

NETBALL

WINTER 2026 SEASON

CARDINIA LIFE

APRIL - SEPTEMBER 2026



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Competition Information

Tuesdays	Wednesdays
13 & Under Girls 15 & Under Girls (males <13 years of age as at the first day of competition may participate) 17 & Under Girls Juniors Plus Senior Ladies	9 & Under Mixed (females & males – no restrictions) 11 & Under Mixed (females & males – no restrictions) Senior Mixed (females and males – restrictions apply)

* Please refer to “Mixed Netball“ section (page 5) for restrictions in regards to Junior Mixed Netball.

Season Dates

Winter Netball 2026

April 2026 - September 2026

Tuesday	J	S	Wednesday	J	S
14-Apr	SH	1	15-Apr	SH	1
21-Apr	1	2	22-Apr	1	2
28-Apr	2	3	29-Apr	2	3
5-May	3	4	6-May	3	4
12-May	4	5	13-May	4	5
19-May	5	6	20-May	5	6
26-May	6	7	27-May	6	7
2-Jun	7	8	3-Jun	7	8
9-Jun	8	9	10-Jun	8	9
16-Jun	9	10	17-Jun	9	10
23-Jun	10	11	24-Jun	10	11
30-Jun	SH	12	1-Jul	SH	12
7-Jul	SH	13	8-Jul	SH	13
14-Jul	11	14	15-Jul	11	14
21-Jul	12	15	22-Jul	12	15
28-Jul	13	16	29-Jul	13	16
4-Aug	14	17	5-Aug	14	17
11-Aug	15	18	12-Aug	15	18
18-Aug	16	19	19-Aug	16	19
25-Aug	17	20	26-Aug	17	20
1-Sep	18	21	2-Sep	18	21
8-Sep	SF	SF	9-Sep	SF	SF
15-Sep	GF	GF	16-Sep	GF	GF



Regular Fees & Charges

Registration is payable when registering a team each season. Registrations are available online via Netball Connect or via the App

The weekly Fee is payable at the start of each scheduled game.

	Junior	Senior
Registration	\$64.40	\$93.40
Weekly Game Fee	\$81.00	\$89.90

Team Registration

When registering a team, a **Team Contact** must be nominated for all Junior teams, and a player must be selected as **Team Captain** for all Senior Teams. The team captain/contact will be the *main* contact for all communication between teams and Aligned Leisure management. It is the responsibility of the team captain/contact to ensure all competition information, rules and regulations, and fixture changes have been communicated to the rest of the team.

Registrations will close on the below dates , unless allocation is exhausted before these dates. Any registrations after this time will be at the discretion of the Aligned Leisure management.

Juniors: Sunday 31 May 2026

Seniors: Sunday 24 May 2026

Player Registration & Qualifications

Each registered player is required to join the team via the Netball Connect App. Team Captains are required to enter each player on registration of team, which will then send them a link via email. A player will only become linked and appear on the team once financial. To be qualified to play finals, all players must be registered and have played a minimum of six (6) games throughout the regular season. A player is deemed to have played a game if he/she has a position assigned to them against their name on the iPad. Games played under a Single Game Voucher will be counted as games played however must have a full Netball Victoria membership to play finals and be registered to team prior to finals commencing.

It is the responsibility of the team captain/contact to check the iPad at the conclusion of the game to ensure all player information, positions and scores have been recorded correctly.

Please refer to PNA by-laws for further conditions of players across all domestic competitions, including player movement between age groups & divisions and penalties incurred in breach of these conditions.



Age Eligibility

Age groups for Junior Competitions will be taken as age as at December 31st.

Please refer to below table to help determine your child's correct age group based on the year they were born.

Age Group	Born In
9 & Under	2018, 2017
11 & Under	2016, 2015
13 & Under	2014, 2013
15 & Under	2012, 2011
17 & Under	2010, 2009

**Please note: Players are eligible to play up one age group only.*

Netball Victoria Membership & Insurance

It is now a requirement that all registered Netball players must hold a current 2026 Netball Victoria Membership ID (previously VNA). Should you not have a current Netball Victoria Membership, and/or playing as a fill in for a team, Single Game Vouchers (SGV) are available to players who play 'one off' matches. Vouchers can only be purchased online through the Netball Connect App for \$5 seniors and \$3 Juniors and covers you for insurance only for one (1) game. SGV's are to be purchased at the beginning of the game prior to taking the court and players are to see the front Sports Captains desk to be added to the game.

