



SWITCH LEAGUE

PLAYBOOK

May 2019
3 Tournaments

Registration Rules

1. Two sections available to enter teams: Student Male section and Student Female section (no mixed teams)
2. Maximum number of players per team is 10 pax
3. Maximum of two (2) Spar Madibaz club players allowed per team from BRes section to DRes sections.
 - Switch league will take place of three different days in the months of May (1st ; 18th and 25th)
 - Every competition date format will be a round robin base with finals played and teams ranked according to their positions. Teams will gather points over the period of the 3 competitions and will be eligible for the grand prize on 25 May – thus the more competitions you play in the better your chances of winning the Grand Prize.
 - Reminders will be sent before every competition date where teams must confirm their participation in the specific competition date.
4. Entry fee is R120 per team per competition date. Thus, total of R360 per team if you participate in all 3 competitions.
 - Entry fee payable before the start of competition on 1 May 2019.
 - Payment methods:
 - a.) At cashiers on South Campus – Pay into account A315 4275 and reference your team name. Bring receipt of payment to managers office at Madibaz Sport (Melinda Goosen)
 - b.) Internal account transfer – Pay into account A315 4275 and reference your team name and copy Melinda Goosen in on email request (melinda.goosen@mandela.ac.za)
 - c.) Any other payment – please liaise directly with Melinda Goosen via email or on 041-5044224.
5. Deadline for entries are Wednesday 18 April 2019
 - Entries to be send via email to s213212366@mandela.ac.za
 - Entries can be hand delivered to KG – arrange accordingly on 0714892505
6. Fixtures will be send out two days prior to start of each tournament
7. Matches will be played at the South Campus Indoor and Outdoor courts
8. Every competition date will have its own prizes for winners on the day with the points allocated and awarding the final winner over 3 competitions the GRAND PRIZE for each section winner.
9. Teams must supply their own playing kit.
10. Competition balls and playing bibs will be provided for every competition day.

Rules and Regulations

Start of Play

1. The Captains shall toss for choice of the goal end or first centre and notify the umpires and the scorers of the result.

Officials

2. Each game Spar Madibaz Netball Club will provide an Umpire to officiate the game and a scorer.
3. Players need to respect any decision given by the umpires.
4. Umpires decision is final.

Late teams

5. Should a team be late for a game they will play the remaining time left for that round.
6. Should a team miss a game, they will lose points and the opposing team will get winning points.

Timing

7. Games will be played in 2 equal quarters of 10 minutes each.
8. Total duration of play will be total of 20 min
9. There will be a 2-minute rest period in between quarters
10. Games will start at the arranged time and any teams arriving late will forfeit a goal every minute until they arrive.

Centre Pass

11. All players must be in their respective goal third for the centre pass.

12. When the centre who is taking the pass steps in the circle with one or two feet the whistle shall be blown and if any players are offside then a free pass will be given.

Out of Court

13. If the ball touches the ground out of the court it is out.
14. If the ball touches an object or a person in contact with the ground outside of the court, then it is out.
15. If the ball hits the goal post and stays in the court, then it is NOT out of court.

Offside

16. If a player enters any area that is not designated for their position they will be judged offside.
17. However, a player may reach into another area to retrieve the ball but their feet must not step into the area.
18. A free pass will be given if a player steps into an area that is not designated for their position.

Contact

19. No contact is allowed in Netball. Accidental or deliberate, a penalty pass or shot will be awarded.

Obstruction

20. A defending player can try and intercept or defend the ball as long as they are 3 feet away from the player with the ball.
21. Defending players can jump upwards or towards the player with the ball as long as they stay 3 feet away.
22. A penalty pass or shot will be given when it is applicable.

Injury

23. Players must call 'time' for the umpires to stop the game in the event of any injury.
24. Any player who has called for 'time' must leave the court within 30 seconds.
25. If there is no substitute for the injured player, the team must continue with six players.
26. In the event that the injured player is a centre, another player must replace them immediately.

Footwork

27. A player cannot take a second step with their landing foot after they have received the ball.
28. If a player lands on both feet at the same time they can choose which one is the landing foot.
29. A free pass can be given if a footwork rule is broken.

Playing the Ball

30. A player may catch the ball, or direct it to another player, having bounced the ball once.
31. A player may only throw the ball from a standing position
32. A player cannot kick the ball
33. A player cannot strike the ball with their fist.

Penalties

34. The penalized player must not attempt to take part in the play until the ball has left the hands of the thrower.

Toss Ups

35. The two players going for the toss-up must have their arms by their side and be standing 3 feet away from one another.

36. The ball can be caught or batted in any direction once the umpire releases the ball into the air.

7-a-Side Netball

37. Teams are allowed 7 players on the court at any time and can have a maximum of 10 people in a squad.
38. A team can play with 5 players. One of them MUST be centre.
39. A team need to have one manager.

Substitutions

40. Substitution can only be done when someone is injured or at half time.
41. Umpires needs to be notified before substitution can take place
42. You cannot substitute the offensive centre after a goal.

Contest

43. If the umpire feels that each player has committed to the same ball and reached it at the same time. The whistle will not be blown and play will continue and only if the players do not let go of the ball the whistle will be blown and the umpire will do a toss-up.

Players

44. Players must not wear any jewellery during play
45. Players nails need to be short and smooth
46. Wedding ring, nose rings and upper ear piercings should be taped over.

Points

47. Goal shooter and goal attack are the only players allowed to shoot.
48. Goal shooter and goal attack can attempt a shot from anywhere in the shooting third, if successful, the shot will count 1 point.

After Match Point Scoring

Points Awarded as follow:

Win – 3 Points

Loss – 0 Points

Draw – 2 Points

BONUS POINTS:

A team losing by less than half of the winnings team's score will receive 1 (one) bonus point from that match.

Any team that scores more than 25 goals in a match will receive 1 (one) bonus point for that match.