



**All You Should Know About**

# **Northern Suburbs Netball**



**Especially for parents,  
players, teachers,  
coaches,  
managers & umpires**



**[www.nsnetball.co.nz](http://www.nsnetball.co.nz)**

**Games are played on Saturday mornings at  
Newlands College and Newlands Intermediate,  
Bracken Road,  
Newlands, Wellington**

# RULES AND REGULATIONS

Northern Suburbs Netball Committee Members are present at the courts each Saturday and are recognizable in orange vests.

## Game Times

**Year 4, 5 & 6** games have four x 8 minute quarters (times effective after 11am). There will be a one minute interval between quarters and two minutes at half time. There is a five minute turnaround between games. (40 minutes per game)

**Year 7 & 8** games have four x 10 minute quarters with one minute between quarters and three minutes at half time. (50 minutes per game)

The timekeeper will sound the bell to signal to the umpires the start and end of each game quarter. The umpire will blow his/her whistle to start and stop each quarter.

## Teams Arriving Late

It is expected that before the game teams ensure they have enough time to complete the toss up, undertake routine checks of nails, shoes, etc, and be on the court ready to play before the horn sounds to start the game.



If a team is late and the horn has sounded they have two minutes to be ready to take to the court. A penalty will be awarded in the following manner:

If the offending team wins the toss, the umpire will start the game, then IMMEDIATELY after starting the game, the umpire blows the whistle to award a PENALTY to the non-offending team. If the non-offending team wins the toss, the umpire starts the game, then IMMEDIATELY after starting the game the Umpire will award the PENALTY by moving the player forward to the closest transverse line.

If, after 2 minutes of the horn sounding to start a game, the team with at least 5 players has not completed the toss up and undertaken routine checks, this results in a DEFAULT WIN to the non-offending team.

If a team starts the game with 5 or 6 players and has a player arrive late to join in, an umpire must be advised. They will admit the late player after the next goal has been scored.

## Defaults

If a coach is aware their team will be defaulting a few days or more prior to the game, they need to contact [Chair@nsnetball.co.nz](mailto:Chair@nsnetball.co.nz). Occasionally a friendly game can be arranged for the opposition team. The Chairperson will make contact with the opposition team as soon as possible. Do not call the phone as it is an answerphone and will not be answered.

## Scoring of Games

Each team provides a scorer for the game. The two scorers must stand together for the duration of the game at the centre sideline. After each quarter, the umpires check the scorecard, the scorecard may be handed to the scorer from the other team to complete for the second half (not compulsory). Both scorers stay on the half way line for the entire game.

We strongly encourage good communication between the two scorers throughout the whole game. The scorer without the scorecard should be confirming every goal scored.

The umpire may refer to the score so he/she can determine which team has the Centre Pass.

All year 4 & 5 teams must write down on the scorecards the players in their positions for that game. Players must rotate positions each week as per the Fun Ferns Rotation

## Parking

**Plan to arrive in plenty of time to find a park and then walk to the courts.**

There is **no parking** on the **College grounds**. You may **park at Newlands Intermediate School**. However the school has expressed concern over illegal parking. Non-compliance will result in parking facilities being withdrawn on this ground also.

**Do not** park in a position that will hinder the passage of an ambulance or other cars.

**Do not** park down the driveway of the Intermediate or on any other yellow lines.

**Mobility Parks:** If you require parking in a mobility park you must display your sticker and obtain a Parking Pass from the Chairperson at least one week beforehand.

Parking at the Intermediate or on the street is at your own risk.

## On the School Grounds

On the College or Intermediate grounds - **DO NOT:**

- ◆ Smoke
- ◆ Bring dogs
- ◆ Venture into any building sites
- ◆ Park on the College grounds
- ◆ Park illegally on the Intermediate grounds
- ◆ Leave any child unsupervised



**Do** ensure that the sidelines of the courts are clear of obstacles e.g., prams, bags, umbrellas, chairs.

## Equipment Dimensions

	<u>Pole Height</u>	<u>Netball Size</u>
Year 4 & 5	2.60 metres	4
Years 6 – 8	3.06 metres	5

## Umpiring Rule Books

These books are available for purchase from the Duty First Aid Officer at the courts:

1. Introduction to Netball Umpiring, \$6.00 (includes excellent basic rule definitions and NNZ Centre Theory Test Bank tests).



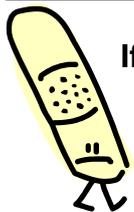
## Injuries/Illness

'**TIME**' may be called by **any player** on court to stop the game.