Your membership with Netball Victoria, includes your player insurance for the entire season. Any player injured during a game should seek First Aid from the Sports Captain, or another Aligned Leisure staff member, and complete the relevant documentation. Failure to do so, will result in Pakenham Netball Association unable to sign off on any insurance claims to be sent to Netball Victoria.

Further information on what is covered, how to make a claim and where to download claim documents can be found here: <http://vic.netball.com.au/membership/insurance-willis-australia/>

Grading

The grading period will last for six (6) weeks at the start of the season. It is at the discretion of the of the PNA and Aligned Leisure management to grade teams in a manner that they feel is appropriate. Scores and points accumulated during grading will be reset to 0, and the official season will begin.

Considerations regarding grading will be made via a grading committee, who will meet throughout the grading period and provide input into the grading process. Grading requests from teams after the team registration will be accepted during allocated special request dates.

If required, an emergency round of grading will be undertaken for the respective competition.



Mixed Netball

As per the Netball Victoria Gender Regulations all Mixed Netball junior competitions up to and including 13 & Under may have no restrictions placed on them by gender.

Age groups 15 & Under* and 17 & Under are played under Junior Mixed rules with restrictions enforced. In these age groups, there is a minimum of 1 male required and a maximum of two (2) male players on the court at any one time.

*15& Under Mixed – Gender Restrictions apply. As per the gender regulation no gender restrictions apply to 12yo males (at start of season). Restrictions apply to males 13yo (at start of season) and there must be a minimum of 1 male and a maximum of 2 males.

At Senior Mixed level, there must always be at least two (2) but no more than three (3) male players on the court during play. No more than one (1) male player shall take a position in each third of the court.

Netball Victoria Gender Regulation

Pakenham Netball Association and Aligned Leisure abide by the Netball Victoria Gender regulation policy which was enforced as of the 1st of January 2019.

For more information on the Gender regulation policy, visit <https://vic.netball.com.au/gender-regulation/>

Scoring (Bench Officials)

All teams must provide one competent bench official for each game. Umpires may ask a player to sit off if no bench official is provided. If not sure how to register players or score on the ipad provided, please see the Sports Captain or the Front Desk for a 'How-To Guide'.

A scorer must be 14 years of age to score a junior or senior game via the ipad provided.

Due to changes to Working with Children legislation, bench officials over the age of 18, officiating a junior competition must be a holder of a valid Working with Children's Check. At this point, bench officials who are parents scoring their child's game are currently exempt from the Act (Please note this may change in the future). All parents are encouraged to obtain a Working with Children's Check to ensure no issues arise with further amendments to legislation and sport organization guidelines.



Premiership Points

Win	Loss	Draw	Forfeit Against	Forfeit For	Bye
4 points	0 points	2 points each	0 points	4 points	4 points

Forfeits & Withdrawals

In the event where a team is unable to play a single scheduled game, it will be deemed a forfeit and a fee will apply that is payable within 14 days of the scheduled game. Where possible, the opposing team captain/contact will be contacted to be notified of the forfeit against their team. The opposing team will then be given a win on forfeit and a games qualification for all registered players.

In the event where a team must withdraw from the competition, they will be required to pay a competition withdrawal fee along with a forfeit fee if less than 7 days notice is given before their next scheduled game. To officially withdraw from their respective competition, the team captain/contact must place the request in writing and send to netball.cardinia@alignedleisure.com.au. The withdrawal fee must immediately be paid either in person or over the phone.

Forfeit – *Notified prior to 24hrs*

Junior - \$85.00

Senior - \$95.00

Forfeit - *Un-notified within 24hrs*

Junior - \$95.00

Senior - \$130.00

Withdrawal Fee

\$165 + Applicable forfeit fee.

First Aid & Injuries

Where First Aid is required, all Aligned Leisure staff are trained and available to assist, however the first point of contact should be the Sports Captain on duty. All players that receive First Aid will be required to complete an injury report form.

Conditions of Entry

In the opinion of Aligned Leisure management, if a player, coach, official, spectator or team conducts themselves in a manner contrary to the best interests of Netball or the Conditions of Entry, each individual involved will be asked to leave the complex. Depending on the extent of the incident; suspension or withdrawal from the competition may apply.

Aligned Leisure management reserves the right to refuse entry to any person under the influence of alcohol or drugs. Smoking/vaping of any sorts is not permitted in or around the centre at any time.

