



KNA – 2026 Spring Season Information & Rules

KNA Spring Season Officials

Position	Name	Mobile	Email
KNA Spring Season Convenor	India Jackson	0432 361 632	springcompconvenor@kna.com.au
KNA Registrar	Devi Ramakrishnan	0412 940 599	knareg@kna.com.au
KNA Grading Convenor	Kissane Gray	0419 419 469	knagrad@kna.com.au
KNA Fixtures Convenor	Katie Bonjer	0412 093 748	knafixt@kna.com.au
KNA NSG Convenor	Michelle Rae	0418 451 034	netsetgo@kna.com.au
KNA Umpires			knaump@kna.com.au
KNA Secretary			knasec@kna.com.au
Administration Manager	Lee Field		accounts@kna.com.au

Competition Supervisors

Afternoon / Night	Courts	Supervisor	Mobile #
Monday night	Lofberg	TBC	
Tuesday afternoon	Canoon	TBC	
Tuesday night	Lofberg	TBC	
Wednesday afternoon	Canoon	TBC	
Wednesday night	Lofberg	TBC	
Thursday night	Lofberg	TBC	

Player Registrations

Registrations open 15th August 2026 and close 18th September 2026. For those that wish to register with a short 3-month registration (covering Spring Season only) then registration must be after 1 September 2026.

Registrations for Ladies, Senior Mixed, Family, 6/7, 7/8 NSG, 9/10, 11/12, Cadet Mixed and Inter Girls/Mixed competitions register via clubs.

The following rules apply:

- Ladies and Cadet Mixed divisions, players must be 15 years of age by 31st December 2026. Players turning 14 years of age by 31st December are eligible to play if they played in the Cadet Competition in the Winter Season in year of play
- Senior Mixed players must be 18+ years old. 17 years can play with KNA Grading Committee approval
- Family Competition, females must be 13 years of age by 31st December 2026. Mixed rules will apply
- 6/7 & 7/8 NSG divisions, players must be either 6, 7 or 8 years of age by 31st December 2026. 6 years cannot play in a 7/8 year team
- 9/10 divisions, players must be either 9 or 10 years of age by 31st December 2026. 8-year-olds can only play if they were a registered player during the 2026 Winter Season 9 years competition
- 11/12 divisions, players must be either 11 or 12 years of age by 31st December 2026. 10-year-olds can only play if they were a registered player during the 2026 Season Winter 11 years competition
- **All late** registrations must be approved by the Grading Committee or NSG Convenor at least **24 hours prior to playing**

To be registered, a player must be on a team registration form or individual registration form verified by the Club Registrar, Secretary, President, or Spring Season Convenor.

Teams **must** register a minimum of seven (7) players and can register a maximum of twelve (12) players.

- Junior teams – 6/7 & 7/8 NSG, 9/10 & 11/12 years can enter a combination of boys and girls
- Intermediate Girls/Mixed, Cadet Mixed and Senior Mixed teams require a minimum of 3 males (if mixed team) to be registered. Allowing for new registrations and de-registrations, teams are limited to fourteen (14) players
- 12 years can play in the Intermediate Competition

Late Player Registrations

Players registering in a team more than one Grade below the most recently played in, must seek clearance from the KNA Grading Committee and the KNA Spring Season Registrar. To obtain clearance from the Grading Committee, please send an email to knagrad@kna.com.au **24 hours in advance** before 5 pm on the day of play. No late registration should enhance the initial grading of that team.

- A player must have approval and be fully registered before taking the court in all competitions
- All late registrations must have KNA grading approval prior to player taking the court

Competition Rules

Game length and timing

Spring Season games are 4 x 10-minute quarters with 1 minute between quarters and 3 minutes at half time. No injury time is allowed.

Points

WIN	Win on Forfeit	LOSS	DRAW	BYE	NO GAME*	ABANDONED GAME**
2	2	0	1	1	0	1

*No Game - Both teams fail to arrive within 5 minutes of the commencement of the game

**Abandoned Game - Not played/abandoned before half time due to unplayable conditions

All BYE games will be allocated 1 point during this competition.

