

# AFL Football

## RULES & REGULATIONS

The competition is to be conducted under the official rules of the AFL Competition. In line with 2019 AFL rule changes & interpretations, SIS will implement the following rules:-

1) Kick-Ins

For Kick-Ins from a behind, a player will no longer need to kick to himself to play n out of the goal square.

Following a behind, the man on the mark will be positioned 10 metres from the top of the goal square (currently 5 metres).

2) Marks/Free Kicks

For all defenders who take a mark or gain a free kick within 9 metres of their own goal, the man on the mark for the attacking team will be brought in line with the top of the goal square.

3) Kicking for Goal - post-siren – centre of goal line

A player who has been awarded a mark or free kick once play has ended will now be able to kick across their body using a snap or check-side kick. The player shall dispose of the football directly in line with the man on the mark & the goal.

4) Marking Contest

'Hands in the Back' rule interpretation to be repealed, allowing a player to place his hands on the back of his opponent to protect his position in a marking contest but not to push the player in the back.

5) Ruck Contests – Prior Opportunity

A ruck player who takes possession of the football while contesting a bounce or throw up by a field Umpire or a boundary throw in by a boundary Umpire, will not be regarded as having had prior opportunity. Where there is uncertainty over who is the designated ruck, the ruck for each team will continue to nominate to the field Umpire.

The SIS Code of Conduct essential points must be clearly read out by the umpire to both teams & signed by the umpire & coaches before the game commences.

All other rules & regulations will apply, as follows:-

### Team Requirements

1. Boys - a maximum of 18 players are permitted to take the field.  
Girls - a maximum of 16 players are permitted to take the field.
2. Schools may use players on an interchange basis at any time during the match.
3. A team may play with less than the required number of players & schools may negotiate redistribution of players.
4. All jumpers are to be marked.

### Match Requirements

1. Matches are to commence at 12.45pm, or as otherwise agreed by both schools.
2. Game length for senior games will be 4 x 20 minute quarters.  
Game length for junior & intermediate games will be 4 x 15 minute quarters.  
A 3 minute break between quarters & a 10 minute break at half time.
3. Goal squares & boundary lines should be clearly marked. The "square" is to be used.

4. The host school will book & provide umpires in accordance with SIS requirements.
  - Boys
  - Junior - 1 Accredited Umpire required
  - Inter & Senior – 2 Accredited Umpires required (1 umpire maybe an accredited student)
  - Girls
  - All levels - 1 Accredited Umpire required
5. The host school will provide a timekeeper with a whistle or siren to indicate the conclusion of quarters.
6. Ball Sizes:-
  - Size 4 – junior boys & girls, intermediate & senior girls
  - Size 5 – intermediate & senior boys

### **Mercy Rule**

Boys – the mercy rule margin is 60 points.

Girls – the mercy rule margin is 30 points.

This rule will apply if a team is leading by 30 or 60 points at any stage during the game. The centre ball up will cease & the opposition will kick out from the centre.

- If the opposition kick a goal from this kick out, the centre ball up will return.
- If the opposition kick a behind, play will restart from the back of the centre square.

It is important to ensure that all players remain in their positions.

### **Sport Specific Conditions for All**

1. Before commencing play, opposing sides shall toss to choose ends.
2. Should a team arrive after the recommended start time & a full match cannot be played, coaches shall mutually agree on the format of the match that best maximises the time remaining.  
For example, 4 x 8 minute quarters.
3. Each School:-
  - Should designate a goal umpire with flags. The goal umpires should check scores at the end of each match. The field umpire may declare a goal umpire's decision incorrect & have the power to veto it after consultation with the goal umpire. The field umpire's decision is final.  
If a school does not provide a goal umpire, then the field umpire will determine the result of each score attempt & each school will record the results.  
No spectators are allowed behind the goals from point post to point post.
  - Should provide a runner/trainer that is dressed in full school sports uniform & be identified to the field umpire. They must be away from play at all times & not remain on the ground for an unnecessarily lengthy period.
  - Should try to provide a boundary umpire. If a boundary umpire is not provided, the field umpire will act as the boundary umpire & ball up 10m inside the boundary. The host school may provide 2 boundary umpires if students are accessible.
4. Any player sent off for misconduct may not be replaced.
5. If the umpire is by absolute necessity the coach of the home side - & this should be the case only in extreme circumstances, then he/she cannot coach the team. If a home school is unable to acquire a competent umpire, they should approach the opposition school for possible assistance.
6. No "time on" shall be added unless in exceptional cases which will be up to the umpire & both coaches.

7. Intentional kicking the ball along the ground is permitted at all levels. The “kicking in danger” rule must be taught & students encouraged to pick up the ball rather than kick it along the ground.
  
8. In the event of a tied result, an extra five minutes is to be played at each end. Coaches may address their teams for a maximum of five minutes after the fourth quarter, but not after the first period of extra time. If there is still a tie at the end of extra time, play is to be stopped & the score checked. Then the game is to be restarted without a change of ends & played until the first score determines the winner.
  
9. For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time, then it is deemed a draw.



## **Baseball**

The competition is to be conducted under the official rules of Australian Association and the following rules and regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the umpire to both teams and signed by the umpire & coaches before the game commences.

### Team Requirements

1. A maximum of 9 players are permitted to take the field.
2. Substitutes may be made at the end of each innings after notifying the umpire but a player once removed from the game cannot return later except as a coach.

