



**RUNAWAY BAY
NETBALL CLUB**



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2024 Player & Parent Handbook



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WELCOME

We would like to welcome you to Runaway Bay Netball Club for the 2024 Netball Season.

This handbook provides players and parents with information on everything from RBNC's codes of conduct and fee structure to our rules of competition, contact details and the NGCNA Season calendar.

RBNC offers access to netball coaching and competition (via NGCNA) to all athletes from the year they turn 7 through to, and including, the year they turn 18. RBNC aims to cater for beginners and social players, through to those athletes aiming to further develop their netball opportunities and abilities in Division 1 and Division 2 teams as well as representative selections. We also offer club affiliation to opens teams within NGCNA's Saturday competition.

RBNC takes our responsibilities to our members with the upmost seriousness and aim to always ensure players enjoy a safe environment. All of our coaches, umpires and officials are accredited or in the process of being accredited; and all officials and volunteers are required to hold Blue Cards.

All correspondence or questions can be addressed to info@runawaybaynetball.org.au

We would like to wish all of our players and families the best for the 2024 season.



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RBNC CONTACT DETAILS

All general enquires should be directed through club email address info@runawaybaynetball.org.au

All enquires will then be directed to the appropriate committee member for actioning.

General club information is also available on our Facebook page.

2024 RBNC Committee Members

POSITION	OFFICER	EMAIL
PRESIDENT	Diane Duncan	president@runawaybaynetball.org.au
VICE PRESIDENT/COACHING CONVENOR	Desmond Pronk	vicepresident@runawaybaynetball.org.au
SECRETARY	Wendy Chown	secretary@runawaybaynetball.org.au
TREASURER	Kellie Jones	treasurer@runawaybaynetball.org.au
SOCIAL MEDIA COORDINATOR	Kylie Kelly	registrar@runawaybaynetball.org.au
UNIFORM CONVENOR	Amy Tozer	uniforms@runawaybaynetball.org.au
REGISTRAR	Shondell Concord	registrar@runawaybaynetball.org.au



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RBNC DIVISIONS

Players are divided into divisions based on their birth year and the age that they will turn during the period 1st January to 31st December of each year. However RBNC may play players (under 11 up on ability if need be.

The RBNC age divisions are as follows:

NetSetGo:

U6: born 2018

SET: UNDER 7 - 8 (born 2016 - 2017)

GO: UNDER 9 (born 2015)

Players must play in their Tier level.

Players play a modified game – 4 x 12 min quarters .Players undertake the NetSetGO skills & drills program during club training sessions as prescribed by Netball Qld.

Junior Division – 10 Years to 18 Years:

TEAMS	AGE	INFORMATION
U10'S	Born 2014 - Players turning 10 years in 2024	Teams trialled by RBNC and graded by NGCNA and placed into divisions based on skill level.
U11'S	Born 2013 - Players turning 11 years in 2024	Teams trialled by RBNC and graded by NGCNA and placed into divisions based on skill level.
U12'S	Born 2012 - Players turning 12 years in 2024	Teams trialled by RBNC and graded by NGCNA and placed into divisions based on skill level.
U13'S	Born 2011 - Players turning 13 years in 2024	Teams trialled by RBNC and graded by NGCNA and placed into divisions based on skill level.
J1'S	Born 2010 & 2009 - Players turning 14 - 15 years in 2024	Teams trialled by RBNC and graded by NGCNA and placed into divisions based on skill level.
S1'S	Born 2008, 2007 & 2006 - Players turning 16, 17 & 18 years in 2024	Teams trialled by RBNC and graded by NGCNA and placed into divisions based on skill level.



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RBNC Fee Structure

All payments will be made at time of registration and online.