Uniforms

Each team member must wear a uniform of the same design and colour. Positional bibs must be worn by all players – letters must be at least 20cm high, and be worn front and back, and above the waist of the player.

For further information regarding uniforms, please refer to the PNA by-laws.

Bib hire is available from the front Sports Desk at a fee of \$5.00, this is on a first in basis. Bibs cannot be reserved.



Suspended Players

Players under suspension by the PNA or Aligned Leisure are not permitted to play or referee for the duration of the suspension. Teams who play suspended players will lose all points for the games concerned and may be removed from the competition entirely.

Changes to Fixtures

Please note changes to fixtures due to regrading, re-fixturing, teams withdrawing, or other unforeseen circumstances may occur without notice throughout the season (outside of grading period) when more than 7 days from the respective game. In these instances, a competition Bye may be created or removed during this time.

Whereas changes to fixtures occurring within 7 days of the respective game, an Aligned Leisure Sports Captain will contact all affected teams via either telephone, email or both.

Score & Ladder Enquiries

Any queries regarding incorrect scores or ladder positions, must be lodged in writing via email to netball.cardinia@alignedleisure.com.au

From here, the relevant Sport Captain will investigate the enquiry and make any changes where necessary. Please be aware it may take up to seven days for these issues to be completed by the relevant staff member for any applicable competition.

Special Requests

All Special Requests regarding fixturing or grading must be placed in writing and lodged via email to netball.cardinia@alignedleisure.com.au and state the reason, and specific competition it involves. Any requests for a Bye round on a date will only be considered in a competition with odd team numbers and requested prior to the finalisation of the fixture at round 6.

Please note, this are requests only; it is not guaranteed that all requests can be fulfilled.

Other Policies

For all other policies and conditions not included in this information pack, please refer to the policies of Netball Victoria, the PNA, and Aligned Leisure Conditions of Entry.

Winter 2026 Key Dates

- Junior & Senior Semi Finals Week Commencing: 8 September 2026
- Junior & Senior Grand Finals Week Commencing: 15 September 2026



Heat Policy

POLICY STATEMENT

Cardinia Leisure is committed to ensuring our sport is accessible to everyone and we take every opportunity to provide the highest level of service to all members and participants. Aligned has a Duty of Care to protect the health, safety and wellbeing of participants, during warm to very hot weather and heatwaves. When there is a risk of exertional heat illness, Aligned commits to acting in the best interest of all participants by implementing mitigation strategies.

SCOPE

This policy applies to all people involved in our netball and floorball activities, including employees, volunteers, coaches, officials, participants, parents and guardians. It covers situations where people are inactive yet situated in hot, heat conditions, such as volunteers, parents, spectators and coaches.

This policy is designed to reduce the risks and prevalence of injury and illness which can occur when people play sport during warm to very hot weather conditions. This policy is based on the Extreme Heat Policy – [Sports Medicine Australia \(Feb 2021\)](#) and will be updated as new research findings or technology emerges to assist in managing heat related sport risks.

DEFINITIONS

- **Bureau of Meteorology (BOM)** – the Australian Government Agency responsible for providing weather services to Australia and surrounding areas.
- **Extreme heat** – is when the ambient temperature combined with relative humidity can cause people to become ill from heat stress or heatstroke.
- **Heat related illness** – is characterized by nausea, dizziness, vomiting and fainting.
- **Heat stress** – the risk of heat stress is increased in hot and humid weather resulting in our body being unable to provide enough sweat for adequate cooling.
- **Heat stroke** – is a life-threatening condition in which the body overheats and the body’s internal systems start to fail as it can no longer maintain a healthy temperature.
- **Sports Medicine Australia (SMA)** – is recognised as the leading sports medicine organisation in Australia.

SPORT RISK CLASSIFICATION

The SMA Extreme Heat Policy provides recommendations for a range of sports based on participation rates and splits included sports into five “Sport Risk Classification” groups based on the combined effects of exercise intensity and the clothing and equipment worn by participants.

Sport Risk Classification 3 is relevant for all activities facilitated at Cardinia Leisure under this policy.



When a threshold is reached, a colour coding system recommends the actions that can be taken to reduce heat-stress risk. These risk levels are:

- **GREEN:** Low Risk
- **YELLOW:** Moderate Risk
- **ORANGE:** High Risk
- **RED:** Extreme Risk

IMPLEMENTATION

To predict the heat risk associated with an activity, the air temperature and relative humidity for the location where the activity will be taking place will need to be obtained and monitored.