### Match Requirements

1. Matches are to commence at 1.00pm, or as otherwise agreed by both schools.
2. A competition leather grade ball (new).
3. The pitching distance is 16.46m to home plate.
4. The distance between bases is 24.38m.
5. The passed ball line is 12.2m.
6. The batting Box is 1.8m x 1.2m.
7. The host school will book and provide umpires in accordance with SIS requirements. An Independent Umpire or a host school trained staff member that is not the coach



### Sport Specific Conditions

1. *Time* or seven innings will be considered end of the match.
2. *Time* must be decided before the match starts and a score taken back to even innings, if the batting team is not out when time is reached.
3. 7 run rule – innings over when 3 outs or 7 runs scored.
4. Fielders to interchange after each innings.
5. The infield FLY rule is played.
6. Positional changes on the field may be made at any time.
7. There is no rule concerning base runners that go over half way must advance.
8. Batter on two strikes, bunts foul is out.
9. Any passed ball include pitch, base runner advances one base. This applies to infield and outfield errors.
10. Helmets to be worn.
11. Batter to wear a box.
12. Catcher must wear a helmet/facemask, chest & throat protector, box and leg guards.
13. The **Mercy Rule** margin is 10 runs. The rule will apply if a team is leading by 10 runs or more at any stage during the game. The winning team should consider changing pitcher to enable the losing team to gain runs.
14. Any player sent off for misconduct may not be replaced.
15. For a result to be declared the match must have completed a minimum of 1 innings. If a game is abandoned during the course of play and a result has not been reached, then the match will be declared a draw.

## Basketball

### RULES & REGULATIONS

Basketball is to be conducted under the rules & regulations of Basketball Victoria. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the referee to both teams & signed by the referee & coaches before the game commences.

## Team Requirements

1. A maximum of 5 players are permitted to take the court.
2. Schools may have unlimited substitutes.
3. All jumpers are to be marked.
4. Both teams will provide a scorer to sit with the opposition.

## Match Requirements

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. Matches are 2 x 20 minute halves with a half time interval of 5 minutes.
3. The host school will ensure the court surface, backboard & basket are of a satisfactory standard & regulation size.
4. The host school will provide a timekeeper
5. The ball size for girls is 6.
6. The ball size for boys is 7.
7. The host school will book & provide umpires in accordance with SIS requirements.  
All Levels – 2 Accredited Referees are required (1 referee may be an accredited student)

## Sport Specific Playing Conditions

1. Extra time may be added as required (5 minutes).
2. Each team is entitled to 2 time-outs per half.
3. The clock will be stopped for all time outs.
4. No time outs may be taken in the last 3 minutes of the first half.
5. No time outs may be taken in the last 3 minutes of the second half for all substitute time-outs, fouls & jump balls, including penalty shots.
6. For each player entering the court & not identified by a distinguished number, the opposing team is entitled to 2 points.
7. The **Mercy Rule** margin is 20 points. The rule will apply if a team is leading by 20 points at any stage during the game. The winning team must move back behind the 3 point line. Once the ball crosses the 3 point line & the score reduces below 20 points, then full rules resume.
8. Any player sent off for misconduct may not be replaced.
9. For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.

When a score is tied at the end of play, coaches will negotiate the action required.

It is usually at the discretion of the visiting school, based on the time available.

An overtime period should be played until a winner is decided.

5 minutes, continuous clock, NO timeouts.

If after 5 minutes the score remains level, the game is called a draw.

# Cricket – Indoor

## RULES & REGULATIONS

Indoor Cricket is to be conducted under the Official Rules of Indoor Cricket which are sanctioned by Cricket Australia & the World Indoor Cricket Federation. The following local rules & regulations will apply.

### Team Requirements

1. The maximum number of players per team is 10, of which 8 can bat & 8 can bowl.
2. If a side is 1 player short:  
When batting: After 12 overs, the Captain of the fielding side will nominate 1 player to bat the last 4 overs with the remaining batter.

When fielding: After 14 overs, the Captain of the batting side must choose 2 players (must be different players to the player that batted) to bowl the 15th & 16th overs.

3. If a side is 2 players short:

When Batting: As above, except 2 players chosen will bat 4 overs each, being the last 4 overs.

When fielding: After 12 overs, the Captain of the batting side must choose 2 players (must be different players to the players that batted) to bowl the last 4 overs.

4. If a side has less than 6 players, they must forfeit the game.

## **Game Requirements**

1. Games are to commence at 12.45pm.
2. Games will consist of 16 overs per team, 6 balls per over.
3. The batting team bats in pairs with each pair batting for 4 overs. Upon arrival at the batting crease the batting pair must inform the Umpire of their names. Batters continue batting for the whole 4 overs whether they are dismissed or not. When a batter is given out he/she will lose 3 runs but will continue batting.
4. Batters must change ends at the completion of each over.
5. Each member of the fielding team must bowl 2 overs (not consecutive). Prior to the start of each over the Umpire must be informed of the bowler's name.
6. The jackpot rule must not be played.

## **Sport Specific Playing Conditions**

### **Fielders**

- No more than 4 players can field in either half of the court. The dividing line is the running crease.
- No fielder, other than a bowler, can move on, or extend over the pitch, between the stumps, until the ball is hit by the striker or passes the striker's bat without the ball being struck.