A qualified First Aid person is on site for all games at Newlands College and Newlands Intermediate.

A game may be stopped for injury/illness until the situation has been resolved for a maximum of up to 2 minutes. **NSN does not add extra time for injuries**. Games stop when the bell is sounded by the timekeeper.

Where possible, *and only if it is safe to do so*, move an injured player from the court to allow the game to continue. A substitute may replace an injured player. The injured player cannot return to the court until an interval. If there is doubt about moving an injured player, please do not move him/her.



**If there is blood**, the player must leave the court and not return until the bleeding is controlled and the wound dressed. Any blood on the courts, clothing or ball, must also be washed away. First Aid gear is held with the First Aid/Timekeeper at the courts.

## Complaints

An attempt to resolve any complaint should be made when an incident occurs. The Duty Umpire and Committee Members are available during play each Saturday to facilitate. If required, please approach one of these people during a game, not after a game is completed.

There is a Complaints Resolution Process in place. Decisions are determined by a Complaints Committee as set out in the Constitution. Complaints Forms are available on our website.

Complaints must be processed as follows:

- ◆ The complaint must be in writing on the Complaint Form and sent to the Complaints Committee within 7 days of the event being complained about.
- ◆ The signature of the Principal/Deputy Principal of the School complaining **must** be on the Complaint form.
- ◆ The Complaints Committee will action the complaint within 10 working days of receipt of all information. The course of action recommended by the Committee will be documented and forwarded to both Schools concerned together with the individuals involved in the complaint

If you have any queries regarding the Complaints Resolution Process please approach any Committee Member.

## The Draw

The draw is compiled by a team of parents who are on the Northern Suburbs Netball Committee. Some important notes about the draw are:

- ◆ The draw is available on the website no later than the Thursday before Saturday's play: [www.nsnetball.co.nz](http://www.nsnetball.co.nz) Draw changes are occasionally possible up until Wednesday night.
- ◆ The season dates are set by the Committee and usually begin the first Saturday after the start of the second term. The season continues for a total of 13 rounds.
- ◆ There is no play on Queen's Birthday weekend, or on the second and third Saturdays of July school holidays.



## Cancellations

There are two ways you can find out if the games have been cancelled:

1. On our website [www.nsnetball.co.nz](http://www.nsnetball.co.nz)
2. Coaches will notify via text message by 7.30am



The Committee has nominated two Committee Members to make a decision each Saturday as to whether play will commence on that day. Decisions are made by 7.30am on a Saturday morning.

Once the decision to cancel games has been made it will not be revoked.

Cancellations can be made to the Future Ferns competition only (Year 4 & Year 5 players) allowing Year 6 – 8's to play in marginal weather.

## The Teams

### Teams

- ◆ All netball players must be enrolled as a student of a Member School of Northern Suburbs Netball.
- ◆ Players are required to be registered as part of a team.
- ◆ Schools can combine student year groups in grades but that team must be entered into the competition in the higher year grade.

- ◆ Boys up to age 12 are entitled to participate. Boys 12 years and over and in Year 7 or 8 may continue playing in the competition with a restriction of a maximum three boys on court at any one time per team (NNZ regulations).

If a team is missing players, they can start a game with a minimum of 5 players. They may use other players from the same or a lower grade from the same school.

For example in the Intermediate A1 grade, the team can use a player from another team from their own school who is in this grade or any lower grade e.g. A2 or B1 or C1 etc.

A team in the Intermediate A2 grade may use a player from B1, B2, C1 etc as well a player in the same grade from the same school.

A team in C1 grade may use a player from their school from C2 or any lower Intermediate grade.

A 6A grade team may use a team from their own school from 6B, 6C, 5A, 5B etc, even a year 4 if really necessary.

A 6B team may use a player from their own school from 6C, 5A, 5B or year 4.

A 5A team may use a player from their own school from 5B or 5C or year 4.

A 5B team may use a player from their own school from 5C grade or from year 4.

There is usually more flexibility in Future Ferns. Often the teams are bigger and you can use a reserve from the opposing team, or maybe a younger sibling. This is preferable to a creating a default.

A player may only play in a higher grade **twice**. On the third time that player will be deemed to be registered in the higher grade.

A team cannot use a player from another school even though that child may be in a lower grade.

If a team has lost players or is having trouble fielding a team each week, the coach or school co-ordinator is welcome to approach the Chair of NSN who may be able to offer an alternative solution.

## Team Captain



rule.

