



Life. Be in it.™ Sport for All SA Inc
Team Participation Guide
Winter 2016

Badminton
Basketball
Indoor Soccer
Netball
Volleyball



Unley High School
Immanuel College Sports Centre
www.sa.lifebeinitsports.org

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1. Team Contact (Organiser) Responsibilities

An adult Team Contact and Second Contact must be nominated. These people are the point of contact with the Centre should any issues arise with the team. Communication may be in writing, in person or over the phone.

Other duties will include: filling out the score sheet and paying the match fee. Team Contacts must ensure that all team members arrive ten minutes prior to the start of their match. In this time the match fee must be paid in full to the office so that the team is ready to take the court on time. If an adult team member accepts a change to the published program then that change becomes binding. If the team then decides not to play they will become liable for a forfeit fine (see next page).

Team Contacts/Parent Guardians are responsible for ensuring that all of their players, team personnel & spectators are aware of the competition rules as outlined in this Team Participation Guide and the Code of Conduct. If all team members are under 18 then the adult Team Contact (or another adult associated with the team) must also be present at each match. This adult is required to identify themselves to 'Life. Be in it' Sport for All SA Inc staff by paying the match fee in person and/or receiving any team communication for the day.

2. Uniforms

All Sports: As of round 4 of the season, Senior teams will be penalised per player in incorrect uniform, as follows:

Basketball: 4 points per player in incorrect uniform

Indoor Soccer: 1 goal per player in incorrect uniform (includes exposed shin pads and un-taped jewellery)

Netball: 2 points per player in incorrect uniform

Uniform penalties will apply immediately to teams entering after round 3. Uniform penalties are awarded by the referees at quarter time (Netball), half time (Basketball and Indoor Soccer), or the next timed break (eg timeout or 3/4 time) however they may also be enforced at full time if the player did not enter the match until the last quarter (Netball) or second half (Basketball & Indoor Soccer).

Players are not permitted to play in jeans or "hoodies" and must wear non-marking, appropriate sporting footwear. Management reserve the right to exclude players wearing hazardous clothing, footwear or accessories. Players may request, in writing, an exemption from the uniform policy, e.g. on the grounds of medical or religious requirements.

Umpires/Referees or Staff may instruct players to tape up pockets and tape is available at the office for this purpose.

Badminton & Volleyball: Players should wear clothing and footwear appropriate for playing their sport.

Basketball: Teams must wear numbered tops of a uniform colour and players must wear shorts, skirts or leggings. Compression garments are permitted if they are worn underneath shorts, skirt or leggings (they may be visible). Track pants are not permitted unless permission is given by Centre Management for medical or religious reasons. All clothing should not have pockets for safety reasons (they may be taped or stitched up). Singlet type tank tops (thin straps less than 2cm wide) are not permitted. Only one player per team may play without a number (00).

Indoor Soccer: Shin pads are compulsory for players and goalkeeper. As of round one, players without shin pads may not enter the court. Shin pads may be purchased at the office for \$8. Shin pads must be covered by long socks. If a player attempts to play in 'fake' shinpads (eg cardboard) or they remove their shinpads after the game has commenced then they shall be awarded a yellow card by the referees upon discovery. Players must wear tops of a uniform colour. Striped tops are considered out of uniform unless they are of matching colour and direction. Goalkeeper gloves are optional. Players should wear shorts or leggings (no zips, buttons or open pockets). Compression garments are permitted if they are worn underneath shorts or sports leggings (they may be visible). Only the goalkeeper may wear track pants. All clothing should not have pockets for safety reasons (they may be taped or stitched up). Singlet type tank tops (thin straps less than 2cm wide) are not permitted.

Netball: Teams must wear tops of a uniform colour and players must wear shorts, skirts or leggings. Compression garments are permitted if they are worn underneath shorts, skirt or leggings (they may be visible). Track pants are not permitted unless permission is given by Centre Management for medical or religious reasons. All clothing should not have pockets for safety reasons (they may be taped or stitched up). Singlet type tank tops (thin straps less than 2cm wide) are not permitted.

Bibs:

'Life. Be in it.' Sport for All SA inc. will provide bibs at no cost until Round 3. As of Round 4 bibs may be hired for \$1. Please Note: using a bib to cover an incorrect top colour will be deemed 'out of uniform' and penalised accordingly.

When two teams are playing in similar colours the centre will supply bibs at no cost. Uniform penalties still apply to individuals who have a different shirt colour to their team mates.