### **Wicketkeeper**

- A fielder is a wicketkeeper if he/she stands behind the stumps at the striker's end.
- The wearing of gloves is recommended.
- The wicketkeeper must take position with both feet wholly inside the designated area & cannot move out of that area until the ball is delivered by the bowler. No fielder other than the wicketkeeper may have any part of the body in the wicketkeeper's area before the ball has been played at by the striker.
- A wicketkeeper is optional.

### **Play Ball/Live Ball/Dead Ball**

1. The ball is in play once the players take up their positions & the Umpire calls "play".
2. The ball remains "live" throughout the bowler's over unless the Umpire calls "dead ball", "over", "time out" or a wicket falls.
3. After the fall of a wicket, a call of "dead ball", "over" or "time out", play cannot recommence until the Umpire calls "play".
4. The ball is "dead" when:
  - A wicket has fallen.
  - The Umpire calls "over".
  - The ball leaves the playing area & the Umpire calls "dead ball".
  - The ball, after being bowled, hits the top net & the Umpire calls "no ball", "dead ball". The ball can't be scored from & counts as part of the over.
  - A player is injured & the Umpire calls "dead ball" as a protective measure for the player. No score or wickets will count.
  - The ball, after being bowled, unintentionally hits a fielder before reaching the striker & the umpire calls "no ball, dead ball". This ball counts as part of the over.

### **Scoring**

Runs may be scored as follows:

- When batters, after a ball has been bowled, cross between the batting crease & make a physical run.
- When a batter hits the ball into the perimeter netting, including balls deflected by fielder(s) & unintentionally from the non-striker's person or equipment, the following bonus runs will apply:

Zone A (back net or side net) 0 runs

Zone B (side net) 1 run

Zone C (side net) 2 runs

Zone D (front net) 4 runs on bounce, 6 on full.

- When a fielder causes an overthrow, physical runs will be given where the batters cross between the batting crease & running crease. An "overthrow" results from the deliberate effort of throwing the ball in

an attempt to strike the wicket & cause a run out or whilst the ball is being transferred from 1 part of the court to another.

- When a delivery is called “no ball”, “wide” or “leg side” by the Umpire, the batting team will be credited with a 2 run penalty.
- If the batter strikes a “no ball” into a zone &/or both batters cross & make their ground, the zone score & physical runs made will be added to the 2 run penalty.
- A ball deflected by a fielder into a scoring zone after the ball has been hit by the striker, shall score the relevant zone score.
- Should the ball hit the striker's body, irrespective of a stroke being played or not, the batters may take a run by crossing. They may still be run out.
- If a batter is given “out” the side shall lose 3 runs (in a 6 ball over) & all runs scored from that delivery will not count.
- The total scores shown after each innings on the Official Umpire's score sheet or computer printout will determine the winner.
- The 3<sup>rd</sup> ball rule will apply if the score remains unchanged after 2 deliveries. The umpire will call 3<sup>rd</sup> ball & the score must change or a dismissal will be recorded against the striker.

### **No Ball**

1. A no ball is called when:

- The ball is thrown, not bowled.
- If the ball bounces more than twice whether bowled over arm or underarm before reaching the batting crease. The ball, when bowled underarm must also pass the running crease on the full before it first touches the pitch.
- A bowler changes style of bowling (if over arm to underarm) or changes sides of the wicket without first informing the Umpire.
- A wicketkeeper fields outside the designated area before the ball is delivered or another fielder is in the wicketkeeper's area before the ball has been played at by the striker.
- There are more than 4 fielders in either half of the court.
- The ball passes, or would have, over the striker's shoulder either on the full or after bouncing, when the striker is in his/her natural, stationary batting stance regardless of hitting the striker's person or bat. (Any striker who moves forward more than 1 pace from his/her natural batting stance will forego the right to a “no ball” under this rule).
- The ball, after being bowled, lands off the pitch before reaching the line of the batting crease.
- The ball, after being bowled, hits the top net.
- No additional ball is to be bowled for no balls.

2. A batsman can be given out in the following ways on a “no ball”:

- If the ball is hit twice other than to protect the wickets.
- If either batter interferes with the fielding team.
- If in attempting a run either batter is run out.
- If the striker is run out by the keeper.

### **Bowling**

1. In an over, any bowler deemed by the umpire to be throwing the ball will be given a warning & an instruction to rectify their action.
2. If they throw a second delivery it will be called a no-ball & the bowler will be instructed to bowl under arm. Any delivery that is thrown & is considered by the umpire to be dangerous will be called a no-ball.
3. Girls may nominate to bowl underarm from the non-strikers crease.

### **Wide & Legside Wide Balls**

1. A “wide” will be called when: The ball passes on the striker's offside, outside the intersection of the batting crease, & the edge of the pitch, without being touched by the striker's equipment or person.
2. A “leg side wide” will be called when: The ball lands on the pitch but outside the intersection of the batting crease & the leg side line, without being touched by the striker's person or equipment.
3. Batters may be dismissed by all forms of dismissals when a “wide” ball is bowled, bearing in mind if a ball is struck by the striker's person or equipment then it is no longer a “wide” ball.
4. Any batter dismissed on a “wide” ball will be penalised 3 runs. The 2 run bonus for the “wide” is negated by the dismissal.
5. A “wide” counts as part of the over, except in the last over of either innings when it is the batter's choice to have it rebowled.
6. The penalty for a “wide” is 2 runs which are added to the batting pair's score, plus the batters may cross for additional runs.
7. No additional ball is to be bowled for wides.