- ◆ The team captains shall toss for choice of first centre pass or goal end, and notify the umpires.
- ◆ The **team captain** is the **only person** who has the right to approach an umpire during an interval or at the end of the game for clarification of any rule.
- ◆ The umpire cannot be approached during play unless by a player needing “time”.

## Representative Teams

Each year Northern Suburbs Netball aims to select Year 7 and Year 8 Representative Squads who represent Northern Suburbs Netball at Junior Representative Tournaments. Refer to our website for more information regarding these teams.

## Hataitai Competition – Intermediate A Grade

After the completion of Round 1 (first term of netball) the top three Intermediate teams will compete in the Year 8 championship competition organised by Netball Wellington Centre. This is a great opportunity to extend these teams by playing with the top two teams from each satellite centre (Northern Suburbs, Wellington West and Motu Kairangi).

# SET UP AND PACKING AWAY DUTIES

**First and last round teams** are responsible for the set up and packing away of their own court. Family members are more than welcomed to help. There are Setting Up and Packing Away duties as outlined below.



**Please ensure everything is packed away.** When items are left out they are vandalised.

All equipment referred below is held in the Property Shed by the College Netball Courts. First Aid boxes are kept with the Timekeeper while games are in play.

## Setting Up Duty

Courts clean up	Sweep the courts of pine needles and ensure the courts are free of rubbish.
Notice boards	Put out the notice boards.
Signs Up	Secure the “Code of Conduct” signs, “Future Ferns” sign (Intermediate only), and the “nsnetball.co.nz” banner to the fence at the entrances to the courts.
Scorecards/pens	Place the scorecards and pens in the centre circle of the appropriate court. The cards are prepared by the scorecard committee person.
Draw	Ensure the current day’s Draw is on the notice boards.
Goal posts	Place goal pads onto goal posts. <b><u>Intermediate Only:</u></b> Set up the Future Ferns lower goal posts. These are chained and locked to the fence. The key to the lock is kept in the first aid box. <b>Relock the chain and padlock to the fence so that they don’t go missing.</b>
Hole coverings	<b><u>College courts only:</u></b> Make sure that all the tennis pole holes are covered. Spare covers are kept in the Property Shed.

**Important note:** The teams responsible for Setting Up at the courts must do so fifteen minutes before the first game starts.

## **Packing Away Duty**

Notice boards and Signs	Pack away all notice boards, signs and banners that are on the fences.
Scorecards	Ensure all the score cards have been handed in.
Courts clean up	Pick up all rubbish off the courts. Ensure toilets are tidy. Take any lost property to the Property shed.
Key return	Keys to the Property shed need to be returned to the Chairperson or nominated Committee Member – see the key's tag for details.
Goal posts	Remove the goal pads from the goal posts and store tidily in the Property shed. <u>Intermediate Only:</u> Replace any of the lower goal posts with the standard high posts. Lock lower goal posts together to the fence. Return the key to the first aid box.

## **OTHER USEFUL INFORMATION**

### **Valuables**

Northern Suburbs Netball cannot take responsibility for lost valuables or property. Teams are advised to have a supporter who can hold all valuables for a team during games.

### **Lost Property**

Lost or forgotten property will be held to the next week in the Property Sheds. If after one week items have not been claimed, they will be donated to charity. Drink bottles will not be kept.

### **Notice Boards**

For any further information related to Netball, please check our website or the notice boards at the College and Intermediate courts each week.

### **Sausage Sizzle – BBQs**

All Member Schools have the opportunity to hold a sausage sizzle at the College or Intermediate on a balloted and roster basis to fundraise for their School.



During the season there are Committee Barbeques to fundraise for Northern Suburbs Netball. Each school helps with these on a rostered basis. If your school is rostered on one Saturday – please provide a couple of parents to assist on the BBQ for the time specified.

### **What to do for the BBQ:**

- ◆ A cost will be charged for the use of the BBQ and will be collected from you on the day by the Committee Treasurer.

The cost of the College BBQ is \$65.

- ◆ Please supply your own BBQ utensils, including matches or BBQ lighter. The College BBQ must be turned off by 12 noon so that it has time to cool down and be cleaned before it is put away at the end of the last round. **You must clean the BBQ.**
- ◆ You are responsible for providing all the food and equipment needed to run the BBQ. The profit that you receive on the day is for your School to keep. Please ensure all BBQ rubbish is removed from the courts – it is NOT to be left in the College rubbish bins.