3. Jewellery and Prescription Glasses

Basketball, Indoor Soccer and Netball teams, please take note:

Junior players are not permitted to wear jewellery on the court, so please do not pierce your ears mid-season. Medic Alert bracelets or items of religious significance that cannot be removed must be covered by a sweat band or sports tape to prevent injury to the wearer and/or other players on the court. The referee/umpire must be advised of any players wearing medic alert items prior to the commencement of the game.

Senior Players may elect to use sports tape to cover a non-removable piercing (eyebrow, belly button, etc) instead of removing it. Band-aids are not deemed sufficient coverage for piercings. Players electing to play with long fingernails must cover them by wearing sports gloves which have been approved by Centre Management.

Players taping piercings or wearing gloves must report to the office and sign a Player Indemnity Form before the commencement of their first match. A copy of this form must be carried by the player to all matches and, upon request, shown to the referee or umpire.

Indoor Soccer Only - Junior and Senior players wearing prescription glasses on court are also required to complete and carry a Player Indemnity Form. For players under the age of 18, this form must be signed by a parent/guardian on their behalf.

4. Scorers

Basketball:

Each team must provide a scorer for their match that arrives by the 10 minute mark in the first half and is present for the rest of the match. This scorer must be at least 12 years old. The Penalty for not having a scorer is 2 points being awarded to the opposition in a Junior game or 4 points in a Senior game, by the referees at half time.

In senior games where neither team has provided a scorer then each team shall surrender one player from the court to the score-bench, resulting in a four-on-four match. This player may be rotated.

If a scorer arrives for either team before the commencement of the second half then at the time of their arrival both teams may resume playing with a full side and the team providing the scorer shall be awarded 4 points. After the commencement of the second half the arrival of a scorer shall mean that both teams may resume playing with a full side but no bonus points shall be awarded.

Netball:

Each team is to provide a scorer for their match. The scorer must arrive by the end of the first quarter and be present for the rest of the match. This scorer must be at least 12 years of age. The penalty for not having a scorer is 2 points being awarded to the opposition in a Junior game or 4 points in a Senior game, by the umpires, at quarter time.

Soccer:

Since neither team is required to provide a scorer for the match. The Captain of the match from each team is required to name and sign the scoresheet at the end of the match. By the captain's signing the scoresheets they are acknowledging the score at the end of the match is correct which means results cannot be contested.

All Sports:

The score-sheet is the official record of the match. If there is a discrepancy then the score-sheet will be counted as the official result. In Basketball and Netball both teams are required to provide a scorer and we encourage scorers to work together to ensure that both the board and the sheet are accurate at all times.

5. Team Registration & Grading

Full registration & match fee payment must be paid before the start of the first game of the season. The penalty for non payment of registration fees will be no premiership points until registration is paid. If the registration fee is not paid by the end of week 3 the team maybe withdrawn or suspended. Teams accepted to nominate with 8 minor rounds or less of the season remaining will only pay a half-registration fee but they will be ineligible for finals in the current season. Centre Management has the right to refuse or change team names if deemed inappropriate. Team Names of 15 or more characters may be abbreviated on programs or premiership tables at the discretion of the Program Manager. Centre Management has the right to not accept or withdraw the registration of any team from the competition.

Whilst every effort is made to match teams of similar abilities, grading is based on the number of entries in each competition and the information supplied by the teams on their registration form. Cross-grade matches may be played in any competition at the discretion of Centre Management. Junior divisions may consist of teams of different age or sex. "Mixed" teams will generally play in a boys division but may play against girls teams as appropriate to the competition. Boys/Girls/Mixed teams may be combined in a division if deemed necessary.

Teams entering mid-season may have fewer options for a grading preference.

Centre Management has the right to re-grade teams at any stage throughout the season.

6. Player Registration

Players may only register to play for one team per sport program, per season. All first-round players must be registered on their team's registration form. It is the responsibility of the team to ensure that new players are registered on their team's registration form before the commencement of their first game, even if they are only filling in as a "once-off". At our 'away venues' new players should register on an "Away Venue Player Registration Form". Please ask the supervising umpire for this form.

Should an unregistered player receive a penalty as per this participation guide, the rules of the sport or our Code of Conduct THE SAME PENALTY MAY BE APPLIED TO THE TEAM CONTACT OR THE WHOLE TEAM, at the discretion of Centre Management. 'Life. Be in it.' Sport for All SA Inc reserves the right to remove teams from the competition that are fielding unregistered players.

