

Social Sport Competitions Information Booklet



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NUSPORT

COMPETITION BEHAVIOUR STANDARDS

All players, team officials and spectators are required to comply with these Competition Behaviour Standards. These standards operate in conjunction with the NUsport Code of Conduct, which is available on the NUsport website and applies to all participants, members and guests.

Failure to comply with the Competition Behaviour Standards or the NUsport Code of Conduct may result in disciplinary action, including verbal or written warnings, temporary removal from a match, exclusion for the remainder of a game, suspension, or expulsion from current and future competitions.

NUsport reserves the right to remove any individual or team from its facilities, or refuse entry, where necessary to maintain a safe, respectful and inclusive environment.

These standards include the following:

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 during breaks in play, or before or after the match. 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.

NUsport may introduce, amend, implement and enforce policies, procedures and guidelines from time to time, particularly where necessary to support the safety, wellbeing and enjoyment of players, staff, officials and spectators. Team Captains will be notified of any relevant policy changes via email or other official NUsport communication channels and are responsible for communicating these changes to their team members.

INSURANCE

NUsport recommends that all players obtain their own insurance cover for injury and related losses. While NUsport maintains Public Liability and Professional Indemnity insurance, Personal Accident insurance is not provided.

Players participate in competitions at their own risk. Participation is subject to the NUsport Terms and Conditions, available at <https://nusport.org.au/> or on request from The Forum Sports & Aquatic Centre, University, or The Forum Health & Wellness Centre, Harbourside.

Individuals with existing medical conditions are encouraged to seek appropriate medical advice and clearance before participating in any NUsport-managed program or competition. Participants who choose to take part while injured or otherwise medically unfit do so at their own risk and accept responsibility for any resulting injury, illness, loss or deterioration in their health and wellbeing.

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**NUSPORT**

NAILS AND JEWELERY

Nails are to be short and smooth and CANNOT be taped or gloved. All jewelry MUST be removed, any jewelry unable to be removed may be taped (players must provide their own tape). All taped jewelry will fall under the umpire's discretion. Players who do not adhere to these conditions will be unable to take the court for safety reasons.

TEAM REGISTRATION FEES

\$1000 – Semester 2 2026	One-time payment that covers all fees for the competition. NO weekly team or individual fees.
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1. All competition fees are to be paid through GameDay team registration form payment portal. Should issues arise in the payment or registration process, please email nusportcompetitions@newcastle.edu.au for assistance.
2. No guarantee is given for refunds should teams forfeit, be forfeited against, receive byes due to unavoidable competition changes, poor weather or other circumstances.

SCORING

Win	3 points	Bye	3 points
Draw	2 points	Win by Forfeit	3 points
Loss	1 point	Loss by Forfeit	0 points

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.

If your team is unable to field the required number of players, please notify NUsport as soon as possible, by emailing nusportcompetitions@newcastle.edu.au. With enough notice, we often have a list of individual players who are looking to join a team. We can also assist to contact other individuals and teams who may be happy to fill in for your team.

Should you ABSOLUTELY need to forfeit, it MUST be communicated to NUsport by emailing nusportcompetitions@newcastle.edu.au or calling reception on **4921 7001** if only **24 hours** prior to a game. Teams who forfeit three (3) times in a season may be **removed from the competition** at NUsport's discretion.

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NUSPORT

PLAYER REGISTRATIONS

All players need to register to their team via GameDay. Link can be found on our website - <https://nusport.org.au/social-sport/>

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 will have **24 hours** after the completion of the game to register. Failure to do so (or playing any unregistered players) may result in a forfeit loss being awarded to the offending team.

Players must sign on with the Competition Coordinator before taking the field/court.

FIXTURES, RESULTS AND DIVISIONS

Fixtures are released from week one of the competition.

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 <https://nusport.org.au/> 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 NUsport to grade teams accordingly to create fair and enjoyable competitions for all, and their decisions are final.

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:

Netball	15 - 0	Futsal	5 - 0
Basketball	20 - 0	Volleyball	2 - 0 (sets)
Touch Football	5 - 0		

In the case of a team forfeiting, NUsport will do their best to provide a friendly game upon request from the team being forfeited against. All participants in friendly games must be registered members of a NUsport social sports competition for that season or hold a valid NUsport membership.