A filled gas bottle is supplied. Please ensure that the BBQ is positioned away from the courts' main entrance.

***Other 'Personal Fundraising' must be cleared with the Chairperson.***

## DRESS & SAFETY STANDARDS

### Clothing

- ◆ Wear only registered school netball uniforms on the court.
- ◆ Bibs must be worn over the uniform.
- ◆ Regulation sports shoes must be worn.
- ◆ Thermal clothing can be worn on very cold days. Each school has chosen a colour for a thermal top and pants. Please check what these colours are. Thermals may be short or long, but must be of the school's chosen colour. Stripes or multicoloured thermals are NOT permitted. Thermals are worn underneath the netball uniform  
Exception: Individual Future Ferns only (year 4 players) may wear warmer clothing on a particularly cold day (see Future Ferns section).



### Earrings, Jewellery, ID bracelets, etc

- ◆ All jewellery is to be removed  
 This includes: watches, rings, necklaces, friendship bracelets, all piercings, and jewellery of cultural significance.
- ◆ Taping of earrings is not allowed.
- ◆ Emergency ID bracelets (Medic Alert) can be worn but **must be securely taped** to prevent injury to self or other players.

### Finger Nails

- ◆ Nails are not to extend over the top of the finger when held upright. Nail scratches can be particularly nasty so it is imperative to keep nails at a short length.
- ◆ Taping of nails is not allowed.
- ◆ Players and team managers are responsible for ensuring player nails are an acceptable length. These should be checked well before the game.
- ◆ Players will not be allowed to take to the court unless their nails are an acceptable length.

**Umpires have the final say on all safety standards.**

# BEHAVIOUR AT THE COURTS

The purpose of any sport is primarily enjoyment. Children play sport for many reasons: fitness, skills, friendships, fun, etc. Below is our Code of Conduct and Ethics that parents, players, coaches, supporters, officials, etc are expected to keep enabling the best possible outcome for everyone involved.

## Parents/Spectator/Supporters Code of Conduct and Ethics

1. Support the removal of verbal and physical abuse from the game.
2. If you disagree with an official, raise the issue via appropriate channels rather than question the official's judgement and honesty in public.
3. Teach children that effort is as important as victory, so that the result of each game is accepted without undue disappointment.
4. If children are interested, encourage and support them to play. Avoid forcing children to play if reluctant.
5. Children learn by taking risks and making mistakes, encourage and support this.
6. Remember children are involved in netball for their enjoyment not yours.
7. Recognise and value the importance of coaches and other volunteers who give their time and resources to provide netball – they deserve your support.
8. Applaud good play by players on both teams.
9. Encourage children to play to the rules of the game and respect umpires' decisions.

## Coaches Code of Conduct and Ethics

1. Respect the rights, dignity and worth of the every human being.
2. Ensure the player's time spent with you is a positive experience.
3. Treat each player as an individual.
4. Be fair, considerate and honest with players.
5. Be professional and accept responsibility for your actions.
6. Make a commitments to providing a quality service to your players.
7. Operate within the rules and spirit of your sports
8. Any physical contact with players should be appropriate to the situation and necessary for the player's skill development.
9. Refrain from any intimate relationship of affair with your player.
10. Avoid unaccompanied and unobserved activities with persons under 17 years of age, wherever possible
11. Any form of personal, verbal or physical abuse towards your players is unacceptable.
12. Refrain from any form of sexual harassment towards your players.
13. Provide a safe environment for training and competition including the facilities.
14. Show concern and caution towards sick and injured players.
15. Be a positive role model for netball and players.

## International Rule 3.4.2

**Coaching is allowed from the sidelines while play is in progress and during intervals. The coach is not allowed to move up and down the sidelines or the ends of the court. Pick a spot and stay there. Coaching is not allowed during injury breaks or stoppages.**

## Player's Code of Conduct and Ethics

1. Play equally hard for yourself and your team. Your team's performance will benefit, so will you.
2. Treat all players as you would like to be treated. At all times be fair and supportive of other players.
3. Control your temper, verbal abuse or deliberate contact and abusive behaviour is unacceptable.
4. Play according to the rules of netball and principles of fair play.
5. Never argue with an umpire. If you are concerned talk to your coach or captain.
6. Be a good sport; cheer all good play from both your team and the opposition.
7. Appreciate and co-operate with your coach, team mates and officials. There would be no game without them.
8. Take responsibility for your performance on and off the court.

## Officials Code

The officials include coaches, manager, team captain, umpires, timekeepers and scorers.