Players that are currently registered to one team must seek permission from Centre Management (not match officials) on each occasion that they wish to fill in for another team in the same program. Permission is not likely to be granted if the fill-in player will have an inappropriate level of influence on the result of the game (for example, an A-grade player filling in for C-grade). If an unapproved fill-in player is discovered to be playing then the match may be forfeited.

All players must be a minimum of 15 years of age in order to participate in Senior Competitions. Proof of age must be shown upon request of a referee or staff member at any time in the Season.

Senior Mixed Basketball teams must have a minimum of two players of each sex on court to play a legitimate game.

Senior Mixed Netball teams must have a minimum of two (2) men and a maximum of four (4) men on the court at any one time.

Junior Netball teams can have a maximum of three (3) boys on court and they must line up in different thirds of the court at the Centre pass, for example you can not have boys playing GD & WD or GS & GA.

7. Withdrawing Teams

Teams that wish to withdraw from the competition must give at least eight days notice or incur a forfeit fine.

Withdrawal within 48hrs of the next scheduled match will incur a full fine (double match fee). Greater than 48 hours but within 7 days of the next scheduled match will incur a 'notified' fine (double match fee, less officials payments).

8. Finals Eligibility

To qualify for finals, a player must have played at least 5 minor round matches in the current season with the team in question and must be registered on the Team Registration Form. A team that is found to have an ineligible or unregistered player take the court in finals will immediately forfeit their finals match.

9. Finals

Badminton

All teams play both weeks of finals, with timeslots the same as during the minor round season. Semi-finals matches will be played as follows: 1st v 4th and 2nd v 3rd with the winners playing in the Grand Finals.

Basketball

Finals participation and format are at the discretion of Program Management, depending on team numbers, court availability, etc. Teams will be notified of their finals status in the lead-up to end of season.

In the event of a draw after full time in finals, an extra period of five (5) minutes will be played to determine a winner, with teams shooting in the same direction as in the second half of the match. If scores are still drawn at the end of the extra period, After-School matches shall be declared a draw.

In Senior matches a further five (5) minutes will be played.

One time-out per team is permitted during each overtime period. All personal and team fouls stand as per the score sheet.

Should a Senior match still be drawn after 2 overtime periods, a 'sudden death' play-off will occur, with the first team to lead by 4 points declared the winner. (During this period all team foul penalties still apply, no time-outs permitted).

Indoor Soccer

All Senior semi finals will be played as follows: 1st v 4th and 2nd v 3rd. The winner of each match plays in the Grand Final. Sunday Juniors play a regular match on presentation day.

In the event of a draw after full time in finals, an extra period of five (5) minutes each way will be played to determine a winner, with teams beginning in the same direction as in the second half of the match. The first team to score in this extra time will be declared the winner. If neither team scores during extra time then a Penalty Shootout will determine the winner of the match.

Netball

Finals participation and format are at the discretion of Program Management, depending on team numbers, court availability, etc. Teams will be notified of their finals status in the lead-up to end of season.

In the event of a draw after full time in finals, an extra period of five (5) minutes for all senior matches (four (4) minutes for Junior matches) will be played each way to determine a winner, with teams shooting in the same direction as in the last quarter of the match. Substitutions and positional changes are allowed at the start of the extra period, but not when changing ends.

If scores are still drawn at the end of the extra period, Junior matches will be declared a draw.

Senior teams shall play 'sudden death' until one team has a two (2) goal lead, shooting in the same direction as in the last half of overtime. Play does not stop before "sudden death", it is simply continued from the point of possession when the siren sounded at the end of extra time.

Volleyball

All teams play during semi-final week, with timeslots the same as during the minor round season.

Semi-finals matches will be played as follows: 1st v 4th and 2nd v 3rd with only the winners playing in the Grand Finals. All Mini Volleyball finals and Summer League Semi Finals are timed. Summer League Grand Finals are played as a best-of-five sets match or best-of-three sets match, depending on the division.

In the event of a draw after full time in timed finals, play will resume from a 0:0 score line until one team has a two-point lead.

10. Website Programs

Basketball, Indoor Soccer and Netball:

Fixtures and Results are available from: www.salifebeinitcentres.org

1. Click 'Basketball' "Indoor Soccer" or "Netball" at the top of the page
2. Click "Fixtures & Results"
3. Navigate through the list to find your Grade & team

OR download "Fox Sports Pulse" from the app store on your phone.

There may be times throughout the season when a fixture is "re-drawn". Teams will be notified via email and/or verbally to re-check future game times.

