

**WINTER 2024**



**SAMMNA**  
**M-LEAGUE**

**BY-LAWS & REGULATIONS**



**SAMMNA**



**BUILDING A STRONG FUTURE FOR  
MEN'S AND MIXED NETBALL IN  
SOUTH AUSTRALIA**



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# 1. COMPETITION DETAILS

1.1 – The competition has one season per year beginning in April/May and ending in August/September. Season start and finish dates may vary depending on the competition needs but will not change once a season has been published.

1.2 – Each season consists of minor rounds and a finals series

1.3 – Games will not be conducted on Public Holidays

1.4 – M-League game times are;

- Men's League: 4x 15 minute quarters with 3 minute breaks at the 1st and 3rd quarters and a 5 minute break at half time.
- Mixed League: 4x 15 minute quarters with 3 minute breaks at the 1st and 3rd quarters and a 5 minute break at half time.
- Junior Mixed League: 4x 12 minute quarters with 2 minute breaks at the 1st and 3rd quarters and a 3 minute break at half time.

1.5 – Competition contacts;

- Competitions Manager: Alexa Austin  
([competitions@sammna.com.au](mailto:competitions@sammna.com.au))
- Member Protection Officer: ([mpio@sammna.com.au](mailto:mpio@sammna.com.au))

## 2. TEAM NOMINATION & REGISTRATION

2.1 – Team nominations are called for by SAMMNA prior to each season via social media, the SAMMNA website and email.

2.2 – Registrations are completed via PlayHQ

2.3 – All permanent players must be registered via PlayHQ prior to the commencement of the season

2.4 – All fill in players will either need to be registered via PlayHQ prior to taking the court, or, complete fill in voucher prior to taking the court

2.5 – All players must pay a Netball SA membership once annually which renews on April 1st. This membership is automatically added when registering via PlayHQ.

- All players in the Junior Mixed division will pay the NSA fee at a lesser rate than adults.

## 3. TEAM RESPONSIBILITIES

3.1 – Each team must provide a scorer/timer for each game

3.2 –

- If a team does not have a scorer/timer at the beginning of the game, the opposing team will be awarded 2 goals.
- A subsequent 2 goals will be awarded to the opposing team at quarter time if a scorer/timer is still not present.
- At half time, if a scorer/timer is still not present, the opposing team will be awarded an additional 5 goals.

3.3 - The home team will be responsible for the paper scoresheet and the away team will be responsible for the electronic scoreboard/timer.

3.4 - Any discrepancies between scores need to be brought to the attention of the umpire at the next break.

3.5 - It is the responsibility of the team to ensure their players names are printed on the scoresheet each game. Any incomplete scoresheets will be checked and the infringing team will not receive any points for the game. The scoresheet must be legible and the have the following information:

- Full player names
- No nicknames
- Players ticked once they have taken the court
- Captains signature at the conclusion of the game

## 4. GAME CONDITIONS

4.1 - Teams must have a minimum of 5 eligible players ready to take the court at the start of the game. If a team is unable to field 5 eligible players, the clock will start and the following infringements will occur:

- Two goals will be awarded to the non infringing team for every minute the team is unable to take the court.
- At quarter time, if the team is still unable to take the court, the game will be forfeited and the non infringing team will be awarded the win 30-0.

4.2 - If a match is interrupted and unable to continue at any point prior to the commencement of the third quarter, the competitions manager, in conjunction with the teams, will decide whether the game can be rescheduled or if it will be abandoned.

4.3 - If a match is interrupted and unable to continue at any point after the commencement of the third quarter, the scores at the time will stand as the final scores.

## 5. MEN'S LEAGUE

5.1 - Structure:

- The Men's League will consist of teams & clubs, nominated through PlayHQ.
- Games will be conducted in line with the Rules of Netball from the International Netball Federation with the following modifications:
  - The Rolling Subs Rule will be permitted and the Tactical Changes Rule will not be used.
    - Rolling Substitutions: The rolling substitution stands at the designated area. Before leaving the designated area, the substitute tags (with hands) the player leaving the court. Only one rolling substitute per team can be made at a time. Play is not to be held up for rolling substitutions. If play is delayed, the player will be penalised under Rule, Delaying play. Players must observe the offside rules as they enter / leave the court.