Registration costs are as follows:

TEAM	REGISTRATION COSTS
U6	\$175
NET SET GO U7 - U10	\$295
JUNIOR U11 - SI	\$335

The RBNC fee structure includes insurance, NGCNA and Netball Queensland fees, and club fees as shown below:

- Insurance, Netball Qld & NGCNA Fees: Fees set by Netball Queensland, which the association must pay for each registered player and official. Each club must pay nominated fee per player for Netball QLD affiliation and insurance and a nominated fee per player to NGCNA.
- Club Fees: Club fees are used for fixture running expenses, balls/equipment, coach/umpire costs/education, and first aid equipment. Club registration fee includes team photos.
- All registration fees must be paid (U10– SI players) by RBNC's nominated trial dates. All other players fees must be paid prior to the start of the seasons first game.
- Fees are the same for the entire season, regardless of when a player joins the club.
- Club fees or any portion of the club fees will not be refunded once final CAPITATION payment is made to the NGCNA.

UNIFORMS

Game Day

Each RBNC player is required to wear the club playing uniform to all games. Uniforms are not included in the playing fees. The club uniform can be ordered at the time of registration or by contacting the RBNC Uniform Convenor at uniforms@runawaybaynetball.org.au

Club dress is compulsory.

Item	Price
Dress	From \$65
RBNC Jumper Full Zip	From \$60
RBNC Jumper Half Zip	From \$60
RBNC Cap	From \$20
RBNC Visor	\$12
Hair Band	\$5
RBNC Backpack	\$60
Polo shirt	From \$40
Polo shirt	From \$12



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General Information

Training sessions

All Training sessions will be held at the NGCNA courts located at 1 Sports Drive, Runaway Bay (unless negotiated by coaches). Training sessions are **COMPULSORY** for ALL Junior Division players. Parents and players need to be aware that it is during training sessions, not in games, that players will develop the skills required in netball. All RBNC coaches are volunteers and we do not expect them to give up their time for players who are not committed to turning up to their designated weekly training sessions.

Game Days

In 2024, all games will be played on Saturdays at NGCNA courts located at 1 Sports Drive, Runaway Bay. These are located next to the Runaway Bay Super Sports Centre. Players are expected to be at the venue a minimum of 30 minutes before their games each week.

Cancellations of Games due to Wet Weather

In the event of wet weather, NGCNA will post the cancellation on Facebook:

<https://www.facebook.com/NGCNA> we will then post the advice to our Facebook page and request that our coaches or managers text parents. If it is raining and there has been no post or communication from your coach then it is still on.

Responsibility for your Child

RBNC is committed to the implementation of Child Protection strategies, and therefore the expectation of our club is that Parents/Guardians will collect their child from training and/or games on time. Please ensure you check with your child's coach or team manager what time the session will finish and **BE ON TIME**.



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RULES AND GUIDELINES

RBNC rules of competition, procedures and general guidelines for both players and parents/spectators are as follows;

Players

Shoes – All players must wear the correct footwear or they will not be permitted to play. Converse, Vans and Free Runner style shoes are not appropriate for netball.

Jewellery – Players are not permitted to wear jewellery of any kind during games or training. Players must re-move all jewellery to play and train. **This includes all piercings.** Taping will not be permitted under any circumstances. Players who refuse to remove any type of piercing will not be permitted to take the court.

PARENTS – please be aware that if your child has her ears pierced during the netball season, she will have to remove her earrings to train and play. This is not a condition designed by RBNC, but a rule of our governing association NGCNA and as such we are bound to enforce it. RBNC will not be responsible for any loss that may occur.

Fingernails & Hair – Fingernails must be cut short, not taped. Please ensure nails are cut before coming to the games. Long hair must be tied back.

Mobile Phones - Players should switch mobile phones off or to silent during games, training sessions and when undertaking other duties. Players will be asked to turn phones off as soon as they arrive at the courts for training or games to remove the distractions of making/receiving calls or text messages. RBNC will not be responsible for any loss of mobiles which may occur.

Off-court safety:

Between courts – No one is permitted to sit between the courts during games. NGCNA has a strict no chair policy between courts.

Spectators – Spectators are to sit well back from the edge of the court and are not to walk between courts during games. Please ensure that you move back when requested to do so.

