

Welcome to



Sports Leagues

This booklet provides you with essential information regarding the running of our leagues.

If you have any further questions please contact the TECT Arena staff on 574 6009 extn 6000 or email tgaprog@clmnz.co.nz

**And remember....
PLAY HARD, PLAY FAIR**



Registration

One person per team must be responsible for administering the team's registration. If accessing team information online, that person's existing user login details must be used to register for a league and make additional payments.

Team registration forms listing player details needs to be completed for all teams prior to the commencement of the first game.

Registrations can be made online at www.baypark.co.nz, click on the sports league link and this will take you to the registration site.

Payment

All teams must pay a \$50 non-refundable deposit before the start of the league; this secures your place in the draw for the grading rounds. The remaining amount is required to be paid in full by the second playing week, the last of the grading rounds.

In the event that a team has not paid in full by the second week, the team may be excluded from the draw for the remainder of the competition with no refund of payments.

Payments can be made by credit card online or by cash, cheque or eftpos in person at the TECT Arena. Alternatively cheques can be mailed to TCVL, PO Box 10237, Bayfair, Mount Maunganui, 3153. Direct credits can also be made to Tauranga Leisure Limited, 03 – 0181 – 0209371 – 00. Please use your team name, TECT & sporting code for easy reference. Please notify the Programmes Manager by email at tgaprog@clmnz.co.nz when direct credits are lodged. Payments will not be confirmed until they appear on our bank statement; please keep a record of payment as evidence.

If entering a work sponsored team, an official order number for the full amount will secure your team's place in the league. You will need to contact the Programmes Manager on 0800 BAYPARK (229 727) extn 6006 or tgaprog@clmnz.co.nz to process.

Spaces are limited and cannot be confirmed until payment is received and processed.

www.turbotouch.co.nz

- Games will have two halves 15min each way
- 5-A-side with up to 10 players per team (rolling subs)
- Teams are mixed, two females on court at all times
 - Bibs are provided, teams may however wear their own team gear.

Competition Scoring

- 5 Points for a win
- 3 Points for a draw
- 2 Points within 2 goals of opponent score
- 1 Point for a loss.
- 0 points default
- 5 bonus points if registration fees fully paid by second week of the league

Draws & Results

Available on our **website: www.baypark.co.nz**, click on the Community>Sports League link and this will take you to the Tauranga Leisure sports league page where you are able to see the results and draws each week.

Draws will also be e-mailed to the primary contact person in each team and copies of the draw will be available for teams once the grading rounds are over.

Results will be displayed on the notice board at the facility each week, and are updated on Friday on the website each week.

Code of Conduct

The Indoor Sports Leagues are all **non contact** sports and out of respect for other players we require that players keep contact to a minimum and play by the rules.

These are social leagues and **respecting the referees and umpires** decisions are crucial to the games being enjoyed by everyone.

Three Important Rules

Rule 1. The Referee is always right

Rule 2. Have Fun

Rule 3. When the Referee is wrong refer to Rule 1



Indoor Netball Rules

Players

- Twelve players maximum registered per team
- Ten players maximum per game, four substitutes are allowed each game
- Six players on the court at one time, two Attackers, two Defenders, two Centers
- A minimum of five players may take the court
- Up to three male players on court, with no more than one male per position
- Teams may field all women players
- Players from a higher division may not play in a lower division. i.e division one players may not play in division two, but division two players may fill in division one. Teams using players from higher divisions will default their game points
- Players may register with more than one team. These players are required to play in the grading rounds, to ensure fair grading, or will not be eligible to play in more than one team
- Players must play a minimum of 3 games over the current league to be eligible to play in the finals.

Substitutes

- ONLY four substitutions may be made at quarter/half times, and in the event of injury, illness or blood bin, only the injured, ill or blood binned player(s) may be substituted and positions cannot be changed (on the line is offside/out of court).

Player Areas

- Attackers and Defenders are allowed anywhere on their side of halfway.
- Centers are allowed throughout the court but may not enter the goal area at each end of the court (on the line is offside/out of court).