Officials and 'bench' players may not indulge in inappropriate comments or behaviour, including moving up and down the side lines and along the goal lines during play.

**Recognise the value and importance of volunteer coaches, umpires and managers. They give their time to provide recreational activities for your child.**

# COACHES AND UMPIRES

Each team is responsible for supplying their coach, umpire and manger. All teams must have all positions filled, including umpire, before their team can be registered to play in the competition.

## Coaches

We value our volunteer coaches and want to play an active part in their development. In order to achieve this we offer and provide access to training for beginner coaches through to the more advanced coaches. Coach training is offered to volunteer coaches to assist with their development and confidence. Confident coaches can then provide players with quality coaching. If you would like to know more about coach training please email [secretary@nsnetball.co.nz](mailto:secretary@nsnetball.co.nz).



Coaching clinics will be advised to School Netball Coordinators, promoted on the website and emailed via general email distribution. Please check the website for updated information.

## Umpires

Umpiring classes and events will be held either pre-season or throughout the season. The Umpire Coordinator will advise when these are scheduled. Umpire classes are designed for all levels of umpiring experience and should be attended by all umpires to ensure a level of consistency within the competition (see website – “Umpires” page for further information).

The Umpire Guidelines are set to ensure standardisation among umpires and include:

- ◆ no umpiring the team you coach
- ◆ no coaching whilst umpiring
- ◆ always aiming to improve as an umpire
- ◆ attending training classes each season
- ◆ sitting and passing the NNZ Centre Theory Test Bank
- ◆ wearing white to distinguish yourself from the spectators

**PLEASE NOTE:** All games have two umpires.  
Umpires may not be changed during the course of the game.

## Duty Umpire

The Duty/Acting Duty Umpire is a qualified umpire who is available each Saturday to give support to all umpires. The Duty Umpire wears a yellow fluorescent vest.

## Kiwi Whistler Umpires

Kiwi Whistlers are Year 8 players who are completing a theory and practical course to qualify as an umpire. The Kiwi Whistlers will umpire year 5/6 teams in place of the team’s own umpire. The teams concerned will be contacted by the Kiwi Whistler Coordinator when this will happen. The Kiwi Whistlers wear white bibs and are supervised by mentors who wear a fluorescent vest.



There may be Adult Kiwi Whistlers umpiring who have also attended a similar course.

If you are interested in learning to umpire or wanting to umpire for a team please email the Umpire Coordinator at: [umpirecoordinator@nsnetball.co.nz](mailto:umpirecoordinator@nsnetball.co.nz)

**ALL UMPIRES, REGARDLESS OF AGE OR EXPERIENCE,  
SHOULD BE TREATED WITH RESPECT AND COURTESY.  
THEY ARE ESSENTIAL TO THE GAME OF NETBALL.**

## **FUTURE FERNS – YEAR 4 & YEAR 5 PLAYERS**

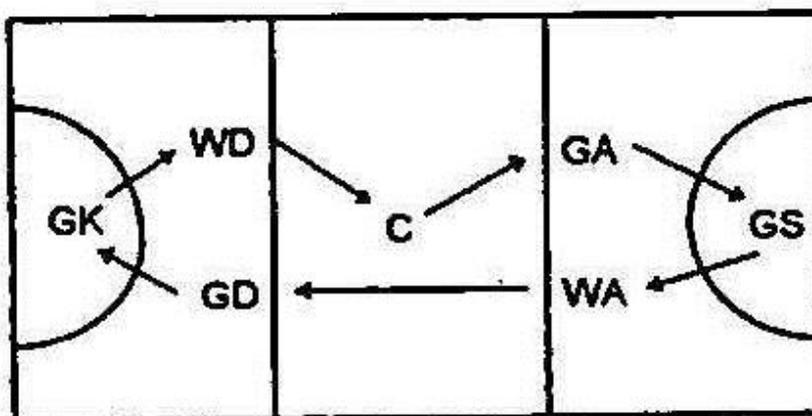
Future Ferns is about every player being given the opportunity to play and develop in all seven positions. It is also about encouraging participation with an emphasis on fun, safety and development appropriate to the age and level of the player.