Considering BOM forecast for the following day predicts a temperature of 30° or higher, heat management protocol will apply.

HEAT MANAGEMENT PROTOCOL

Hourly temperature checks are to be completed by the Duty Captain from 12pm. All checks are to be logged electronically at the following file path on Sharepoint: [General>Sports & Stadium>Temperature Logs>Temp Check Logging](#). If the electronic file cannot be accessed then temperatures are to be recorded on the physical copy available under Sports Captain desk.

When Pakenham Basketball programs or competitions are in progress temperature checks are also to be reported to their staff member on duty on an hourly basis.

Temperature Readings

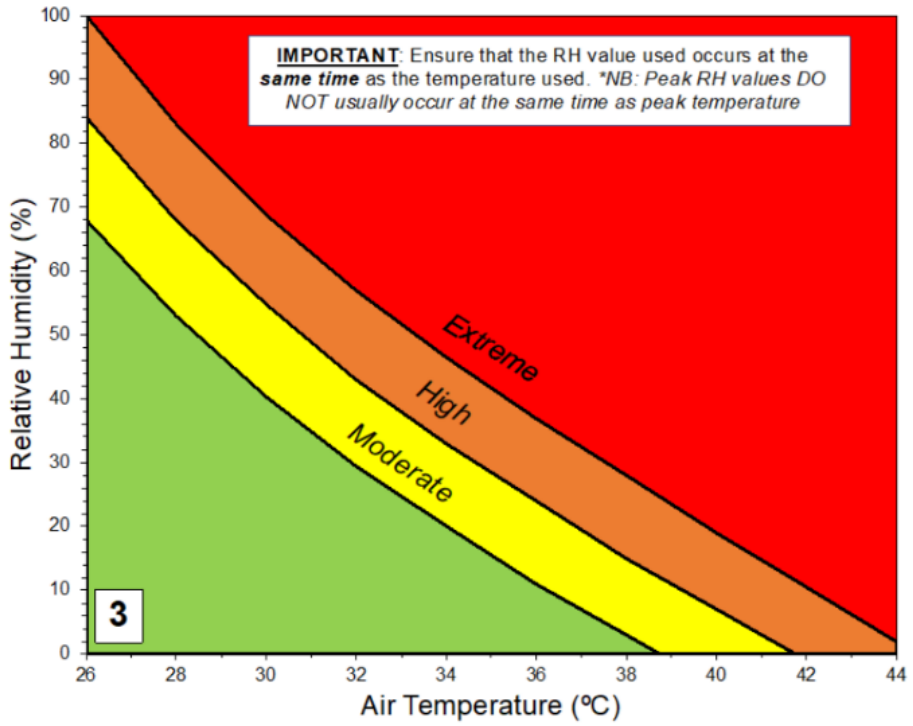
Readings are only to be taken using the Humidity & Temperature Meter - IC-GM1361-Plus available under Sports Captain desk (Netball) and Temperature clock (Floorball). Readings must be taken from the designated locations throughout the facility with the local reading relevant for that specific zone:

- **Courts 1-4 (Netball) – Center of Court 2&3**
- **Courts 5-8 (Netball) – Center of Court 6&7**
- **OCH Courts 1-3 (Floorball) – Center of Court 2**

Another instrument may only be used in the event that the primary device is not functional and this must be noted on the temperature log.

Once readings have been obtained, the combined air temperature (x-axis) and relative humidity (y-axis) should be plotted on the Sport Risk Classification chart.

Sport Risk Classification 3



The point of intersection of these two values will subsequently fall within one of the 4 coloured zones indicating the level of heat stress risk.

Air temperature, relative humidity and the risk level identified on the chart are to be recorded by the Duty Captain on the temperature log.

Risk Mitigation

For each risk level, the SMA Extreme Heath Policy recommends the actions to be taken to mitigate the prevailing heat stress risk. These actions are cumulative and where the risk level is high, the recommended actions for low risk, moderate risk and high risk should be taken.



GREEN: Low Risk

- Hydrate – drink regularly before, during and after the activity.
- Modify clothing – wear lightweight clothing and remove excess layers.
- **Netball Juniors (9s & 11s):** When the temperature goes above 30 degrees (regardless of the humidity) Reduce 1 minute per quarter and break between quarters to be increased by 1 minute for each break period.