### **Dismissals**

1. A striker will retain the strike after being dismissed unless both batters crossed prior to the dismissal.
2. A batter can be given out for any of the following dismissals:

### **Bowled**

If the wicket is struck by the ball & the bails are completely & permanently removed, even if the ball touches the striker's body or equipment first.

### **Caught**

If a ball from the stroke of a bat is caught before it touches the ground.

A catch may be taken off all boundary netting except a direct hit to the 6 net. However, should the ball hit the side netting, then pass onto the 6 net on the full & be caught, the striker will be out. Conversely, should a ball pass through a fielder's hands directly onto the 6 net & then is caught, the striker is not out & all runs will count.

### **Interference**

If either the striker or the non-striker deliberately interferes with the ball whilst it is in play.

If either the striker or the non-striker deliberately obstructs or interferes with any member of the fielding team, bearing in mind that the fielder has the right of way as long as she is fielding the ball.

### **Stumped**

If the striker misses the ball whilst out of his/her ground & the wicketkeeper completely removes the bails.

### **Run out**

If in running or at any time the ball is in play either the striker or the non-striker is out of their ground, & a member of the fielding side breaks the wickets with the ball at the end at which the batter is out of ground.

A striker can be given "run out" on a "no ball" if, in attempting a stumping, the wicketkeeper removes the bails on the first attempt then strikes the stumps a second time with the ball in hand & in the opinion of the Umpire the striker did not make a deliberate attempt to regain his/her ground.

### **L.B.W**

If the ball strikes the striker's body & the striker has made no attempt to hit the ball. However, it must be in the opinion of the Umpire that the ball would have struck the wicket.

### **Hit wicket**

If the striker breaks their wicket with bat or body whilst playing at the ball. (A batter is not out should they break the wicket whilst trying to make their ground).

If the non-striker leaves the crease before the bowler has delivered the ball, & the bowler then breaks the wicket with the hand holding the ball, the non-striker is out.

### **Mankad**

The Mankad is a legitimate form of dismissal in Indoor Cricket. SIS recommends that it be used sparingly to maintain the spirit of fair play. A warning may be given to the batter at the non-striker's end for repeatedly leaving the crease early.

### **Striking the wickets in dismissals**

The wicket is down if:

- Either the ball or striker's bat or person, completely removes either bail from the wickets.
- Any player completely removes with their hand, a bail from the top of the wickets, provided the ball is held in their hand.

### **Batter out of ground**

1. A batter, in attempting to make ground, shall be considered out of ground, unless some part of the bat in hand, or person, is grounded behind the line of the crease at the striker's end or the running crease at the bowler's end.
2. Once a batter is safely behind the crease they cannot be given run out.

**Interference by fielder**

1. Batters must not have their running path unfairly impeded. If in the Umpire's opinion this constitutes unfair play the batters are not to be given run out. Runs taken will count. The fielding team is to be given a warning.
2. If the ball is bowled then fielded prior to the batter having the opportunity to hit the ball the fielding team will be penalised 3 runs (in 6 ball overs).

**Ball leaves playing area**

1. Any ball that leaves the playing area as a result of being struck by the striker will be called "dead ball" by the Umpire & rebowled. No score will count.
2. If the ball leaves the playing area as a result of an attempted run out by the fielding team, the Umpire will call "dead ball". However, the score made off the ball up to the point the ball leaves the playing area will count. Batters must have crossed to be eligible to score a physical run.

**Time Outs**

1. Teams may call the following time outs:
  - 1 per batting pair.
  - 1 per fielding team per batting pair.
2. The Umpire must keep check on the Time outs & will determine what is a suitable period for a timeout.
3. At the call of "time", teams must immediately take their positions & await the call of "play".

**Substitutes**

A substitute player is who joins the game after it has officially commenced to replace an existing player who is incapable of completing the game due to injury or illness suffered during the game. This may only occur on the approval of the Umpire. If a runner is required, he/she must wear a glove & carry a bat. (If teams are using extra players to increase participation, they should not deliberately stack the team)

**Results**

The team with the highest total score shall be declared the winner.

# Cricket - Outdoor

## **RULES & REGULATIONS**

Cricket is to be played under the Laws of Cricket. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the umpire or team coach to both teams & signed by the umpire & coaches before the game commences.

### **Team Requirements**

1. The maximum number of players per team is 12, of which 11 can bat & field.
2. The same players should participate on both days of competition unless arrangements are agreed upon between coaches prior to play commencing.
3. Both teams provide a scorer to sit together & reconcile scores at the end of each innings.
4. Players will wear suitable cricket attire & protective equipment.
5. Both teams will provide a new 2 piece cricket ball for each match – size 156g.

### **Match Requirements**

1. Matches are to commence at 12:30pm or as otherwise agreed by both schools.
2. Host school to provide stumps & cones to clearly define the boundary.
3. 2 day matches will consist of 30 overs per team & both days will be played at the same venue.
4. Coaches can negotiate a lower number of numbers if there are time constraints.
5. T20 matches can be played by mutual agreement between schools, or when only one week is fixtured for a match.
6. Host school to provide 1 Accredited umpires as per SIS requirements. The square leg umpire will be the coach of the team fielding.