Score sheets

- Borrowed players **MUST** be noted appropriately. Full name, full grade, full team number AND reason why you are borrowing
- Scorers must be at least 15 years of age. Scorers must bring their own pens as no shared pens will be available on the afternoon/night
- All final scores **MUST** also be submitted online by using the Q Code provide on the back of the score sheet

Player Rules for Female & Mixed Competition

Rules are as follows:

- JUNIOR players 6-7 & 7-8 NSG, 9-10 and 11-12 years old may have a combination of boys and girls. No restriction will apply regarding the combination of players on the court. The Rep rule will apply whereby no more than **3** representative players are permitted to take the court at any one time. Five (5) players constitute a team and must take the court on the starting bell. If insufficient players are available, then borrowing of male and female players is allowed – refer to borrowing guidelines
- INTERMEDIATE/Mixed players may have a combination of boys and girls. Teams must have **a minimum of two (2) males** on the court with **a maximum of three (3) males** and **a maximum of four (4) females** allowed on the court at any one time. Five (5) players constitute a team and must take the court on the starting bell. If insufficient players are available, then borrowing of male and female players is allowed – refer to borrowing guidelines
- CADETMIXED/SENIOR MIXED Teams must have **a minimum of two (2) males** on the court with **a maximum of three (3) males** and **a maximum of four (4) females** allowed on the court at any one time. Five (5) players constitute a team, consisting of **two (2) males** and **three females (3)** minimum and must

take the court on the starting bell. If insufficient players are available, then borrowing of male and female players is allowed – refer to borrowing guidelines

- **FAMILY COMPETITION** Teams must have a **minimum of two (2) males** on the court with a **maximum of three (3) males** and a **maximum of four (4) females** allowed on the court at any one time. Five (5) players constitute a team, consisting of **two (2) males** and **three females (3)** minimum and must take the court on the starting bell. If insufficient players are available, then borrowing of male and female players is allowed – refer to borrowing guidelines

Please note if a team only has one (1) male and four (4) female players, this does not meet the above mixed netball minimum team requirements to take the court and a forfeit will occur if a second male cannot be borrowed.

There can only be one (1) male in each third of the court from a positional perspective:

One male in the GS or GA positions (Circle Attack Third)

One male in the WA, C, or WD positions (Centre Court Third)

One male in the GK or GD positions (Circle Defence Third)

Representative Player Rules

Should any Junior/Intermediate/Cadet/Ladies/Senior team wish to enter a team which has more than **3** representative players, no more than **3** representative players are permitted to take the court at any one time. There is no restriction as to the number of representative players registered.

A representative player is deemed to be anyone from a 2026 team in the representative program at **any association**. Later selection into a representative program team will not then affect the makeup of the team.

Uniforms

- No specific uniform is required. Teams can either wear club uniform (if they play in a Winter Season and have one) or an outfit in the same colour/design eg; black shorts, red t-shirt, blue t-shirt etc. All team members must be in the same or similar team outfit
- No tracksuit pants, cargo shorts or shoelaces that do not tie up (this is for safety reasons as attire must not have any additional zips or adornments)
- Bibs need to be of the same colour
- No sharp adornment or item of jewellery, except a (taped) wedding ring or medical bracelet shall be worn
- Fingernails must be short and smooth – no taping allowed

Finals Series

There is **no finals series** during 2026 Spring Season with all grade winners being declared as **'first past the post'**.

Wet Weather

To access wet weather information, please check the KNA website (<http://kna.com.au>) and KNA Facebook page.

Forfeits

If all efforts to borrow players fail, a team, through the club contact, MUST advise of an impending team forfeit before the game by email to:

- KNA Spring Season Convenor – India Jackson @ springcompconvenor@kna.com.au
- KNA Spring Season Registrar – Devi Ramakrishnan @ knareg@kna.com.au
- KNA Fixtures Convenor – Katie Bonjer @ knafixt@kna.com.au

The Club must ensure **that opposition team and umpires** are notified. All team managers will be provided with contact details of the opposing teams.

Where a team attends the court and cannot field five players or cannot supply an umpire with the requisite qualifications, the opposition may claim a forfeit 5 minutes after the bell rings to commence the game. Note that second and third forfeits will attract a financial penalty as an incentive to teams to make all efforts to play.

Borrowing Guidelines

Will be provided upon the completion of grading on the KNA website.

- Interclub borrowing is permitted (ie: any club can borrow from another club)
- A borrowed player can NOT displace a registered team member
- A borrowed player may be borrowed any number of times

Post Padding

Teams playing in the last timeslot are required to remove the padding from the posts and place them in the Post Pad bins near the shed as indicated by the Spring Season Supervisor or Supervisor on duty.

Safety Guidelines

Some players have medical conditions that may affect their participation in sport. Asthma, diabetes, and epilepsy are common conditions that coaches/managers should be aware of. Discuss the player's needs, medication (how to deal with an emergency) with the player and parents. It is important for players/parents to have medication with them at training and games.