FINALS MATCHES

At the end of the regular season the following Finals Format will take place:

- 1st Place v 2nd Place
- 3rd Place v 4th Place
- 5th Place v 6th Place
- 7th Place v 8th Place

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FINALS QUALIFICATION

1. To be eligible to play in Finals a player must have played a **minimum of 7 round games** (including byes). Teams winning by a forfeit will have all nominated players credited as having played the match concerned.
2. Fill in players are allowed for round games, however are **NOT** eligible for Finals.
3. In order to be eligible for Finals, the Team and Players must be under no Financial Obligation to NUsport

INJURED PLAYERS

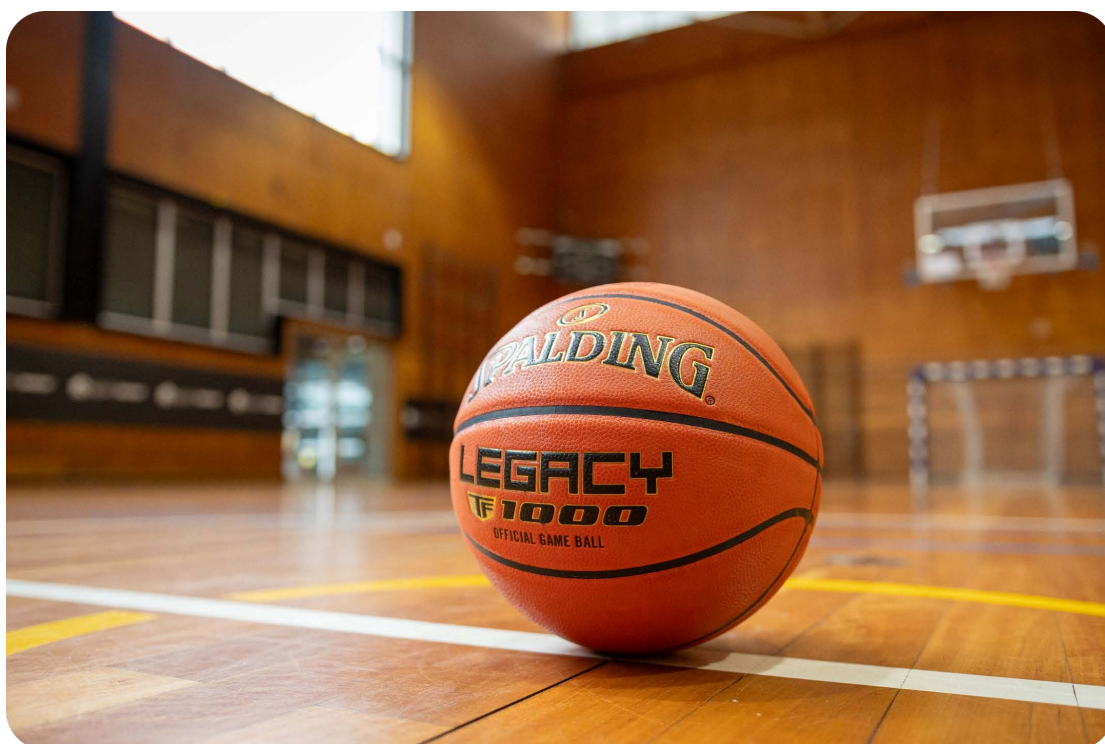
1. In the event of an injury, the Sports Official will use their discretion as to when to stop the game. Coaches, Spectators and other players are not allowed to enter onto the court until advised by the Referee.
2. An Injury Report Form will be completed by a NUsport staff member and must be completed before the injured player leaves the facility/venue.

RESERVES, FILL-INS, AND ADDITIONAL PLAYERS

A large number of individuals register interest each season looking for a team to join. If you can assist, please contact NUsport via email. nusportcompetitions@newcastle.edu.au.

CONTACT

For all inquiries related to Social Sport Competitions, please direct your correspondence to the Competitions Administrators who can be reached via email: nusportcompetitions@newcastle.edu.au.



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RULES

Basketball – Men's and Mixed

Games are played according to the **FIBA Official Basketball Rules 2026** with the following local rules for mixed and men's competitions:

1. Fielding a Team

- 1.1. Teams may register up to 15 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) male players 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 4 x 10-minute quarters, with a break of one minute at quarter time and 2 minutes 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. Teams are allowed 1 time out per half. Timeouts may be refused by officials in the last 2 minutes of any quarter to prevent "time wasting". The clock will only be stopped by officials in the following instances; to deliberate/confirm a call, wet/unsafe court surface, or if a team calls a timeout they still possess in the last minute of the final quarter. There will be no overtimes in regular season games.
- 2.4. **MIXED BLOCKING** - A male player may take a vertical defensive position in front of a female player but must not have his feet leave the ground or **actively** block the female players shot. Infractions of this rule may be penalised by the shooter receiving two (2) free throws.
- 2.5. Teams may substitute players at any dead ball situation during the game after notifying the referees.