### **Sport Specific Playing Conditions**

#### **Batting**

1. For all 2 day games each team shall face 30 overs unless it is dismissed. T20 matches will consist of 20 overs per team.
2. All batsmen must wear a helmet.
3. Junior batsmen must retire at 30 runs & Intermediate batsmen must retire at 50 runs. Retiring batsmen may return to the crease after the 11<sup>th</sup> batsman.

#### **Bowling**

1. 6 balls to be bowled per over (a maximum of eight balls per over with extras – with the exception of the last over of the innings where 6 legitimate balls must be bowled)
2. Bowlers are restricted to a maximum of 6 overs per bowler in 2 day games. Four overs per bowler is the restriction for T20 matches.

#### **Fielding**

1. No player in front of the wicket is allowed to field closer than half pitch.
2. Wicket Keeper keeping up at the stumps must wear a helmet.
3. Fielders may be substituted, with a maximum of 11 players fielding at any one time.

#### **Weather**

1. In the event that the first days play in 2 day games is impacted by weather, one of the 2 following outcomes should occur:
  - a. A make up round day should be used so that a 2 day match can be completed where possible.
  - b. If unable to play on a make up round day, the second day of the match will revert to a T20 match – with coaches determining the number of overs per team, adjusting batting & bowling restrictions to reflect the shorter game.
2. In the event that the second days play in 2 day games is impacted by weather, one of the 2 following outcomes should occur:

- a. A make up round should be used to complete the match.
  - b. If unable to play on a make up round, & with no result having been achieved on the 1<sup>st</sup> innings, the match will be deemed a draw.
3. T20 games washed out on the scheduled day, should attempt to reschedule to a make up round where possible. If unable to do so the match will be deemed a draw.

# Handball

## RULES & REGULATIONS

Handball is to be conducted under modified European Handball Federation Rules. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the referee to both teams & signed by the referee & coaches before the game commences.

### Team Requirements

1. A maximum of 6 players are permitted to take the court.
2. Schools may have unlimited substitutes.
3. Substitutes may be made at any time.

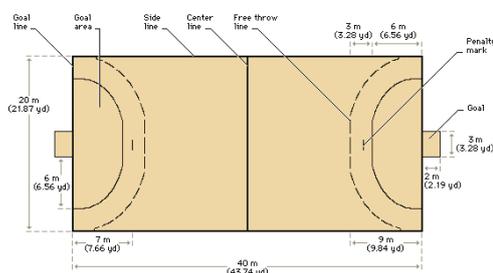
### Match Requirements

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. Matches are 4 x 10 minute quarters with a half time interval of 5 minutes.
3. A rectangular court (usually the gymnasium) is required.
4. Ball sizes – Boys 3 & Girls 2.
5. The host school will book & provide referees in accordance with SIS requirements. An Independent Referee is required or a host school trained staff member that is not the coach.

### Sport Specific Playing Conditions

1. A leather ball is passed around by hands & is thrown into soccer like goals from outside a semicircular goal area. A goalkeeper is defending the goal & is the only player allowed to be in the respective goal area. Each goal scored is worth 1 point. After each goal the game restarts, the same way as at the beginning of each quarter, with a throw-off in the centre of the court.
2. Although the hands are mainly used to play the ball, the players are allowed to use any other part of their body down to & including the knees. Players are not permitted to hold or push their opponent. This is to be treated the same as a legal screen in basketball. The goalkeeper can use their lower legs & feet to execute saves.
3. The ball may be held for a maximum of three seconds & no more than three steps can be taken while holding the ball. The ball can also be bounced continuously with 1 hand while standing or running.
4. A 6 foul system is in place (similar to basketball). Any player who commits 6 fouls in total within a game can take no further part in the game. Unlike Red cards this player IS allowed to be replaced.
5. Any player sent off for misconduct may not be replaced.
6. For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.

### The Playing Court & The Goals



## The Players

A team consists of a maximum of 12 players. No more than 6 players (5 court players & 1 goalkeeper) shall be present on the court at the same time. The remaining players shall be substitutes.

Players are not permitted to hold/push their opponent. This is to be treated the same as a legal screen in basketball.

Substitutes can enter the game at any time, provided that the player being replaced has actually left the court & the substitution takes place in the appropriate area (i.e. within 4.5 m of the centre line on their side of the court). This also applies to goalkeepers.

## Fouls

In SIS Competitions there is a 6 fouls system (similar to basketball). Any player who commits 6 fouls in total within a game can take no further part in the game. Unlike Red cards this player IS allowed to be replaced.

## Yellow & Red Cards

A Yellow Card is given as a warning when an infringement is beyond acceptable levels – the player is then given a 2 minute benching – this player cannot be replaced. A Red Card is given on any further & similar infractions involving that player. Any player shown a Red Card will be unable to take any further part in the game. This player cannot be replaced.

## Playing The Ball

A player is **permitted** to:

- Stop, catch, hit or throw the ball with their hands (open or closed), arms, head, torso, thighs, & knees.
- Take a maximum of 3 steps while holding the ball.
- Hold the ball for a maximum of 3 seconds.
- Bounce the ball on the spot or while running once or several times. As soon as the ball is held again in 1 or 2 hands, it must be played within 3 seconds & after no more than 3 steps.
- Play the ball while kneeling sitting or lying on the ground.