Positioning Players for the Start of Play

- The team positioned on the court first and ready to play has the choice of goal end; otherwise ends will be decided by the umpire.
- Teams will change ends at the end of each quarter.
- Both Link/Centre players from each team must be positioned in their defense halves when the toss-up is taken. All other players must be in their correct positions.

Late Arrivals

Late arriving players may not enter the court while the game is in progress, but after notifying the Umpire may take the court:

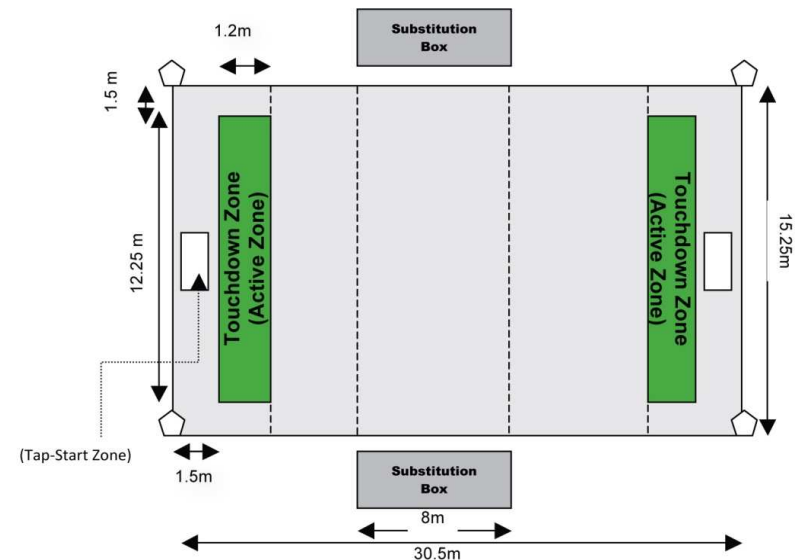
- After a goal has been scored. In this case they must play in the position left vacant in the team.
- Immediately following an interval.
- After a stoppage for injury or illness.

Turbo Touch™ at a Glance

Key Rules for Turbo Touch™

- Tap ball to start and re-start after a touch has been made.
- Pass forwards, backwards, sideways, flick it on ... anything goes except kicks
- 2 Touches – then handover (modified rules apply for youth and beginners)
- Drop ball – handover (modified rules apply for youth)
- To score a Touchdown two passes must have been made to OPEN the 'Active Zone'. No entering the 'Active Zone' until it's OPEN or you're offside – defence or attack

Field of Play



Infringements

- Yellow cards can be awarded for deliberate hand ball, slide tackling, pushing and dissent which will result in 5 minutes on the bench.
- Red cards can be awarded for the following offences and will result in a player being sent off the court of play.
- Guilty of serious foul play
- Guilty of violent misconduct
- Guilty of using foul or abusive language
- Guilty of persistent misconduct after receiving a caution
- Obviously under the influence of alcohol or drugs

NOTE WELL: under FUFA laws, there is no right of appeal other than for mistaken identity. Once a player has been sent from the court for either a yellow or red card offence they cannot be replaced.

Disciplinary Action

- All carded players will have their name recorded by the referee on the scorecard and those receiving a red card must leave the playing area of the stadium and not sit on the substitute bench.
- In the event that the incident in question warrants a greater penalty than a one match suspension the incident in question will be reported to the Program Manager who will decide the appropriate action
- If the incident warrants further action an incident report may be required which could result in suspension for a number of games or expulsion from the Centre for the offending player

If a late arriving player takes the court without notifying the Umpire, a free pass will be awarded to the opposing team where the infringer was standing.

Any team not ready to go on court by the end of the first quarter of play will record an automatic default.

Any team that arrives later but takes the court and is ready to play prior to the end of the first quarter of play will be penalized one (1) penalty goal for every complete thirty (30) seconds that the non-offending team was on the court and ready to play after the official game clock had been started.

Please make sure you let management know if you are unable to make your game, this enables us to find a replacement team to fill in.