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 jerseys or shirts, which **must be numbered on the back at minimum**.
- 3.3. Appropriate, enclosed, athletic footwear must be worn (no crocs). Players will not be allowed to take the court with bare feet. Basketball shoes or 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: (1st v 2nd), (3rd v 4th), (5th v 6th), (7th v 8th).
- 4.2. During all finals, the last **two-minutes** of the final quarter (and any overtimes) will be fully timed.
- 4.3. If scores are level at the end of regular time, a period of 5 minutes overtime will commence. The last 2 minutes of overtime will be fully timed. Further overtime will be played if necessary, until a winner is determined.

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Netball – Ladies and Mixed

Games are played according to the **World Netball “Rules of Netball” 2024 Edition** with the following rules for local competition:

1. Fielding a Team

- 1.1. Teams may register up to 15 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

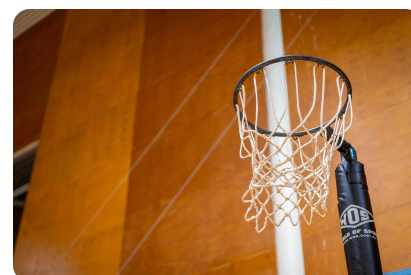
- 2.1. Games will consist of 4 x 10-minute quarters, with a break of one minute at quarter time and 2 minutes at half time..
- 2.2. Captains will determine which team will receive possession for the first centre pass, with a coin toss, ‘paper-scissors-rock’ or other method.
- 2.3. Super Shot - A buzzer will sound with 3 mins to go in each quarter and each goal scored in the super shot zone will be worth 2 points
- 2.4. Rolling substitutions apply, meaning players may be substituted at any time during the game.
- 2.5. Games will start and finish on time. There will be no stoppages for time outs or injury during round games.

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, enclosed, athletic footwear must be worn (no crocs). 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.

4. Finals

- 4.1. Finals will be played in the following format: (1st v 2nd), (3rd v 4th), (5th v 6th), (7th v 8th).
- 4.2. 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.



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Touch Football – Mixed

Games are played according to the **Touch Football Australia Playing Rules 8th Edition** with the following rules for local competition:

1. Fielding a Team

- 1.1. Teams may register up to 15 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) males on the field 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. Games will consist of 2 x 20-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. There will be no stoppages for time outs or injury during round games.
- 2.4. Teams may use an unlimited number of substitutions at any time during the game, using a "rolling subs" format.

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, enclosed footwear must be worn (no crocs). 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: (1st v 2nd), (3rd v 4th), (5th v 6th), (7th v 8th)
- 4.2. If scores are level at the end of regular time during finals matches, a drop-off will occur in accordance with TFA 8th Edition playing rules.

Volleyball – Mixed

Games are played according to the **Official Volleyball Rules 2021-2024 (Volleyball Australia)** with the following rules for local competition:

1. Fielding a Team

- 1.1. Teams may register up to 15 players.
- 1.2. Teams may field a maximum of six (6) registered players on court.
- 1.3. At least four (4) registered players are required for a game to commence.
- 1.4. Teams may have a maximum of four (4) 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 25 points and a final 3rd set to 15 points. Sets must be won 2 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. There will be no stoppages for time outs or injury during round games.
- 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 athletic attire and preferably matching-coloured tops.
- 3.3. Appropriate, enclosed footwear must be worn (no crocs). 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: (1st v 2nd), (3rd v 4th), (5th v 6th), (7th v 8th).
- 4.2. If a third set is required in finals, the winning team will be the first to 15 points (win by 2).



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Futsal – Mixed

Games are played according to the **Federation of Australian Futsal - Laws of the Game 2018 Edition** with the following rules for local competition:

1. Fielding a Team

- 1.1. Teams may register up to 15 players.
- 1.2. Teams may field a maximum of five (5) registered players.
- 1.3. At least four (4) registered players are required for a game to commence.
- 1.4. Teams may have a maximum of four (4) male players on the field at any times. If a team is unable to field a female player, they must play a "player down".
- 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 20-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 serve first. The winning captain will choose to serve or receive; the losing captain will have the choice of end.
- 2.3. Games will commence with the winning captain selecting whether to kick off first or not. Interchanged at the half.
- 2.4. The winning team will be the team with the most goals by the end of full time.
- 2.5. Games will start and finish on time. There will be no stoppages for time outs or injury during round games.
- 2.6. Teams may substitute an unlimited number of times on a rolling format.

3. Attire

- 3.1. Umpires will check ALL players prior to taking the field 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. Futsal shoes, runners or other enclosed "flat-soled" shoes are recommended.
- 3.4. **Shin pads are compulsory.**
- 3.5. 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: (1st v 2nd), (3rd v 4th), (5th v 6th), (7th v 8th).
- 4.2. A Penalty shoot out with five shots per team will occur if the scores are even at full time.