All teams should be aware of the season dates, as listed on the Team Registration Form. If at any stage between these dates you cannot find a game time online for your team, please contact our staff immediately. Do not presume that you have a bye as forfeit fines will apply for teams that do not arrive for their scheduled match.

Badminton and Volleyball:

Please note that the website is not always updated daily. When checking your program on the website, please check the "last updated" details at the bottom. If Centre Management have communicated to your team different game information since this date, then the information most recently communicated is the correct information.

11. Overflow Venues

In the past, some of our popular programs have made use of nearby 'overflow venues'. Details will be made available at Round 1 or when overflow venues are required during the season. All teams are expected to play at away venues if they are required.

12. Programming Requests

Teams must be available to play at all time slots allocated to a program during the season, as listed on the Team Registration Form.

If you have any special *requests* regarding programs, these should be made in WRITING and submitted to the program manager with your registration form.

Please Note: Requests will only be accommodated in exceptional circumstances and please be advised that sometimes it may not be possible.

13. Technical Specifications

Rules not specified in this Participation Guide are specified in each sport's official rules.

Basketball

Ball sizes and Ring Heights:

Seniors (Men & Mixed): Size 7 ball and 3.0 metre (10 feet) high rings.

Seniors (Women): Size 6 ball and 3.0 metre (10 feet) high rings.

After School Years 4-7: Size 6 ball and 3.0 metre (10 feet) high rings.

After School Year 2/3: Size 5 ball and 2.4 metre (8 feet) rings.

'Life. Be in it' Sport for All will provide a match ball for each game but teams are required to bring their own warm-up ball should they wish to use one before their match.

Jump Balls

At all 'Life. Be in it.' Sport for All SA inc Centres we use jump balls instead of directional arrows.

Mercy Rules

All After School divisions:

When a team is ten or more points ahead they must go back inside their defensive half until the ball has crossed the half way line.

When a team is twenty or more points ahead they must go back inside their defensive three point area and wait until the ball has crossed the three point line.

Indoor Soccer

Court & Ball specifications (Juniors and Seniors): Please see Indoor Soccer rules for more details

Pitch: The playing area is defined by the Netball court side and end lines.

Penalty Area: The penalty area, within which the goalie may use hands, is marked as the Netball semi circle.

Goals: Goals are 2m high x 3m wide. Goalies are responsible for ensuring the goals are correctly placed on the end line.

Ball: The ball is a low bounce futsal ball. Only the futsal ball can be used for warm-up or practice.

Netball

Seniors, Year 4/5 & Yr 6/7 After School

Size 5 ball and 3.0 metre (10 feet) high rings.

Defend = 3ft, Possession time = 3 seconds

Stepping rule applies

Year 2/3 After School

Size 5 ball and 2.4 metre (8 feet) high rings.

Defend = 3ft, Possession time = 3 seconds

Stepping Rule = a few foot movements are allowed

'Life. Be in it' Sport for All will provide a match ball for each game but teams are required to bring their own warm-up ball should they wish to use one before their match.

Please note an outdoor venue of Cabra is used for all junior matches. At Cabra the height of the rings cannot be adjusted therefore all age groups will play at the 3.0 metre (10 feet) height.

14. Payment of fees and debts

Team Contacts are responsible for arranging collection and payment of the Team registration fee, game fees and any forfeit fines and/or short payments. Any debts owed to 'Life. Be in it.' Sport for All SA Inc (forfeit fines/short payments etc) must be paid within 3 weeks unless arrangements are made to pay in instalments. Teams that fail to pay within 3 weeks will have their premiership points withheld. 'Life. Be in it.' Sport for All SA Inc reserves the right to remove any non-financial teams from the competition.

Junior teams accruing a debt of \$100 or more and Senior teams accruing a debt of \$150 or more will be suspended from the competition until the debt is paid. Any teams that finish the minor rounds with outstanding debt will be ineligible to participate in finals. Teams that finish a season (either by completing a season or by withdrawing mid-season) with outstanding debt will be ineligible to register for the new season. Individual members of a team that leaves with outstanding debt will become personally liable for a percentage of this debt and will be ineligible to play for any team, in any sport until their share of the debt is paid.