PARENTS, GUARDIANS and EXTENDED FAMILY MEMBERS CODE of CONDUCT

All parents, guardians and extended family members of players registered with RBNC are expected to adhere to the Codes of Behaviour as outlined below in this handbook and respective codes of behaviour flyers. Please read these codes carefully.

The role of parents, guardians and extended family members of players RBNC is to:

- Support and encourage their child to participate in Junior Division and NetSetGo netball.
- Encourage their child to participate for the enjoyment of Junior Division and NetSetGo netball.



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- Support their child to develop social and physical skills through Junior Division and NetSetGo netball
- Allow their child to participate only if they are well and healthy.
- Promote and abide by the RBNC and NGCNA codes of behaviours.
- Be courteous when communicating with coaches, officials and administrators and promote our club in a positive light amongst other parents and the wider netball community.
- Be a positive role model for your child, participate in our club and volunteer when possible.

Again, please remember RBNC is **run entirely by volunteers**, who give their time freely to ensure your child has the opportunity to participate in this sport. Breaches of the Codes of Behaviour will be dealt with in a three-phase disciplinary action which includes mediation, suspension of membership and, if necessary removal of membership. All parents/guardians will be required to sign a Code of Conduct form prior to the start of the 2024 season.

Dealing with complaints in a mature and professional manner is an important aspect of any sporting organisation. To ensure the complaint can be dealt with in an efficient manner, the club has adopted the following grievance procedure for players, parents and coaches:

RBNC – Grievance Procedure.

Level One:

If a player/parent has a grievance they will need to speak with the coach involved and see if the issue can be resolved. If the grievance cannot be resolved, the grievance will be escalated to Level Two.

If an incident/query involving a parent arises which the coach does not feel comfortable dealing with, or does not know how to deal with, the parent will be referred immediately to Level Two.

Level Two:

The grievance will be taken to the RBNC executive committee who will review the issue and propose a suitable solution. The parent/player with the grievance must put the complaint in writing and email it to info@runawaybaynetball.org.au.



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Harassment

No form of harassment will be permitted under any circumstances at RBNC. If a player or parent believes some form of harassment is occurring, they should:

- Approach their coach (if another player is involved); or address your concerns in writing to the committee;

If a parent or player is found to be harassing a coach, player, parent or committee member then they will be referred to the executive committee and face suspension or cancellation of their membership.

Parental Support

RBNC Parents are welcome and are very much encouraged to attend games and cheer on their child and their team. However, RBNC respectfully requests parents refrain from coaching from the sidelines or during the break. This is not only confusing for the players but can be seen as disrespectful of their coach.

General Code of Behaviour

As a person required to comply with this policy, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by Netball Australian, Netball Queensland, a region, an affiliated member organisation or an affiliated club:

Player Code of Behaviour

1. Play by and know the rules of the game.
2. Be committed to your team. Attend and be on time for all training sessions, matches and carnivals as nominated by our club. Contact your coach or manager should you be unable to attend a training session or a game.
3. Always wear the correct **FULL** RBNC uniform (with hair pulled back, nails cut short and absolutely **NO** jewellery of any sort).
4. Co-operate with match officials, your coach, team mates and opponents. Without them there would be no competition. Always thank the umpires, coaches and scorers after the game.
5. **NEVER** argue with an official. If you disagree during a game, have your captain, coach or manager approach the umpire during a break or after the game to clarify the rule/decision. Umpires should always be approached in a courteous and polite way.
6. Control your temper. Verbal abuse of officials or other players, deliberate fouling or provoking of an opponent is **NOT** acceptable or permitted.
7. Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another person.