- A free pass is awarded where the infringement occurred (offside area) unless this places the non-infringing team at a disadvantage, in which case, advantage is applied. Players must not interfere with the umpire's movement during the substitution. A free pass is awarded where the ball was when play was stopped (advantage may be applied).
- Quarters will be played for 15 minutes with respective 3, 5, 3 minute breaks
- Games will be fully timed, with time held by umpires when required

#### 5.2 - Player Eligibility:

- The minimum age eligibility for the Senior Mens League is 14 years of age as at Round 1. Player exemptions can be emailed to the Competitions Manager.
- If a player takes court at any time during the game, it will be deemed as a game played.
- All players must either be registered via PlayHQ or have completed a fill in voucher prior to taking the court (this is also completed via PlayHQ).
- Once a player has taken the court in an M-League game for one team/club. They will be unable to take the court for any other team in the same division.

5.3 - If a club is seeking an exemption for a non eligible player to take the court for finals, they must email the Competitions Manager with a request for exemption.

## 6. SENIOR MIXED LEAGUE

### 6.1 – Structure:

- The Senior Mixed League will consist of teams & clubs, nominated through PlayHQ.
- Games will be conducted in line with the Rules of Netball from the International Netball Federation with the following modifications:
  - The Rolling Subs Rule will be permitted and the Tactical Changes Rule will not be used (see 5.1 for rule clarification).
  - Quarters will be played for 15 minutes with resepective 3, 5, 3 minute breaks
- There is to be a maximum of 3 male players on court at any one time, one in each goal ring (GS or GA & GK or GD) and one in a midcourt position (WA or C or WD).
- There is to be a minimum 1 male player on court at any one time.

### 6.2 – Player Eligibility:

- The minimum age eligibility for the Senior Mixed League is 14 years of age as at Round 1. Player exemptions can be emailed to the Competitions Manager.
- If a player takes court at any time during the game, it will be deemed as a game played.
- All players must either be registered via PlayHQ or have completed a fill in voucher prior to taking the court.
- Once a player has taken the court in an M-League game for one team/club. They will be unable to take the court for any other team in the same division.

6.3 – If a club is seeking an exemption for a non eligible player to take the court for finals, they must email the Competitions Manager with a request for exemption.

## 7. JUNIOR MIXED LEAGUE

### 7.1 – Structure:

- The Junior Mixed League will consist of teams & clubs, nominated through PlayHQ.
- Games will be conducted in line with the Rules of Netball from the International Netball Federation with the following modifications:
- The Rolling Subs Rule will be permitted and the Tactical Changes Rule will not be used.
- Quarters will be played for 12 minutes with resepective 2, 3, 2 minute breaks
- There is to be a maximum of 4 male players on court at any one time, one in each goal ring (GS or GA & GK or GD) and two in a midcourt position (WA, C or WD).
- There is to be a minimum 1 male player on court at any one time.

### 7.2 – Player Eligibility:

- The minimum age eligibility for the Junior Mixed League is 13 years of age as at Round 1. Player exemptions can be emailed to the Competitions Manager.
- The maximum age eligibility for the Junior Mixed League is 17 years of age at the completion of the season (including finals).

- If a player takes court at any time during the game, it will be deemed as a game played.
- All players must either be registered via PlayHQ or have completed a fill in voucher prior to taking the court.
- Once a player has taken the court in an M-League game for one team/club. They will be unable to take the court for any other team in the same division.

7.3 - If a club is seeking an exemption for a non eligible player to take the court for finals, they must email the Competitions Manager with a request for exemption.

## 8. OFFICIALS

8.1 - All umpires will be supplied by SAMMNA each game.

8.2 - Umpires may be mentored by an available SAMMNA or Netball SA appointed umpire for their development

8.3 - Any umpire abuse or dissent will be handled in game by the officiating umpire in line with the Rules of Netball, however, should a player be sent off the court, they will receive a warning from the association. Should a player be sent off two weeks in a row, they will receive a suspension of one game.