Scoring

- One point for goals by attackers inside their goal area
- Two points for goals outside the area by attackers or centers
- If a player catches the ball in the goal area and steps outside the line on the ungrounded foot two points must be awarded.
- If the player catches the ball outside the goal area and steps into the goal area on the ungrounded foot only one point is awarded.

THE GAME

Duration

The game is played in 8 minute quarters with 30sec change over between quarters. There is a 1min half time break.

Game Play

- A toss up is taken at centre court between two centre players to start the game, if teams are not ready after 30 seconds the toss up will proceed. Toss up must be caught cleanly.
- **A player may defend another player with the ball but must be 0.9m (3feet) from that player's first grounded foot.**
- After a goal is scored a defence player must go to the top of the goal area and pass the ball off leaving one foot grounded as they release the ball. **This pass must be touched before it goes over halfway.** The attacks and centres of the opposing team must be 3 feet away from the entire circle through the duration of the pass off. The other defence player may be in the goal area.

INFRINGEMENTS

1. Obstruction

- To defend a player with the ball you must be **3 feet (0.9 metres)** away from the player's first grounded foot.
- By standing too close to a player with possession of the ball therefore obstructing their vision or ability to shoot the ball.
- If a player steps back or to the side, you must still be 3 feet from the player's first grounded foot.
- A player will be penalized for obstructing an opposing player that is not in possession of the ball if they are within the 3 feet distance of that player and they employ any movements which take their arms away from their body.

Within this distance a player is not obstructing if their arms are outstretched to:

- a) Catch, deflect or intercept a pass or feint pass.
- b) Obtain a rebound from an unsuccessful shot at goal.
- c) Momentarily signal for a pass or to indicate their intended direction of movement.

2. Personal Contact

No player may come into contact with an opponent in order to interfere with the opponent's play either accidentally or deliberately.

3. Professional Foul

- Infringements taken at the umpire's discretion, as a penalty pass or a shot at goal undefended.
- A deliberate delay of play anytime during the duration of the game may result in the Umpire awarding the non-offending team with a five meter forward gain in court position and/or a penalty pass or shot.

4. Foot Foul

No deliberate kicking or stopping of the ball with any part of the leg/foot.

5. Blocking

A Player may block 3 feet outside the goal area and in the goal area only provided their legs are no wider than the width of their shoulders and within 3 feet distance of the player the defending players hands remain by their side. No blocking through the court.

6. Contact with the Ball

- A player in possession of the ball may not contact a player defending who is 3 feet away from his/her ungrounded foot.
- All players who go out of their natural body stance i.e. straight up and down while defending or attacking the ball in play must not infringe the contact rule or obstruction rule.

7. Simultaneous Contact

If an umpire decides that two players have infringed simultaneously a toss – up will be held between those two players.

8. Stepping

A player in possession of the ball cannot slide or drag the grounded foot, hop onto the other foot or re-ground the landing foot before releasing the ball.

9. Unnatural Stance

A player cannot at anytime stand with the legs wider than the width of their shoulders unless it is simultaneous with receiving possession of the ball. A free pass will be awarded to the non-offending team.

10. Out of Court

If the ball goes out of the court area, the opposing team must throw in the ball as close to where the ball went out. If a foot is placed on the line while throwing in the ball, the other team is awarded the throw in. Players do not have to wait for the umpire's whistle.

Competition Scoring

- 5 Points for a win
- 3 Points for a draw
- 2 Points within 2 goals of opponent score
- 1 Point for a loss.
- 0 points default
- 5 bonus points if rego fees fully paid by second week of the league

Uniforms & Equipment

- Teams are encouraged to wear their own team tops, for both appearance and comfort reasons. Bibs will be provided if needed.
- Match balls will be provided for each match but warm up or practice balls will not.

Goals

- For a goal to be scored the whole of the ball must be over the goal line.
- A goal may be scored directly from a corner.
- All other dead ball kicks are indirect.