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Player Code of Behaviour (continued)

8. Be a good sport. Acknowledge all good plays whether by your team or your opponent.
9. Ensure that at all times your behaviour is appropriate.
10. Be a patient and enthusiastic supporter of fellow players.
11. Verbal abuse of officials or other players, deliberately contacting or provoking an opponent and throw-ing/ damaging equipment is not acceptable or permitted.
12. Do not use foul language or bring your team, club or association into disrepute in anyway.
13. Do not bring the game into Disrepute by any other conduct that materially injures the reputation and goodwill of RBNC. (NB for the purposes of this code of behaviour 'Disrepute' means conduct, statement or appearance in public that is damaging to reputation). This includes smoking, vaping or the use of drugs.
14. All players will conduct themselves appropriately while using social media.

Members are expected to agree to player and parent code of behaviour when completing registration

If a player is found to have breached the Player Code of Behaviour then they will be referred to the executive committee and face suspension or cancellation of their membership.

Division 1 & Division 2 Information for Players and Parents

Court Time

TRAINING COMES FIRST

It's amazing how often some players will be unwell or injured for training, and yet never fail to be available for a game. Giving players that don't attend training the same court time as their teammates sends a message that training isn't important and that there is no reward for players who put in the effort each and every week.

A policy that seems to be successful is; "maximum half, minimum quarter". For players who attend training, they're guaranteed at least two quarters. However if a player misses a session or is unable to participate in a session, the "maximum half, minimum quarter" rule applies. The most court time they can receive is two quarters, and they may receive one quarter if other players who did attend training are playing well in that player's position.

This applies for players who very occasionally miss a session, and it's usually very effective, as players know the consequences and are loathe to miss training in case it jeopardises their on-court opportunities.



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If a player consistently misses training, however, there's cause to suggest that they shouldn't receive any court time until their attendance improves and they can demonstrate commitment to the team. It shouldn't be seen as a punishment for players who don't attend training, but rather a reward for the players who do attend training and have shown commitment to the team and their teammates.

It is important that the affected player and their parents, understand that at training sessions the team works on strategies, structures and on-court team chemistry, and that when players miss training it impacts the ability of every other player in the team to put those newly learned and practised skills out on court.

Of course, sometimes there are extenuating circumstances, like a family emergency, however if players know the guidelines and you're consistent in the application of those guidelines, it's likely you'll have all of your players at training the vast majority of the time.

COURT TIME ISN'T EVERYTHING

It's important to remember that being on the court on game day isn't the only place where development happens. **In a 40-minute game of netball, a player might touch the ball 80-100 times if they play all four quarters. Let's say that's two seconds per possession, so you're looking at a maximum of about two-and-a-half minutes to three-and-a-half minutes in which a player will actually have their hands on the ball, across a whole game.**

Obviously there is movement and body positioning and other non-ball factors that are also involved in playing a game, however in terms of passing and ball skills, those couple of minutes are all you get.

At training, on the other hand, a player might handle the ball 80-100 times in a single 10-minute drill, if they're completing pair work with a partner. That's why we always stress to players the importance of completing each pass or skill properly, with good technique and with good intensity, at training – because that's the real opportunity to develop and improve, rather than purely on game day.

It's about creating good habits and techniques so that when that player receives those 20-odd possessions in a quarter during their weekly game, they can execute the pass or skill required on as many of them as possible, thus giving themselves a greater chance of remaining on the court and receiving more court time.



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SHOULD EVERYONE RECEIVE EQUAL COURT TIME?

Whilst coaches aim to keep court time relatively even, that's not to say it needs to be. **Players should earn their court time, and shouldn't receive it as a matter of course. It's up to the coach to provide feedback and learning opportunities for players at both games and training, but it's up to the player to take on that instruction and put it out on court. If they don't utilise that feedback to improve, or don't attempt to try what the coach has suggested, why should they receive the same court time as other players who do? This is where our Individual Player Goal sheets can and should be utilised.**

WHAT CAN COACHES DO?

- Firstly, be consistent in our approach to court time.
- If one of our strongest players misses training before a big game against a close rival, whichever rules we've applied to the rest of the team also applies to them.
- This lets every player know that it doesn't matter who you are, you're not above the team rules, and that if you do the right thing you'll be given a fair go.
- Secondly, it's important that if every player is working hard on their game at training and is doing every-thing we ask, then at some point each player deserves the opportunity to prove themselves against strong opposition and in important moments or games.
- Communication is key. If a player or group of players are receiving less court time consistently, it's important that they receive positive and constructive feedback on how they can improve and what they need to do in order to increase their court time.

