



# NETBALL IN PARADISE



## COMPETITION RULES

**Date:** 4<sup>th</sup> – 11th December 2026

**Venue:** National Sports Arena Indoor Stadium, Nikao,  
Rarotonga, COOK ISLANDS

### **RULES AND REGULATIONS**

These Rules and Regulations will be specific to the Netball in Paradise 2026 Competition. Any matter not covered by these Rules and Regulations shall be decided, clarified, and determined by NCI's Netball in Paradise Competition Management Committee.

### **REGISTRATION**

All teams: players, coach and manager shall be registered to DMCK.

Team registration is to consist of 15 players (maximum) but only 12 players can be named on the Team List per game, 1 coach, 1 manager and/or primary caregiver.

**Please note:** if the divisions format includes playoffs, a player must have played in the round in order to compete in the playoffs.

- Participants may register in TWO teams:

1. Open Womens plus Mixed Open OR
2. Social Ladies plus Mixed Open

**\*cannot register in both Open Womens or Social Ladies**

- Age group players can only play in ONE age group team and must meet the age requirements

### **GRADES / DIVISIONS**

The following grades are applicable;

- 13 and under (13U)
- 16 and under (16U)
- Social Ladies
- Open Womens
- Open Mens
- Open Mixed

- For Age Group Divisions, – ages will be applicable as at the 1<sup>st</sup> January 2026  
example: if a player is 13yrs old as of the 1<sup>st</sup> January, and turning 14yrs during the year, she qualifies for the 13 & under grade
- For Open Mixed, a Team must start with at least one (1) male on the court, with a maximum of three (3) males at any time. No two (2) males shall be in the goal circle – must either be GS or GA and either GK or GD – the remaining male is either C, WA or WD.
- Alternatively, if teams choose to have **TWO (2) male players in the mid court**, then they cannot have a male player in the goal circle.

For example:

- WA and C – cannot have a male in GS or GA
- WD and C – cannot have a male in GD or GK

Netball Cook Islands (NCI) reserves the right to grade teams at their discretion and to move teams between divisions.

### **COMPETITION FORMAT**

- The competition will be held over 4-5 days.
- Format will be decided by the Competition Manager: either Pool Play, Round Robin or Double Round Robin with Play Offs at the end between the TOP 3 or 4 for all grades/divisions
- Venue: National Indoor Sports Arena, Nikao. TWO (2) courts will be used for the games
- All grades/divisions will either play 4 x 8-minute quarters OR 2 x 10-minute halves (subject to change where notified)
- There will be up to 4 minutes between rounds (subject to change where notified). Teams must take the court immediately on the 1-minute warning.
- In grades/divisions which have uneven numbers, some teams may have a bye, although this may not necessarily mean a “bye-day” with no game.
- Netball Cook Islands reserves the right to change the Competition Format and make decisions on the conduct of the event at any time dependent upon the number of entries received for each grade/category.

### Daily Registration at Venue

- All teams must report to the Competition Manager no later than 30 minutes before their first match of the day, to check in their team.
- Teams must come to the Venue prepared. There will be limited warm up time on the court.
- Team List must be handed in to the Bench Official table prior to the game starting and must show the starting positions. Once the game has started, no alterations or additions can be made to the Team List.

## COMPETITION RULES

The competition will be played in accordance with the Rules of Netball 2025 Edition set by World Netball (WN) in December 2023, except where otherwise stated in the information below.

### PLAYING CONDITIONS

- The maximum number that can be at courtside for each game is up to 12 players, with coach, manager, and primary care.

- Team benches shall be allocated on the following basis:

**Team 1** (first named team on the draw schedule) will take the bench to the right of the scorer's desk as it faces out on to the playing court

**Team 2** (second named team on the draw schedule) will take the bench to the left of the scorer's desk as it faces out on to the playing court

- Each team must supply one scorer, who will keep score on the official score sheet known as the Running Score Sheet (\*INF Technical Officials Manual)

Umpires must sign the score sheet to verify that points are true and correct and handed to the Competition Manager at the Central Bench, at the end of the game. Absence of score sheet being signed by the umpires, Competition Manager will take scores handed in as correct.

- All games will start according to the finalized draw. If one team is unable to field at least five (5) players on court within ONE (1) minute of the start of the game, and the other team has at least five (5) players on court, that team will be declared the winner by default win. The umpire is to blow the whistle and award the game to the team present on court when time is up. Paperwork is to be completed, signed by umpire and handed to the Central Bench.

- All players within each team must wear the **same colour dress and/or the same colour top.**

- Each team is required to wear netball Bibs during the game, and should there be a Bib Colour clash, Netball Cook Islands will have spare bibs available for this purpose.

- No item of jewellery, except a medical alert bracelet and wedding band, shall be worn. If worn, it shall be taped. The umpire is authorized to remove a player off the court until the item of jewellery is removed and the umpire has rechecked the player concerned before the player returns/re-enters the court.

- Fingernails shall be short and smooth. No hats, caps, beanies or sunglasses are to be worn on court. Prescription glasses are permitted.

### TIMING AND SUBSTITUTIONS

- All Matches during the Round will be **CENTRALLY TIMED**

- ROLLING SUBSTITUTIONS

- Teams will be allowed to make substitutions during play, no form to be completed.