Goalkeepers

- A goalkeeper is the only person who can handle the ball inside the goal area.
- Once the ball has **gone dead** over the back line a goal keeper must return the ball into play underarm within 4 seconds and if the ball is received by his team over the halfway line a free kick is awarded to the opposite team which is to be taken from the halfway line.
- From a **dead ball** position a goalkeeper cannot receive the ball back from his player until it has been touched by a second player. The goalkeeper is not permitted to throw or kick the ball back into play from a **dead ball** situation. Penalty will be a free kick from where the ball was played.
- The goalkeeper may change places with one of his team mates provided that the referee has given authorization and the change is made at a stoppage in the game.

General Rules

- The white line marks the playing area. Once the whole of the ball crosses the white line it is out of play. The game will restart with a kick in within 4 sec. The ball must be placed on the line and be stationary before the kick in. Anywhere over the back line would mean a roll in by the goalkeeper from within the goal area within 4 seconds as well.
- Opposing players must stand at least 4 meters from free kicks unless the kick is within 4 meters of the goal area. They can then stand on the edge of the **goal** area. The penalty for this is the free kick will be retaken until the rule is abided by.
- Free kicks may only be taken once the referee has blown the whistle.
- If when taking a kick in, a player delays for more than four seconds from the time he takes possession of the ball, the kick in will be awarded to the opposition. Part or all of both feet must be on or behind the line when the ball is kicked into play. If a player puts his whole foot over the line on a kick-in, the penalty will be awarded to the other team.
- Players may not play the ball above shoulder height. This will result in a free kick to the opposition where the infringement took place.



INDOOR SOCCER RULES

THE GAME

Duration

- The game is played for 40 minutes including 2 minutes for half time.

Players

- Players must be at least 13yrs of age.
- One female player must be on court at all times.
- Ten players maximum registered per team
- Five players on the court at one time, of which one is the goalkeeper.
- Teams may not play unregistered players.
- Players are not permitted to wear anything while on court that may endanger them or other players i.e. jewellery, rings etc.
- Appropriate footwear must be worn on court. No bare feet.
- Players may not play for two teams in the same grade.
- A Division 1 player may play in a lower division as well, as long as they have been registered with that team before the competition starts and play in the grading games.
- Effectively a player can step up divisions but not step down when filling in on a casual basis for teams who are short of players.

Substitutes

- Substitutions may be made at half time or when the ball goes dead.
- The substituted player must be off the court before the replacement goes on.
- Coaches and substitute players are not permitted on the court area during play.

Blood Bin

- Any players with bleeding wounds must leave the court. A substitute can take up the vacant position.

Changes

- PLEASE NOTE ALL PLAYERS ARE ALLOWED IN THE GOAL CIRCLE DURING NORMAL PLAY.

11. Offside

- If a player enters an area of the court they are not allowed in, a free pass will be given to the opposition.
- Your foot on the line is offside.
- Players can't go offside to retrieve a ball at anytime.

12. Replayed Ball

A Player who has had control of the ball: stopped it, bounced it forward intentionally, had possession in the palm of the hand and caught it cleanly may not re-gather it unless it is touched by another player.

- When having an attempt at goal the ball must touch the goal ring(not net or post) before the ball can be caught by the same player again.

13. Guarding

A player may not;

- Protect the ball with any part of their body in order to prevent the opposition gaining possession, whether it is **intentional or unintentional**. A free pass will be awarded to the non opposing team.

14. Short Pass

A short pass between two players occurs when there is insufficient room for another player to come through/between the **hands** of the receiver and the passer.

15. Held Ball

A player who has either caught or held the ball must pass or shoot for a goal within three seconds of having received it.

16. Striking the Ball

- No striking the ball with the fist is allowed
- No diving on the ball to gain possession

17. Played on the Ground

The ball cannot be passed from a player lying, kneeling or sitting on the ground.

18. Umpires

- The Umpire(s) shall have sole control of the game.
- The decision of the Umpire shall be final and shall be given without appeal.
- The ball shall be played live if it comes into contact with an Umpire during play, but if such contact interferes with the course of the game, the Umpire may decide to have a toss ball between two opposing players in that area of play.

The Umpires whistle shall:

- Start and re-start the game at the beginning of each quarter and end each period of play.
- Indicate when a goal has been scored.
- Indicate when an infringement of the rules has been made.