**A player is NOT permitted to:**

- Touch the ball more than once, unless it has touched the ground, another player or part of the goal in between.
- Touch the ball with any part of the leg below the knee.
- Throw the ball intentionally over the sidelines or the goal line outside their own goal.
- Keep the ball in the teams' possession without making a recognizable attempt to attack or shoot a goal. This is regarded as passive play & leads to a free throw to the defending team.

## Approach To The Opponent

**A player is permitted to:**

- Use arms & hands to block or gain possession of the ball.
- Use an open hand to play the ball away from an opponent from any direction.
- Use the body to obstruct an opponent, even when not in possession of the ball.
- Make body contact with an opponent, when facing them & with bent arms, & maintain this contact in order to monitor & follow the opponent.

**A player is NOT permitted to:**

- Pull or hit the ball out of the hand of an opponent.
- Block or force away an opponent with arms, hands or legs.
- Restrain holds, push, run or jump into an opponent.
- Otherwise impede, obstruct or endanger an opponent (with or without the ball) in contravention of the rules.

**The Goalkeeper, is permitted to:**

- Touch the ball with any part of his body, when in the act of defence in his own goal area.
- Move around with the ball inside the goal area without any restrictions.
- Leave the goal area without the ball & participate in the game in the playing area; when doing so, the goal keeper becomes subject to the rules applying to court player; the goal keeper is considered to have left the goal area as soon as any part of his body touches the floor outside the goal area line.
  - Leave the goal area with the ball & play it again in the playing area if they have not managed to control it fully.

**The Goalkeeper Is NOT permitted to:**

- Endanger an opponent while in the act of defence.
- Play the ball intentionally over the outer goal line, after controlling the ball.
- Leave the goal area with the ball under control.
- Touch the ball when it is stationary or rolling on the floor outside the goal area, while they are inside the goal area.
- Take the ball into the goal area when it is stationary or rolling on the floor outside the goal area.
- Re-enter the goal area from the playing area with the ball.
- Touch the ball with the foot or leg below the knee, when it is stationary on the floor or moving out towards the playing area.

**The Goal Area** - The goal area, including the goal area line belongs to the goalkeeper & may not be entered by court players. A court player, who ends up in the goal area after having the ball, shall not be penalized, unless they cause a disadvantage to the opponent.

**Scoring** - A goal is being scored, when the whole of the ball has crossed the goal line between the goal posts & under the crossbar, provided the scoring player or their team has committed no infringement of the rules.

**The Throw-In** - A throw in is awarded when the ball has completely crossed the sideline. The team whose players were not the last to touch the ball before it crossed the line takes the throw-in. The player taking the throw must have 1 foot on the sideline where the ball had crossed the line.

**The Corner Throw** - A corner-throw is awarded when a ball that crosses the goal line outside the goal was last touched by a player of the defending team, but not by the goalkeeper.

**The Goal Keeper Throw** - A goal keeper throw is awarded when the ball crosses the goal line outside the goal, or when the ball comes to a rest in the goal area.

**The Throw Off** - For the throw-off, all players must be in their own halves, with the opponents at least 3 meters from the ball. A throw off is taken at the beginning of each half & after a goal has been scored by the team conceding the goal.

**The Free Throw** - A free throw is awarded for any infringement of the rules as explained in the previous sections. The free throw is taken where the infringement occurred unless it is between the goal area line & the free throw line of the attacking team. The free throw is taken on the free throw line.

Players of the attacking team must remain outside their opponent's free-throw line until the free throw has been taken.

### **The Penalty Throw**

#### **A penalty throw shall be awarded:**

- When an infringement anywhere on the court prevents a clear chance of scoring.
- When a goalkeeper enters his goal area with the ball or takes it into the goal area.
- When a court player enters his own goal area to gain advantage over an attacking player who has possession of the ball.
- When a court player intentionally plays the ball to his own goalkeeper in his goal area.

### **Taking The Throws**

- The player taking the throw must have the ball resting in 1 hand & must have 1 foot firmly set on the ground. (Except for goal throw)
- The referee must give a whistle signal for the throw-off & penalty throw, & form any other throw if the player taking the throw unduly delays the throw. After the whistle the player must take their throw within 3 seconds. All opponents have to be 3 meters away from the player taking the throw.
- A goal may be scored direct from any throw.
- The player taking the throw must not touch the ball again until it has touched another player or the goal.

### **The Referee's Throw**

#### **A referee throw takes place if;**

- Both teams infringe the rules simultaneously.
- The ball touches the ceiling or any other equipment above the playing court.

# Netball

## RULES & REGULATIONS

Netball is to be conducted under the official rules of the Netball Australia. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the umpire to both teams & signed by the umpire & coaches before the game commences.

### Team Requirements

1. A maximum of 7 players are permitted to take the court.
2. Schools may have unlimited substitutes.
3. Clothing is to be marked with clear playing positions.
4. Both teams will provide a scorer to sit with the opposition.
5. The host school will provide a timekeeper.

### Match Requirements

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. Matches are 4 x 10 minute quarters with a half time interval of 5 minutes.
3. The host school will ensure the court surface, backboard & basket are of a satisfactory standard & regulation size.
4. The host school will book & provide umpires in accordance with SIS requirements.  
Junior Girls – 1 Accredited Umpire is required  
All Other – 2 Accredited Umpires are required (1 umpire may be an accredited student)
5. A size 5 ball is required.