Do not share towels, drink bottles, mouthguards, asthma puffers or any personal equipment which may have blood, saliva, or other body fluids present. Warm-up and cool-down exercises should accompany all sporting activities. Regular fluid intake before, during and after training and competition should be encouraged.

Blood Rules – for more details, please refer to the KNA website

Player Safety

Due to the nature of the Mixed Competition, it is essential to ensure all teams play in a safe and friendly environment hence all matches will be closely monitored to always ensure player safety.

If a player is playing in a manner deemed unsafe, they will be requested to adjust their game or leave the court.

Preventions of Further Injury

- SEVERE INJURY – **GET HELP**

- LESS SEVERE

NOT

REST

HEAT- e.g., Hot water bottles, hot shower

ICE

INCREASES BLEEDING

COMPRESSION

ALCOHOL – INCREASES SWELLING

ELEVATION

RUNNING – exercising too soon will make injury worse

REFERRAL

MASSAGE - INCREASES SWELLING & BLEEDING

These guidelines are where possible professional medical advice should always be obtained.

Umpires

All teams must supply an umpire of the requisite standard in accordance with the minimum umpiring requirements listed below. The contact details for each umpire must be provided with the team details. All games are **“umpire your own”**. If the umpire supplied by a team is a member of that team, the umpire /player must umpire the game adjacent to the teams allocated court and swap with an umpire on that court. The umpire cannot be related to a player on the team they are umpiring.

The umpires are to arrive to the complex at least 10 minutes prior to the start of the game. Should the umpire fail to show up for the game, that team will forfeit the game and the points will be awarded to the opposing team. If the umpire for the other team wants to umpire the game, teams can play a friendly game with the umpiring payment being awarded to the sole umpire for this game. Any substitute umpires, if found on the afternoon / night, must be of an equivalent standard to those replaced.

Umpires are to ensure all players are wearing appropriate uniform and all jewellery included pierced items have been removed. Mixed Umpires must also check the correct balance of males and females on the court and placement of the males on the court is to follow the KNA Mixed Netball Rules.

- Umpires must wear appropriate umpiring uniform
- All umpires provided by teams shall be of suitable standard and ability to adequately control that level of game they have been assigned
- Public criticism, abuse or intimidation of umpires will not be tolerated
- Teams are to make their own arrangements to pay their umpires
- Umpires must be advised by their team if there is a bye or forfeit
- Umpiring minimum requirements (unless prior approval of KNA Spring Season Umpires Convenor):

Ladies & All Mixed Competitions minimum requirements

- All umpires must be 15 years of age, unless otherwise approved
- All ladies' grades - 15 years of age and current KNA High District Badge unless approved by the Spring Season Umpires Convenor
- Senior Mixed Competition- approved experienced National C Badge (minimum requirement – no exceptions)
- Cadet Mixed Competition -National C Badge
- Intermediate Mixed – recommended High District Badge

Junior Competition minimum requirements

- At least 12 years of age and a Mid District Badge

UMPIRING RULES

1. The standard rules of netball apply to the Spring Season plus the local rule specified below (**Local Rule**).
2. Players must abide by **ALL** the rules of netball, the KNA Code of Conduct and the Local Rule.
3. All players and spectators must show respect to officials, umpires, and other players always.
4. **NO** disrespectful behaviour of any kind to any other person will be tolerated.
5. The umpire's decision is final and shall be given without the right to appeal.
6. If a player wishes to seek clarification on any ruling made by an umpire, the captain of the relevant team may approach by both umpires during the next scheduled break in play. No other response is acceptable.
7. The umpires have discretion as to the penalty imposed for disrespectful or inappropriate behaviour, persistent breaking of the rules and rough or dangerous play. The penalties which may be imposed include warning a player, suspending a player, ordering a player to leave the court, or excluding a player from the area.
8. If due to penalties imposed a team is reduced to less than 5 players a forfeit will be awarded to the opposing team.

NSG UMPIRING RULES/GUIDELINES

The modified rules should be used by umpires during the game as they are designed to allow participants to learn and refine skills while experiencing success. Umpires should provide simple explanation of infringements as they occur. No need for detailed explanations.

- There is no scoring for NSG, however playing positions must be recorded and rotations must be made as per the Winter Season games
- Penalties are not awarded to the other team in the first half of the season. Take the ball back to where the infringement occurred and have the player retake the pass, having explained the rule.