15. Lateness, Forfeits & Forfeit Fines

Basketball:

The referees will commence matches on time. When time is called to begin play, any team that has not paid their match fee and/or is not on court with a minimum of 4 players ready to play will be penalised for a late start - 2 points per minute. Teams may choose to begin playing with only 3 players in lieu of giving away further late points. Once the 4th player has arrived, the team is required to start the game if it is not already in progress. However, if the 4th player hasn't arrived by the 10 minute mark they will then forfeit the match. Where possible a "scratch match" will be played. Both teams are required to pay their full match fee and the match will be conducted under usual playing conditions. The non-offending team receives 3 premiership points with a 20-0 (10-0 Afterschool Basketball) score and the offending team receives 1 premiership point with a 0-20 (10-0 Afterschool Basketball) score. Teams who fail to attend a scheduled match or participate in a scratch match will be given zero premiership points with a 0-20 (10-0 Afterschool Basketball) score.

Indoor Soccer:

The referees will commence matches on time. Any team that has not paid their match fee and/or does not have four players ready to start the game at the first whistle will be penalised as follows:

Seniors: One goal awarded to the opposition when the clock reaches 19mins, 16mins & 13mins.

Youth (Friday): One goal awarded to the opposition when the clock reaches 16mins & 13mins.

Junior (Sunday): One goal awarded to the opposition when the clock reaches 13mins.

If the opposition agrees, a team may choose to begin playing with 3 players in lieu of giving away 'late' goals. If a team still does not have four players when the clock reaches 10mins, they will then forfeit the match. Where possible a "scratch match" will be played. Both teams are required to pay their full match fee and the match will be conducted under usual playing conditions. The non-offending team receives 3 premiership points with a 5-0 score and the offending team receives 1 premiership point with a 0-5 score. Teams who fail to attend a scheduled match or participate in a scratch match will be given 0 premiership points with a 0-5 score.

Netball:

The umpires will commence matches on time. Any team that has not paid their match fee and/or does not have five players ready to start the game at the first whistle will be penalised one goal per minute until they do. However, if at the end of the first quarter a team still does not have five players, they will then forfeit the match. Where possible a "scratch match" will then be played. Both teams are required to pay their full match fee and the match will be conducted under usual playing conditions. The non-offending team receives 3 premiership points with a 20-0 score (10-0 Juniors) and the offending team receives 1 premiership point with a 0-20 (0-10 Juniors) score. Teams who fail to attend a scheduled match or participate in a scratch match will be given 0 premiership points with a 0-20 score (0-10 Juniors).

Badminton & Volleyball

The referee/supervisor will commence matches on time. Any team that has not paid their match fee and/or does not have the minimum number of players ready to start the game after the official warm-up period will forfeit the first set. If after five minutes into game-time a team still does not have enough players, they will then forfeit the second set and after 10mins, they forfeit the game. Where possible a 'scratch match' will be played, with both teams to pay their full match fee. If the team receiving the forfeit win chooses not to play on, then the forfeiting team must pay the full forfeit fine of double the match fee. The non-offending team will receive a 3-0 win, regardless of whether or not a 'scratch-match' is played. The offending team will incur a 3-0 loss (1 premiership point) if a match is played and a forfeit (no points) if not.

All Sports:

Un-notified forfeit: double the match fee (within 48 hrs of scheduled match)

Notified forfeit: double the match fee, less referees fee (48 hrs notice must be given for a notified forfeit)

If at any stage before the final siren of the game a team elects to forfeit the game and to cease playing, then they are liable for a full forfeit fine. The non-offending team will have their match fee refunded or forwarded to the following week.

After the ten-minute mark if the team falls below the required number of players (Basketball/Soccer = 4 and Netball = 5) due to injury/illness the match will be awarded to the non offending team. Teams are encouraged to play out the game as a friendly scratch match. Whether or not match fees are to be refunded will be assessed by Management on a case by case basis (depending on how much of the game has been played, the cause and severity of injuries, any ambulance attendance, etc).

During the game if the team falls below the required number of players (Basketball/Soccer = 4 & Netball = 5) due to sanctions then the win may be awarded by 'Life. Be in it.' Sport for All staff to the non offending team or neither team at their discretion. The match is then abandoned and no scratch match will be played. At the discretion of Centre Management the match fee may be refunded to a non offending team and the offending team may become liable for the entire match fees of both teams.

Please note: If an adult team contact, team member or parent accepts a change to the published program then that change becomes binding. If the team then decides not to play they will become liable for a forfeit fine (as above).

If a team forfeits more than twice in a season, Management has the right to remove the team from the competition.

School teams must give at least eight days notice of a cancellation due to a school function (eg camp) or a forfeit fine will be payable (as above).

16. Premiership Points

Win = 3 points, Draw/Bye = 2 points, Loss = 1 point, Forfeit = 0 points.