### Sport Specific Playing Conditions

1. The **Mercy Rule** margin is 20 points. The rule will apply if a team is leading by 20 points at any stage during the game. Each time a goal is scored, the opposition team will take the centre pass. This rule applies for the remainder of the game.
2. Any player sent off for misconduct may not be replaced.
3. For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.  
When a score is tied at the end of play, coaches will negotiate the action required.  
It is usually at the discretion of the visiting school, based on the time available.  
An overtime period should be played until a winner is decided.  
2 minutes per end, continuous clock.  
If after 5 minutes the score remains level, the game is called a draw.

# Soccer

## RULES & REGULATIONS

Soccer is to be conducted under the official rules of FIFA. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the referee to both teams & signed by the referee & coaches before the game commences.

### Team Requirements

1. A maximum of 11 players are permitted to take the field.
2. Schools may have unlimited substitutes.
3. All jumpers are to be marked.

### Match Requirements

1. Matches are to commence at 1.00pm, or as otherwise agreed by both schools.
2. Match length for all levels is 2 x 30 minute halves.
3. A half time interval of 5 minutes will apply.
4. The host school will ensure the grounds are accurately & clearly marked & should include corner flags. The penalty area, goal area & centre circle must not be scaled down on smaller grounds. Goals must always be 8yds by 8ft.
5. Each school will provide a competent linesperson.
6. Goalkeepers must wear a jumper whose colour contrasts with the opposition.
7. The host school will book & provide referees in accordance with SIS requirements.  
All Levels – 1 Accredited Referee is required

### Sport Specific Playing Conditions

1. Ball size should be full size (68cm) for seniors & intermediates.
2. Ball size should be 61cm for juniors.
3. No time on shall be played but injury time shall be added by the referee when necessary.
4. Any player sent off for misconduct may not be replaced.
5. For a result to be declared the match must have reached a minimum of 2 x 20 minute halves, then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.

When a score is tied at the end of play, coaches will negotiate the action required.

It is usually at the discretion of the visiting school, based on the time available.

An overtime period should be played until a winner is decided.

The game will go into a shootout. A shootout is a [penalty kick](#) competition. Both teams select five players to take the penalty kicks & then the teams alternate until one team wins. A team wins a shootout by scoring more goals than its opponent.

# Softball

## RULES & REGULATIONS

Softball is to be conducted under the official rules of Softball Australia. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the umpire to both teams & signed by the umpire & coaches before the game commences.

## Team Requirements

1. A maximum of 9 players are permitted to take the field.
2. Schools may have unlimited substitutes.
3. Substitutes may be made at any time after notifying the umpire but a player once removed from the game cannot return, except as a coach.

## Match Requirements

1. Matches are to commence at 1.00pm, or as otherwise agreed by both schools.
2. The host school will ensure the grounds are accurately & clearly marked.
3. The pitching distance for intermediates is 12.20m  
The pitching distance for juniors is 10m.
4. The ball size is 11 inch - softcore.
5. The host school will book & provide umpires in accordance with SIS requirements.  
An Independent Umpire or a host school trained staff member that is not the coach.

## Sport Specific Playing Conditions

1. *Time or seven innings* will be considered the end of match.
2. Time must be decided before the match starts & the score taken back to even innings if the batting team is not out when time is reached.
3. Positional changes on the field may be made at any time.
4. 7 run rule – innings over when 3 outs or 7 runs scored.
5. The infield FLY rule is played.
6. Passed ball, infield & outfield error all awards a base runner 1 base.
7. Players are not permitted to 'sneak bases'.
8. There is no restriction on the number of players in the diamond, however no player can get within a closer distance to the batter than the pitcher.
9. The **Mercy Rule** margin is 10 runs. The rule will apply if a team is leading by 10 runs or more at any stage during the game. The winning team should consider changing pitcher to enable the losing team to gain runs.
10. Any player sent off for misconduct may not be replaced.  
For a result to be declared the match must have completed a minimum of 1 innings. If a game is abandoned during the course of play & a result has not been reached, then the match will be declared a draw.

# Table Tennis

## RULES AND REGULATIONS

Table Tennis is to be conducted under the following rules and regulations.

The SIS Code of Conduct essential points must be clearly read out by a coach to both teams and signed by the coaches before the game commences.

### Team Requirements

1. Teams must be of mixed gender, with the exception of Berwick Grammar & St James College.
2. A maximum of 8 players are permitted.
3. Schools may have unlimited substitutes.
4. Substitutes may be made at any time.

### Match Requirements

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. 4 table tennis tables are required.
3. The top of the net, along its whole length, is 15.25cm (6in) high.
4. The ball is made of celluloid or similar plastics material and can be white or orange. The diameter of the ball is 40mm.
5. The racket can be any size, shape or weight.
6. School staff and students will score.

### Sport Specific Playing Conditions

1. Players are to be graded.  
EG pairs of A, B, C, D.  
A vs A – B vs B – C vs C – D vs D. Then A vs B, C vs D etc.
2. 10 games of doubles. 5 games equals 1 set.
3. A game is won by the pair who scores 11 points unless both players or pairs score 10 points, then the game is won by the player or pair that leads by two points i.e. 12 - 10 or 13 - 11 etc.  
Best of 5.
4. Any player sent off for misconduct may not be replaced.
5. For a result to be declared the match must have completed a minimum of 3 sets. If a game is abandoned during the course of play and a result has not been reached, then the match will be declared a draw.