YELLOW: Moderate Risk

- Rest breaks – increase the frequency and/or duration of scheduled rest/drink breaks. Rest breaks should be taken in a cooler room with air conditioning where possible.
 - **Netball (Rest of age-groups & Seniors):** 1 minute per quarter will be removed, break between quarters will be extended by 1 minute for each break period. The Centre position shall be given the option to swap positions once per quarter.
 - **Floorball:** 2 minutes per period will be removed.

ORANGE: High Risk

- Active cooling – apply active cooling strategies during rest breaks and during activity. Water dousing, fans and icepacks/wet towels are all strategies that can be applied depending on the feasibility of the location.

RED: Extreme Risk

- Activity should be postponed or cancelled with active cooling strategies applied.
- Games must be called off:
 - **Netball:** If a game has passed the end of the 2nd period break (Half-time), the team in front will be declared the winner. If this game has not passed this point, then the game will be declared a draw.
 - **Floorball:** If a game has passed the end of the 2nd period break the team in front will be declared the winner. If this game has not passed this point, then the game will be declared a draw

Risk Rating Actions

When heat risk ratings of low, moderate and high are obtained activities will proceed as scheduled.

When a heat risk rating of extreme is obtained activities will be cancelled until out of the extreme rating and notification protocol will commence.

If it is considered likely for an extreme rating to be recorded following the 3pm check, the Duty Captain will immediately report to stadium management for an assessment. An authorised manager will assess the temperature readings and the detailed 3-hourly forecast from the BOM. A decision to proceed or cancel activities will then be made in the best interests of the health and safety of participants.

The authorised managers to complete this assessment are to be consulted in the following order:

- Head of Sports & Stadiums
- Sports Captain
- Facility Captain

If the Duty Captain is unable to contact the authorised managers to complete this assessment by 3:30pm, authorisation is then ceded to the Duty Captain.

Notification Protocol

In the event of games cancellation, the Head of Sports & Stadium or Sports Captain, whoever is available to notify in the following manner;

- Teams/Clubs – Notified via email and social media channels



- Staff – Notified via sms, phone or approved messaging application
- Cardinia Shire Council – Notified via email.

CREDITS

Cancellation of games will result in payment being forwarded to next week or credited for the next month's invoice.

POLICY ACCESS

This policy will be made available to all members via website, social media and print copies available at the centre.

REVIEW PROCESS

This policy will be reviewed by the Cardinia Leisure Stadium team on a biennial basis.

If you would like to provide Cardinia Leisure with any feedback or suggestions to improve this policy, please contact Head of Sports & Stadium at sports.cardinia@alignedleisure.com.au



Code of Behaviour - General

As a person required to comply with this Regulation, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by Netball Victoria, a Region, an Affiliated Association or an Affiliated Club:

1. Respect the rights, dignity and worth of others
2. Be fair, considerate and honest in all dealings with others.
3. Be professional in and accept responsibility for your actions.
4. Make a commitment to providing quality service.
5. Be aware of, and maintain an uncompromising adherence to Netball Victoria's standards, rules, regulations and policies.
6. Operate within the rules of the sport including state guidelines which govern Netball Victoria, the Regions, the Affiliated Associations and the Affiliated Clubs.
7. Do not use your involvement with Netball Victoria, a Region, an Affiliated Association or an Affiliated Club to promote your own beliefs, behaviours or practices where these are inconsistent with those of Netball Victoria, a Region, an Affiliated Association or an Affiliated Club.
8. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example.
9. Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
10. Refrain from any behaviour that may bring Netball Victoria, a Region, an Affiliated Association or an Affiliated Club into disrepute.
11. Provide a safe environment for the conduct of the activity
12. Show concern and caution towards others who may be sick or injured
13. Be a positive role model
14. Understand the repercussions if you breach or are aware of any breaches of this Code of Behaviour.

Other Codes of Conducts

Please note other codes of conducts can be found on the P.N.A. Website.

<http://pakenhamnetballassociation.com.au/about-code-of-conduct/>

Coaches Code of Conduct	Player Code of Conduct
Spectator Code of Conduct	P.N.A. By-Laws



“HOW TO” NETBALL CONNECT QR CODES

Player Resources



Purchasing A Single Game Voucher



Registering A Team Directly Into Competition



Insurance Forms