New teams entering after the season has started will receive byes and/or losses for rounds missed, at the discretion of Management. Teams that enter with less than eight minor rounds remaining will generally be ineligible for finals. Management may grant an exception, depending on team numbers.

Teams that are regraded and move up or down grades during the season may be treated as if they are a new team entering that grade, with their wins/losses adjusted accordingly. This is to ensure that all eligible teams have an equal chance at making finals.

17. Timing Regulations

Badminton

All matches are played as a best-of-five sets game, within the 50 minute timeslot.

Basketball

After School: THE CLOCK DOES NOT STOP. There will be two (2) sixteen (16) minute halves. Two (2) time outs per team per half are allowed. No time outs are permitted in the last two minutes of either half.

Seniors: There will be two (2) twenty (20) minute halves. Two (2) time outs per team per half are allowed. No time outs in the last 2 minutes of either half unless the score is within 6pts in the second half.

If the score is within 6 points with 2 minutes remaining in the 2nd half, the clock will stop for all whistles and time-outs during these last 2 minutes. Only one time out per team is allowed within these 2 minutes, providing the team has not already called two during the 2nd half. THE CLOCK DOES NOT STOP for any other reason.

Indoor Soccer

Once started, the clock does not stop during the half.

Senior matches are 2 x 20 min halves with a 2 min half time break.

Friday Junior matches are 2 x 18 min with a 2 min break.

Sunday Junior matches are 2 x 16 min with a 2 min break.

Netball

Monday After-School (Yr 2/3, Yr 4/5 and Yr 6/7):

There will be four (4) eight (8) minute quarters. Quarter time & three-quarter time intervals will be one (1) minute.

Half time interval will be two (2) minutes. THE CLOCK DOES NOT STOP.

Seniors:

There will be four (4) ten (10) minute quarters. Quarter time & three-quarter time intervals will be one (1) minute.

Half time interval will be two (2) minutes. THE CLOCK DOES NOT STOP.

Mini-Volleyball

All matches are played as a best-of-five sets game, within the 40 minute timeslot.

Summer League Volleyball

All matches are played as a best-of-five sets game, within the 50 minute timeslot, plus 10 minute warmup.

18. Misconduct, Reports & Tribunals

Management reserves the right to restrict or remove players and spectators from the stadium.

Players or spectators who behave in an offensive or unsportsmanlike manner may be directed by an official or member of staff to leave the stadium immediately. If requested to leave the stadium by an official or staff member the player shall do so within one (1) minute. Failure to do so shall result in the game being abandoned. If the match is abandoned the offending person will be suspended for a minimum of three (3) scheduled matches.

Officials or staff members may call the match abandoned if:

1. players or spectators from either team refuse to leave the court or stadium when requested to do so
2. the game is being played in an unacceptably rough or unsportsmanlike manner by one or both teams.

Player/Officials Reports

Players, team officials and spectators may be reported by any stadium official or Management staff member for any form of misconduct.

Centre Management will conduct a Management Inquiry into every report lodged by a Centre official, and will seek information from the reported person, reporting official and any relevant witnesses. Players will be notified of the outcome of the Inquiry by the program manager. This outcome will result in the reported player either appearing at a Tribunal Hearing or accepting an Alternative Procedure Offer from the Program Manager.

A player or official who has been reported shall be ineligible to participate for any team until such time as the charge is heard. However when significant delay occurs between the alleged date of the offence and the date on which the tribunal is to be heard, on application of the charged player / official, the relevant Tribunal Chairman may permit charged player / official to participate in the interim.

Tribunal Arrangements

As soon as practical after a report has been lodged with the Centre Management, the team contact of the reported Player/Official shall be advised of the outcome. If Management decides the matter requires a Tribunal the team manager will be notified of the date, time and place of the Tribunal hearing in writing.

If requested, the reported Player/Official will be provided with a copy of the "Tribunal Procedure" rules.

Reported Players/Officials who fail to attend scheduled Tribunal Hearings are suspended until they attend a Tribunal Hearing. The suspended player/official is responsible for requesting a subsequent Tribunal Hearing.

Team Penalties

On the first occasion a player (whether it be the same player or a different member of the team) is sent off and /or reported, the team may receive an Official Warning which states that any further player sent off and/or reported or any report regarding the team may result in the dismissal of that team from the competition.

Note: In an extreme case, Centre Management retains the power to withdraw/suspend an individual and/or an entire team without warning.