8.4 - All umpires may receive reviews during the season and post season to ensure improvement and accountability

## 9. UNIFORM

9.1 – All uniforms must be the same colour & design. This includes tops and bottoms

9.2 – Players are not permitted to wear the following during a game:

- Shorts or tops with pockets
- Any bottoms shorter than 5 inches
- Singlets with wide arm/loose cutouts
- Open toed shoes
- Nails that are visible/dangerous
- Gloves that cover any jewellery or long nails (medically approved gloves will be allowed upon request)
- Any jewellery. No taping of jewellery will be allowed (medical bracelets are required to be taped securely & safely)

9.3 – SAMMNA and any officiating umpires will not be responsible for injury incurred as a result of players wearing any items listed in 9.2.

## 10. BEHAVIOUR & INFRINGEMENTS

10.1 – Players, officials and spectators must adhere to the following behaviours whilst a part of any SAMMNA competition:

- Play by the rules
- Be respectful to teammates, opposition, officials and spectators
- Respect the decision of officials
- Do not argue with officials, opposition or spectators
- Resepect the rights, dignity and worth of all members of SAMMNA at all times

- Support the efforts by SAMMNA to remove all verbal and physical abuse from it's competition(s)

10.2 - Any member of SAMMNA found to breach any of the points listed in 10.1 may be removed from the competition or reprimanded by SAMMNA after a review of any incident is completed.

10.3. - Any team/club or individual that breaches any by-law or regulation set out by SAMMNA will receive an appropriate penalty from SAMMNA in relation to the infringement. This includes and is not limited to behaviours, player movement, scores/results and uniform breaches.

10.4 - Any damage caused to the facilities by a SAMMNA member will be solely the individuals responsibility. SAMMNA holds no responsibility for any lost or damaged items that occur whilst using the facilities.

## 11. INSURANCE & INJURIES

11.1 - All registered and financial players are covered under the Netball Australia Personal Accident Insurance. Information about the cover and how to claim can be found on the Netball SA website.

11.2 - SAMMNA and SAMMNA officials are not responsible for any injury incurred during a game or at the venue.

## 12. TEAM FORFEITS & RESCHEDULES

12.1 - Should a team forfeit any game, a forfeit fee of \$150 will be invoiced to the relevant team/club which will be payable to SAMMNA.

12.2 - Any team that is unfinancial for more than 2 weeks will incur a \$50 late payment fee and will not be able to take the court until they are financial.

12.3 - SAMMNA reserves the right to reschedule/cancel any game during the season if it is in the best interest of the competition. All relevant teams/clubs will be given adequate notice of any changes.

## 13. POLICIES

13.1 - SAMMNA is committed to the safety and well being of all of its members. SAMMNA aligns with Netball SA & Netball Australia's policies when it comes to the following:

- Behaviour
- Child Protection
- Discrimination
- Inclusivity

13.2 - For any formal complaints in regards to breach of policy, please contact the Competitions Manager or MPIO via email. Alternatively, please complete the 'SAMMNA Reporting Form' available on the SAMMNA website.

13.3 SAMMNA's Hot Weather Policy is enforced to ensure a duty of care is taken with all members of our association.

- At 4pm, if BoM reads 38 degrees or higher, all games will be cancelled.
- At 4pm on the day of the game, if BoM reads between 36.1 & 37.9 degrees, all games will proceed with shortened quarters and permitted drinks breaks.
  - Each quarter will be reduced to 12 minutes for the Men's & Senior Mixed League games.
  - Each quarter will be reduced to 10 minutes for the Junior Mixed League games.
  - A 1 minute drinks break will be permitted each quarter, requested by an on court player(s) and time will not be held for this (time will be held should this occur during finals).
  - The ball will be either changed over or wiped down during this break.
- At 4pm on the day of the game, if BoM reads between 34.1 & 36 degrees, all games will proceed with permitted drinks breaks.
  - A 1 minute drinks break will be permitted each quarter, requested by an on court player(s) and time will not be held for this (time will be held should this occur during finals).
  - The ball will be either changed over or wiped down during this break.
- At 4pm on the day of the game, if BoM reads 34 or below, games will proceed as normal.