The Umpire shall:

- Refrain from penalizing an infringement of the rules when by doing so the non-offending team would be placed, at a disadvantage. In this instance the Umpire may call 'ADVANTAGE' or use hand signals to indicate an infringement has been observed but not penalized. Having blown the whistle for an infringement, the Umpire must award the penalty.
- Not criticize or coach any team while a game is in progress.
- State the infringement and penalty and may use hand signals to clarify decisions.

- Answer questions regarding clarification of rules from team Captains only and only at quarter breaks or at the conclusion of the game.
- Advise each team of the correct score at each quarter break.
- Adjudicate the rules contained in this book both consistently and without bias.

GENERAL

1. Pass Off

A pass off from within the restart area shall be taken by a defense player to restart play after every goal has been scored.

The player taking the pass off must:

- Keep one foot grounded within the pass off area until the ball is released.
- Throw the ball within 3 seconds from taking their position within the pass off area.
- Apply the footwork, replay and held ball rules from the moment of taking the grounded position within the pass off area.

At the time of the pass off all opposing players must be 0.9m from player's grounded foot.

2. Penalties

A penalty pass or shot will be awarded when the following infringements occur (players must be beside and away from the player in possession of the ball);

- Obstruction
- Personal contact
- Blocking a player through court
- Blocking a player within 0.9m of the circle with legs wider than the shoulders and arms away from their side
- Contact with the ball or on the ball
- Interfering with the goal post
- Guarding the ball

3. Free Pass

A free pass will be awarded when the following infringements occur (players do not have to stand down when a free pass is given);

- Stepping
- Offside
- Replayed ball
- Short pass
- Rolling, kicking, punching or playing the ball while on the ground

4. Toss Up

Players will stand 0.9 meters apart, upright with arms down by your sides. The umpire will toss the ball and blow the whistle. Only when the whistle blows can the players move. An attempt to catch the ball must be made. A player must not bat the ball nor move their hands before the whistle is blown. If this happens a pass is awarded to the other team.

5. Interceptions

- Interceptions must be taken cleanly.

6. Landing Space

- Players in possession of the ball must be given landing space by players from the opposition.

- Players without the ball cannot move into a person's landing space causing inevitable contact.
- A penalty pass or shot is awarded in these situations

7. Jump Shots

- When shooting for goal, players may jump shoot from outside the semi-circle provided the jump is straight up and down. A penalty pass will be awarded to the non opposing team if players lay up or jump towards the goal post.

8. Goal Tending

- When a player is shooting for goal, defending players cannot hit the ball on its downward motion. When a defending player strikes any part of the goal hoop (including net). This is goal tending, and the goal will count.

9. Unsportsmanlike Play

- Calling to an opposition player to pass the ball is not permitted and initially a free pass will be awarded. If a player continues to call for the ball they may be asked to leave the court.
- Players may not call out or distract a shooter. This will be classed as intimidation and a penalty pass will be awarded. If a player continues to intimidate a shooter he may be asked to leave the court.

10. Nails and Jewelry

- Nails may not be showing over fingers when held up straight. These nails must be trimmed or gloves worn.
- Wedding bands and flat rings only may be worn while playing. Watches, power bands and bracelets must be removed. Taonga and crosses may be worn provided they are kept under the players top or taped down.
- All earrings removed and facial piercing and alert bands taped.

11. Food and Drink

Consumption of foodstuffs and drink on court is not permitted. (only water)

12. Blood Bin

Any players with bleeding wounds must leave the court. At the time the player is blood binned, the Umpire will ensure any equipment that is blood marked is replaced IMMEDIATELY and let play continue. A substitute can ONLY take up the vacant position. If no substitution is made, the injured player may return to the court only after the Umpire has been notified and a goal has been scored. Up to two minutes blood bin time can be taken.

13. Injury Time

If a player is injured during the game, two minutes injury time may be taken.

14. Competition Scoring

- 5 Points for a win
- 3 Points for a draw
- 2 Points within 2 goals of opponent score
- 1 Point for a loss.
- 0 points if a game is defaulted
- 5 bonus points if rego fees fully paid by second week of the league