At the time of receiving a card the player must provide their full name to the referee for correct documentation of the card. If this information is not passed on by the player or the captain, centre management has the right to increase the sanction received and it will be applied to the captain or in severe circumstances the whole team.

Basketball

TF = Technical foul UF = Unsportsmanlike Foul FF = Flagrant Foul DF = Disqualifying Foul

A TF, FF or DF will result in 6 points being awarded to the opposing team. An UF will result in two shots and possession to the opposing team. Centre Management staff may, at any time, instruct a referee to issue a foul to a player for unsportsmanlike play or behaviour. They may also directly instruct a player, coach, manager or spectator to leave the court, court area and/or stadium.

A foul is deemed unsportsmanlike when a player intends to affect play, without playing the ball or is too physical towards the opposition. Flagrant fouls are deemed as overtly rough and/or dangerous towards an opposing player.

If a player receives two or more TFs and/or UFs in a match, then that player will be automatically suspended from the game in progress and will be ineligible to play in their team's next scheduled match.

If a player receives a DF or FF then they will be suspended from the game in progress and will be ineligible to play in their team's next scheduled match.

If any person (player/spectator/coach etc) is ejected from the stadium then they will be ineligible to attend, as a minimum, their team's next scheduled match.

During the season a player that has already accumulated a DF/FF or a combination of two TFs or UFs will:

- (i) where a third TF or UF is next issued to them, be ineligible to participate their team's next scheduled match.
- ii) where a fourth and final TF or UF is issued will result in a suspension for the remainder of the season or 12 competition rounds, whichever is longest.
- iii) where a second DF or FF is next issued will result in a suspension for the remainder of the season or 12 competition rounds, whichever is longest.

A team accumulating eight UFs/TFs (or the equivalent in DFs/FFs, with a DF/FF = 2 UF/TFs) will be suspended for the rest of the season or 12 competition rounds, whichever is longest. Staff will contact the player or team contact before the next match to advise of these suspensions.

In mixed competition a TF can be issued to a male player for repeatedly rejecting female players or where the rejection is deemed excessively vigorous.

Hanging off the Basketball rings will result in a Technical Foul, even if the match has not commenced.

Indoor Soccer and Netball

A card may be issued without prior warning if the situation warrants the penalty and Centre Management staff may step onto the court at any stage to hold play, issue a warning or to apply a sanction.

If a player uses disrespectful or abusive language or gestures towards a referee/umpire or an opposition player, a yellow or red card may be given, depending on the nature of the offence. Cards may also be issued if aggressive contact is made off the ball (or repeatedly on-ball) between players from opposite teams.

Yellow cards may be given to players for incidents such as time wasting, dangerous play, language and un-sportsmanlike play. A player receiving a yellow card must leave the court for 5 minutes. The offending player may return to the court after 5 minutes have elapsed on the clock from the time of the yellow card. Therefore, a player receiving a yellow card at the 18 minute mark of a half (Indoor Soccer) or the 8 minute mark of a quarter (Netball) may return to the court at the 3 minute mark of the next half/quarter. The referee will instruct the player when they can return to the court. Players who receive cards during a quarter for Netball will not be eligible to return to the court until the next centre pass after the 5mins has passed.

A player receiving a red card must leave the court immediately and stay off for the remainder of the match. A red card also excludes the player from participating for the same team at their next game (but not for a different team on a different night).

While a player is off the court for a yellow or red card another player may not substitute onto the court to replace the offending player.

If any person (player/spectator/coach etc) is ejected from the stadium then they will be ineligible to attend, as a minimum, their team's next scheduled match.

If a player receives a yellow card during a match, then the next card will be red. Yellow cards do not carry through to the next game. A player accumulating 3 yellow cards (or 1 red and 1 yellow) during the season will be ineligible to participate for that team at their next game. A fourth and final yellow card will result in a suspension for the remainder of the season or 12 competition rounds, whichever is longest. A player receiving two red cards (or 1 red and 2 yellows) in a season will be suspended for the rest of the season, or 12 competition rounds, whichever is longest, as will a team accumulating eight Yellow cards (or the equivalent in Red, with a Red card = 2 yellow) in a season. Staff will contact the player or Team Contact before the next match to advise of this.

19. Insurance, First Aid & Head injuries

All players are covered by the Centre's Public Liability Insurance but players take the court at their own risk. Teams are

responsible for their own first aid and for the immediate care of injured team members.

Basic first aid supplies (band-aids and ice only) are available from the office.