- There will be no limit to the number of rolling substitutions a team can make, and multiple substitutions can be made at any one time.
- Players must observe the offside rules as they enter or exit the court and must not interfere with the umpire's movements during the change.
- The substitution will take place when the outgoing player **leaves the court** before the replacement player enters the field of play.
  - If an incorrect substitution is made (replacement player goes offside or doesn't wait for the outgoing player to leave the court) a free pass will be awarded – as long as it doesn't disadvantage the team who has possession of the ball.
  - It is recommended that teams have 2 sets of bibs, to enable the smoothness of rolling substitutions.
  - **NOTE: changing positions on court is NOT ALLOWED.** Players must leave the court first to change position.
  - Injury/Illness/Blood will be made in accordance with the International ruling. ***Should there be any player/s injured and unable to take the court again, player replacement will be allowed.***

## **POINTS**

For competition purposes during the Round Robin Format, a;

- Win shall count as two (2) points
- Draw shall count as one (1) point
- Loss is zero (0) points
- Default Win is two (2) points

When Points are tied at the end of the Round Robin, Points will be calculated on Goals For (GF) less Goals Against (GA) to find the highest Goal Difference (GD). If a team who won by default is tied with Points, all scores 'for and against' will be added to calculate an 'average goal'.

example:

Goals for: G1) 25 G2) 31 G3) 19 G4) 8 = 83 divide by 4\* = 21

Goals against: G1) 13 G2) 15 G3) 27 G4) 10 = 65 divide by 4\* = 16

\*4 being the number of teams in that division

In the event of a further tie, the team who has scored the most overall goals in the Round matches will be declared the winner.

## **PLAYOFFS Centrally Timed Games will End**

- In the event of a tie, a Winner will be Required.
- Extra-Time will be played as follows:
- a) There will be a two (2) minute break at the end of full time
  - b) The Centre Pass is to be taken by the team entitled to the next Centre Pass.
  - c) Two (2) x four-minute halves will be played
  - d) At the end of the first half, teams will change ends immediately (no break) substitution and team changes will be allowed.

e) In the event of a tie remaining at the end of extra time, a visual signal shall be used to indicate that play shall continue until one team has a two (2) goal advantage

## **UMPIRES**

- Umpires must hold a current Centre Badge minimum. Verification of umpires current qualification from your Centre/Region will be required prior to the competition.
- ALL Registered teams MUST supply an umpire. Failure to provide an umpire will incur a penalty fee as stated on the Registration Form.
- Your Registered Umpire will be required to officiate the same number of games to that of your allocated games in the Draw.
- An umpire is compulsory when registering an Open Mens team

Registered umpires will be put into a central pool for allocation of games by the Umpire Coordinator. Should you be available to umpire other games outside of your allocated game, please register your interest at the Team Managers/Umpires meeting. This will allow the Umpire Coordinator to allocate accordingly. Umpires must report to the Central Bench half an hour prior to the commencement of their game.

**\*\* Teams will be penalized if their Umpire does not turn up to umpire their allocated game/s**

- Umpires must wear Black or White shorts/tights OR an umpires' skirt
- Umpires must wear a White polo/tee/singlet OR sponsored apparel provided by Netball Cook Islands on behalf of sponsors
- Court shoes must be worn - jandals/crocs are not permitted

## **EQUIPMENT**

- Team lists, Score sheets and Match Balls will be supplied by Netball Cook Islands.
- Each team must have their own Primary Care person and supply their own first aid kit. We will have First Aid Staff on stand-by.
- Water and Ice will be available for each team bench during game time only. Teams are encouraged to bring their own ice and water pre and post-match use.

## **RED CROSS**

- Red Cross volunteer/s will be available for the duration of the competition.

## **COMPETITION COMPLAINTS**

- Any complaint that affects the outcome of a game must be brought to the attention of the Competition Manager during that game or immediately following the game.

- Complaints will be addressed by the Competition Management Team and a representative of both teams involved. The final decision will be made following this consultation.

### **CODE OF CONDUCT**

- Netball Cook Islands expects a high standard of behaviour at all times, by players, team officials and spectators both on and off the court and has zero tolerance to violence and inappropriate language or gestures. Failure to adhere to the code may result in disciplinary action, including warnings, suspension and/or removal from the competition and sports ground.

**Respect Officials:** Accept all umpire decisions without argument. If you need clarification, players should approach the officials during a break or after the game.

**Practice Sportsmanship:** Acknowledge the other team and the umpires at the end of every match with a handshake or three cheers, regardless of the result.

**Control Your Temper:** Verbal abuse, physical aggression, or deliberate fouling of opponents is strictly prohibited.

**Health and Safety:** Do not arrive at the venue under the influence of alcohol. Refrain from smoking or vaping near the courts.

**Respect for Facilities:** Treat courts, rest rooms, equipment and the venue with care. Damage caused may result in disciplinary action.

**Social Media & Public Conduct:** Represent your team and the sport positively online and in public. Avoid posts or comments that bring your team or netball into disrepute.

### **NETBALL IN PARADISE COMPETITION MANAGEMENT TEAM**

Competition Manager: Ngere Puia-Fraser (NCI President) Ph: 55026

Umpire Coordinator: Luciana Nicholas (NCI VP High Performance) Ph: 58488

Technical Officials Manager: Autiare Luke (NCI Treasurer) Ph: 51557

Events Coordinator: Claire Wilson (NCI Secretary) Ph: 74136

*Live it, Love it & Play Netball!*

*Have fun and enjoy your time in PARADISE*