be no competition
- Place in proper perspective any isolated incidents of unsporting behaviour rather than make them the highlight of the event

## KMC'S Condition of Use at Lofberg Rd & Canoon Rd Courts

Ku-ring-gai Municipal Council (KMC) has outlined conditions of use for the Lofberg Road netball courts in an Action Plan. Under this Action Plan KMC requires us to have a community liaison representative to be the first point of contact and facilitate discussion between the netball association and members of the local community for any small-scale issues that arise during the booking period. For example, if a parked car is preventing a resident from exiting their driveway, the liaison representative can be contacted to assist in finding the owner of the car.

A site-specific Traffic Plan will also be developed for Lofberg and Grayling Roads when the netball courts are in use by KNA. As part of this plan the following will apply:

- KNA will advise players and spectators of Lofberg Road Netball Courts that they must **first park in the lower Golden Grove and West Pymble Community Hall car parks**. Once these locations are full, parking should commence along the roads, complying with the parking conditions
- KNA will publish on their website for the duration of the season the parking conditions referred to above and a statement regarding the need for players and spectators to respect the amenity of residents and not to park in residential driveways

**KNA encourages you to respect the amenity of the residents, park within the designated areas safely and legally and as requested by KMC, and to refrain from unnecessarily impacting on the comfort of the residents of the Lofberg Road netball courts.**

**Council does not allow dogs to be at or around the netball courts.**

**Please ensure that you follow these guidelines otherwise Council could fine you.**