# Tennis

## **RULES AND REGULATIONS**

Tennis is to be conducted under the rules and regulations of Tennis Australia. The following rules and regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by a coach to both teams and signed by the coaches before the game commences.

### **Team Requirements**

1. Teams must be of mixed gender, with the exception of Berwick Grammar & St James College.
2. A maximum of 8 players are permitted.
3. Schools may have unlimited substitutes.
4. Substitutes may be made at any time.

### **Match Requirements**

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. The host school will ensure suitable courts are available.
3. School staff and students will score.

### **Sport Specific Playing Conditions**

1. Players are to be graded into pairs of A, B, C, D.  
1<sup>st</sup> set A vs A - B vs B - C vs C - D vs D  
2<sup>nd</sup> set A vs B, B vs A - C vs D - D vs C etc.
2. Match decided on sets, then games won.
3. 8 sets of doubles are played.
4. Any player sent off for misconduct may not be replaced.
5. For a result to be declared the match must have completed a minimum of 3 sets. If a game is abandoned during the course of play and a result has not been reached, then the match will be declared a draw.

# Touch Rugby

## **RULES & REGULATIONS**

Touch Rugby is to be conducted under modified rules. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the referee to both teams & signed by the referee & coaches before the game commences.

### **Team Requirements**

1. A maximum of 6 players are permitted to take the field.  
Mixed - schools must make every effort to form a team with mixed gender – boys & girls.  
  
When a team is not mixed gender then only 5 players may take the field.
2. Schools may have unlimited substitutes.
3. Substitutes may be made at any time.

### **Match Requirements**

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. Matches are 4 x 10 minute quarters with a half time interval of 5 minutes.
3. A grass area usually the size of a soccer pitch (70mx50m) is required.
4. Jumpers with numbers (or bibs) are required.
5. The host school will book & provide umpires in accordance with SIS requirements.  
1 Accredited Umpire is required
6. School staff & students will score.

### **Sport Specific Playing Conditions**

1. The aim of the game is to score touchdowns by getting through the opponent team's part of the field & placing the ball down in the touchdown (try) zone.
2. Touchdown points apply as per full rules. Boys = 1 & Girls = 2
3. The game starts with a 'tap' on the half way line.
4. Whilst attacking, players need to run forward & pass the ball backward; that means the ball carrier is up front, with teammates on the same line or slightly behind, so they can pass the ball.
5. Defenders only need to 'touch' the ball carrier to stop the attacking team; the rules of the game stipulate that the 'touch' has to be made 'with the minimum force necessary'. This can be a 1 or 2 handed touch that can be done on any part of the body, hair, ball or clothing.  
The 'touch' can also be made by the ball carrier on a defensive player & players should be encouraged to 'take the touch'.

6. After making a 'touch', the defending team has to go backward behind an imaginary 'defensive' line, approximately 5 metres away from where the touch has been made. The ball carrier has to perform a 'rollball', on the exact mark where the 'touch' was made. Be careful not to be 'over the mark' when performing a roll ball. This means the ball must be placed when the original touch is made. A 'rollball' in touch involves the player who was touch placing the ball on the ground, not dropping & stepping over the ball. The player does not actually roll the ball back in anyway.
7. When a touch & rollball is made the attacking team picks up the ball. This player is called 'half'. This player cannot score, however this player may run as per normal. If this player gets touched it is a turn over. If the half passes the ball they are then considered a normal player again & play as usual.
8. A team will have 6 'touches' as an opportunity to score. The 6th 'touch', dropping the ball or any infringement to the rules result in a changeover & the attacking team then becomes the defending side.
9. The ball may never be kicked.
10. The **Mercy Rule** margin is 5 points.  
The rule will apply if a team is leading by 5 points at any stage during the game.  
The winning team must drop 1 player from the field.
11. Any player sent off for misconduct may not be replaced.
12. For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.

# Volleyball

## **RULES AND REGULATIONS**

Volleyball is to be conducted under the rules and regulations of the FIVB Federal International Volleyball Federation. The following rules and regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the referee to both teams and signed by the referee & coaches before the game commences.

### **Team Requirements**

1. A maximum of 6 players are permitted to take the court.
2. Schools may have unlimited substitutes.
3. Substitutes may be made at any time.

### **Match Requirements**

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. The host school will book and provide referees in accordance with SIS requirements.  
An Independent Referee or a host school trained staff member that is not the coach.

### **Sport Specific Playing Conditions**

1. Matches shall be the best of 3 sets and games will be played to 25 points, using the rally point scoring system. 5 sets may be played if time permits, however the winner is determined by the best of the first 3 sets.
2. Matches shall be determined on sets. If equal on sets played, then determined on points. If still equal, then a draw shall be declared.
3. In the event of a tie 24 – 24, the winner is the team that obtains the advantage of two points (26-24; 27-25)
4. The server may serve from anywhere along the baseline.
5. At all levels a foot fault will incur an immediate loss of service.
6. If a ball touches any wall or roof it is out.
7. All teams may select to rotate players on with service, or play the 'substitution rule'.
8. Any player sent off for misconduct may not be replaced.
9. For a result to be declared the match must have completed a minimum of 3 sets. If a game is abandoned during the course of play and a result has not been reached, then the match will be declared a draw.