Centre Pass • Taken by the non-scoring team

- Footwork** • 1-2 steps to regain balance is allowed. • Shuffling on the spot to regain balance is allowed, without moving down the court
- Breaking** • A player who breaks on the centre pass should not be penalised for breaking; they should be given guidance on the correct action for centre passes
- Contact** • A player cannot contact another player in a manner that disrupts their opponent or disrupts play. Advise them of the infringement and allow the player with possession to continue play
- Short pass** • Ball must be thrown (not handed) to another player. • If 2 players from the same team gain possession of the ball in quick succession, this is not considered a short pass
- Held Ball** • Players have up to 5 seconds to pass the ball and should be encouraged to pass rather than being penalised for not passing
- Offside** • A player who moves into an incorrect playing area and self-corrects should not be penalised for offside. • Players should be given guidance if they move into offside areas and should not be penalised at the first instance
- Defending** • Strict one-on-one defence. • Players may not defend a shot at goal. • Other forms of defence may be introduced
- Replayed ball** • A player who fumbles while gaining possession of the ball will not be considered to have replayed the ball. • Consideration must be given to the age and skill level of the players in determining whether a player has control of the ball
- Obstruction** • Players must defend from a distance of no less than 1.2m. • A player who is within 1.2m of an opponent cannot use movements that take the arms away from the body so as to limit the possible movement of an opponent. • Players should be given guidance if they are obstructing (i.e. defending from a distance of less than 1.2m or have arms away from the body so as to limit the movement of an opponent) and should not be penalised at the first instance
- Substitutions during play** • At KNA Substitutions are not made during play except for injury or illness. This is to allow all players to experience each position for an equal amount of time
- Coaching** • At KNA, it is the umpire's responsibility to assist the players on the court. • If the game is one-sided, coaches and umpires should use any means necessary to ensure a good experience for all players, e.g. offering the weaker team more benefit of the doubt in closely contested situations. • The coach may move along the sideline (but may not interfere with the umpire) to provide immediate feedback as required. No coach should be behind the goal line; they must always remain on the sideline

Penalties

Penalty (i) - Loss of one (1) point from aggregate score

- The score sheet is not completed as required

Penalty (ii) - Loss of two (2) points from aggregate score

- Scoresheets not lodged via Q Code on the back of the scoresheet on the afternoon / night of the play

Penalty (iii) - Match points to be awarded to opposing team and all goals to stand

- Losing team has two (2) points deducted from its aggregate score
- Playing an unregistered player
- Playing, an unapproved by Grading Committee, player registered in a higher division
- Registering a player without the approval of the KNA Grading Committee
- Registering more than twelve (12) players at the same time
- Exceeding the team limit of fourteen (14) players, allowing for new registrations and de-registrations

Team Fines

The following fines apply to the spring season.

- Umpiring non-attendance team forfeit with friendly played if agreed to by both teams
- 2nd Forfeit \$ 20
- 3rd & Subsequent Forfeits \$ 50

Code of Behaviour for players and spectators

- Play by the rules
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition
- Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted in any sport
- Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you
- Be a good sport. Applaud all good plays whether they are by your team, opponent, or the other team
- Treat all players as you would like to be treated. Do not interfere with, bully, or take unfair advantage of another player
- Cooperate with your coach, teammates, and opponents. Without them there would be no competition
- Place in proper perspective any isolated incidents of unsporting behaviour rather than make them the highlight of the event

KMC'S Condition of Use at Lofberg Rd & Canoon Rd Courts

Ku-ring-gai Municipal Council (KMC) has outlined conditions of use for the Lofberg Road netball courts in an Action Plan. Under this Action Plan KMC requires us to have a community liaison representative to be the first point of contact and facilitate discussion between the netball association and members of the local community for any small-scale issues that arise during the booking period. For example, if a parked car is preventing a resident from exiting their driveway, the liaison representative can be contacted to assist in finding the owner of the car.

A site-specific Traffic Plan will also be developed for Lofberg and Grayling Roads when the netball courts are in use by KNA. As part of this plan the following will apply:

- KNA will advise players and spectators of Lofberg Road Netball Courts that they must **first park in the lower Golden Grove and West Pymble Community Hall car parks**. Once these locations are full, parking should commence along the roads, complying with the parking conditions
- KNA will publish on their website for the duration of the season the parking conditions referred to above and a statement regarding the need for players and spectators to respect the amenity of residents and not to park in residential driveways

KNA encourages you to respect the amenity of the residents, park within the designated areas safely and legally and as requested by KMC, and to refrain from unnecessarily impacting on the comfort of the residents of the Lofberg Road netball courts.

Council does not allow dogs to be at or around the netball courts.

Please ensure that you follow these guidelines otherwise Council could fine you.