Future Ferns is the name given to Year 4 & Year 5 players. Their game differs to those of the year 6 – 8 players in the following ways:

- ◆ They use a size 4 ball
- ◆ Their goal posts are 2.6 metres high
- ◆ They are permitted to wear warm clothing underneath their netball uniform such as long sleeved jerseys or track pants
- ◆ They play rotation netball
- ◆ No points counted – no end of year grade winner

It is the responsibility of the coach to ensure:

- ◆ All players are rotated according to the diagram
- ◆ All players are on the court for at least half a game
- ◆ All players are given the opportunity to play and develop in all seven positions equally



The diagram notes the rotation pattern for a team of seven players from **week to week**. Rotations for teams of differing player numbers are on the website's Info page – 'Other Documents' tab.

The players play in one position for a game, they do not rotate during the game. This gives the players a better chance to learn and experience each position for a whole game.

Each Coach or Manager of a Future Ferns team **MUST** ensure the players rotate positions according to the diagram above.

Player names and positions are to be recorded on the scorecard each week and will be checked. Goals are recorded on scorecards for each game but results are not posted on the website's "Results" page. There are no end of year grade winners.

**All queries regarding Future Ferns should be directed to your School Netball Coordinator or a member of the Committee**

## ABOUT NORTHERN SUBURBS NETBALL

Northern Suburbs Netball incorporates the 18 Member Schools from within the Northern Suburbs of Wellington – from Thorndon School and Queen Margaret College in the south through to Churton Park in the north.

**Each of the 19 Member Schools should have a representative (teacher or parent) at each Committee meeting** who is responsible for relaying information from their School to the Committee and vice versa. If a school does not have a representative at two consecutive meetings the school will be contacted. If the school does not attend the next meeting they will **forfeit any more competition points** for the season.

## **The Northern Suburbs Netball Committee**

The Committee is made up of **parents and teachers** who **volunteer** their time and talents to make sure our local netball competition is available for all children. We **welcome** all those interested in helping run the competition **and value any support** that is offered be it small or large.

### **We need you**

To ensure we can keep the competition running smoothly  
To spread the load to many rather than making it heavy for a few

Our meetings are held regularly and are open for anyone to attend. Details are on our website:

**[www.nsnetball.co.nz](http://www.nsnetball.co.nz)**

Our website includes a lot of information including draw, results, contact details, representative teams, umpires, events, policies & forms. If you need to know something – it's a good place to start.

## **Contacts**

If you have any queries please see you school's Netball Coordinator. If you wish to contact someone at Northern Suburbs Netball you can email [chair@nsnetball.co.nz](mailto:chair@nsnetball.co.nz) or [secretary@nsnetball.co.nz](mailto:secretary@nsnetball.co.nz). You can subscribe to an email distribution list to receive regular updates from Northern Suburbs Netball – visit the Homepage for more details.

You can also contact/email the Rep coordinator and Umpire coordinator by going to their pages on the website.

## **Committee Responsibilities**

- ◆ Draws and Results
- ◆ Cancellations
- ◆ Organising Coach and Umpire Training
- ◆ Organising the Duty School each Saturday
- ◆ Providing qualified First Aiders
- ◆ Maintaining the website
- ◆ The end of season prize giving
- ◆ Organising the Representative programme and personnel
- ◆ Handling complaints
- ◆ Liaising with Newlands College and Newlands Intermediate regarding facilities
- ◆ Rostering BBQ

# ABOUT NORTHERN SUBURBS NETBALL

## **Northern Suburbs Netball Incorporated (2005) - History**

The Raroa Netball Competition was established in 1969 by Barbara Fabish. The competition has developed over the years to become a popular and widely contested tournament by participating Schools in the Northern suburbs of Wellington. A name change in 1994 saw the emergence of the Northern Suburbs Netball Competition.

In 1998 the Northern Suburbs Netball (NSN) Committee was established and members were invited from participating Schools. The purpose of the Committee was primarily to take over many of the administration tasks undertaken in the part by a nominated organising School.

In 1999 the competition celebrated a 30 year anniversary.

In 2000 the Northern Suburbs Netball Constitution was adopted and then amended in 2004.

In 2005 Northern Suburbs Netball progressed to become an incorporated society. Incorporation provides a legal structure for NSN and will reduce liability for Member Schools. A copy of the Constitution is available from [www.societies.govt.nz](http://www.societies.govt.nz), search using "Northern Suburbs Netball".

## **Honour Board**

### **Life Members**

Lena Meinders  
Linda Robinson  
Helen Limacher

Margaret Lavery  
Lynnda Bouzaid

Beth Huntington  
Neil Hargreaves

### **Service Award Holders**

Brenda Ng  
Atareta Edwards

Pauline Mildenhall  
Kerryn Greaves

Lei Brockie

# Aerial Map of Newlands College & Newlands Intermediate