'Life. Be in it' Sport for All SA Inc staff will not offer First Aid services or advice.

During the match, should a referee or staff member form the opinion that a player has become unconscious (even momentarily) or incurred a serious head or bodily injury then the match will be stopped. The match will not re-start until the player has been escorted by a team representative to seek appropriate medical advice. Should this requirement of an escort cause a team to drop below the minimum required number of players, the game shall be recorded as a "bye" for both teams and match fees for the game in progress will be refunded.

Ambulance costs and any other medical costs are the responsibility of the injured player.

20. Blood Rule

During the match, should a player bleed, they must inform the official and leave the court immediately and will not be able to continue to play until:

1. all bleeding is stopped
2. blood is removed from person
3. the wound is securely covered
4. clothing with blood on it has been replaced

If a singlet or T-shirt has been changed, then a different number/colour for that player is acceptable, providing the officials and score table are informed before that player returns to the court.

Centre Management staff must be informed of any blood on the court and/or the ball so that the correct clean-up procedure can be followed before play can continue. Teams and officials should not attempt the clean-up themselves. Time will be held if centre management staff need to clean up blood of the court or the ball.

21. Officials Training

Matches in any competition may be used for the training of Umpires and Referees.

22. Code of Conduct

Each person in attendance at the Centre must abide by the Code of Conduct, a copy of which is displayed publicly in the foyer or on the 'Life. Be in it.' notice-board and downloadable from our website.

Teams should be aware that the penalty for breaching section 1.10 of the Code of Conduct: "*Smoking, alcohol or illicit drugs are not permitted inside the property boundaries of any stadium situated on school grounds*" may include exclusion from the stadium, suspension of the person in breach or in some cases, the complete withdrawal of their team.

23. Hot Weather Policy

We at 'Life. Be in it.' Sport for All SA inc. are aware of the discomfort hot weather brings while playing and we take steps to ensure that such discomfort is kept to a minimum.

Parents and coaches of junior teams can also help by ensuring that all players keep up their fluid levels, before, during and after they participate.

However, during days of extreme temperatures a Hot Weather cancellation policy will apply, with the status of each day's play displayed on our website. Management reserves the right to cancel the competition on any given day/night if the playing conditions are deemed to be extreme.

Essentially, when the forecast temperature according to the Bureau of Meteorology on the day of competition is:

40° or over: All Senior Matches are cancelled

38° or over: Friday evening Summer League Volleyball and Sunday Junior competitions is cancelled

36° or over: All After-School are cancelled

34° or over: Monday after-school Netball games scheduled to be played outdoors at Cabra are cancelled.

24. Lost Property

Lost property is kept for two weeks. After this time period, items are donated to charity. Please contact staff as soon as an item is lost to avoid it being donated. Please note that plastic drink bottles are not usually kept beyond the end of the night, unless we have been requested by their owner to hold onto them.

25. Spectators in Indoor Soccer

All spectators present in the playing area at Senior Indoor Soccer matches must be a minimum of 12 years of age. Any persons under 12 years of age must remain in the foyer areas. Officials and staff may request proof of age and

have the right to exempt a spectator if correct age cannot be proven.

At any point staff at the centre who believe that children that have been removed from the playing area are being unsuitably supervise have the right to ask a parent or guardian to remain in the foyer with the children.

26. Fee details per sport

Unley & Immanuel	Registration Fee	Weekly Match Fee	'Notified' forfeit fine (>48hrs)	'Un-notified' forfeit fine (<48hrs)
Badminton	\$18	\$18	\$36	\$36
Basketball - After School	\$38.50	\$38.50	\$62	\$77
Basketball - Senior	\$64	\$64	\$98	\$128
Indoor Soccer - Sun Junior	\$38.50	\$38.50	\$62	\$77
Indoor Soccer - Fri Yr 6/7	\$42.50	\$42.50	\$70	\$85
Indoor Soccer - Senior	\$64	\$64	\$98	\$128
Netball - Mon After School	\$38.50	\$38.50	\$62	\$77
Netball - Senior	\$64	\$64	\$98	\$128
Mini Volleyball	\$26.50	\$26.50	\$45	\$53

All prices listed are per team and are inclusive of GST.

Registration fee is per season and must be paid before the commencement of a team's first match.

Please see section 14 for details of fee payment arrangements and requirements.

Please see section 15 for details of forfeit fines.

This Participation Guide is current as at 6th March 2016 and is open to amendment at any time, without notice. Teams will be issued a copy of any amendments should they occur.