WHAT CAN PLAYERS AND PARENTS DO?

- Players - Be at training! You'll give yourself the best possible chance of being on court if you're making a positive contribution to the team at training and working hard on the skills and structures that your coach puts in place.
- Be realistic. Not every player in a netball team is of equal ability, and some years or seasons there will be stronger players who do receive more court time. However, no team gets through a season or reaches a grand final with only seven players contributing. So when it's your turn to be out there, show what you can do, put your best foot forward and play your role to the best of your ability.



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- Support the coach. Until you've coached a team, it's difficult to understand the challenges that managing 9 or 10 young players presents. And there's nothing that sucks the enjoyment out of coaching more than having parents attacking or undermining you, either directly or in the background. If players or parents have questions or queries, they should ask the coach politely, listen to what they say and take their feedback on board.
- No coach gives feedback because they don't like a player or because they want a player to play worse. From there, it's up to the player to be positive and proactive in trying to implement the feedback from training or games.

Additional Information for All Players and Parents

Player Trials and Grading

- RBNC recognises that whilst Netball is a team sport, in order to be selected in any team or squad, athletes must perform and be evaluated as individuals in a selection environment.
- All RBNC Athletes must participate in the trial and grading system, and will be placed into teams according to the outcomes of their trials and in order to balance teams, reflective of the principals outlined in Netball Australia's Selection policy and guidelines set out in "Select for Success".
- RBNC selectors evaluating RBNC athletes during trials are expected to have successfully completed the Netball Australia Select for Success Course.
- All RBNC selectors will observe the following Netball Australia Guidelines;
- Declare a conflict of interest and notify a member of the RBNC Executive Committee of the conflict as soon as they become aware it exists. The RBNC Executive Committee or delegate will decide if the selector should withdraw.
- Act with integrity and objectivity in all aspects of the selection process

Player Time on the Court – Division Teams - General Games within the Season

- RBNC coaches are to promote the value of training, not only for the individual player to improve but to develop teamwork and strategy. RBNC Coaches aim to keep court time relatively even within General Games within the Season.
- Throughout the general season, players who attend training will be guaranteed a minimum of two quarters, however if a player misses a session or is unable to participate in a session, the "maximum half, minimum quarter" rule applies. The most court time they can receive is two quarters, and they may receive one quarter if other players who did attend training are playing well in that player's position.



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- If a player consistently misses training, however, there's cause to suggest that they shouldn't receive any court time until their attendance improves and they can demonstrate commitment to the team. It shouldn't be seen as a punishment for players who don't attend training, but rather a reward for the players who do attend training and have shown commitment to the team and their teammates.
- The identified player and their parents, are to be addressed by the Coach, RBNC Coaching Convenor and or a member of the Executive Committee. The aim of this communication is to promote a deeper understanding that at training sessions the team works on strategies, structures and on-court team chemistry, and that when players miss training it impacts the ability of every other player in the team to put those newly learned and practised skills out on court.
- RBNC recognises that there are at times extenuating circumstances, like a family emergency, significant illness or injury. These instances should be addressed by coaches on an individual basis.
- If there are ongoing issues, coaches are to access support from the RBNC Coaching Convenor and/or a member of the RBNC Executive Committee.

Finals

If a team progresses into the Finals Phase of the 2024 NGCNA Netball season, then the team taking the court will be selected at the full and complete discretion of the team coach. Please note that this may mean that some players do not receive court time during a game.

Game Forfeits

RBNC has a responsibility to ensure that when one of our teams is rostered to play a competitor that this occurs. If your child is unable to attend a game due to illness or other commitments it is very important that you advise the coach as soon as possible. RBNC need to notify NGCNA prior to 6pm on a Friday night if we are forfeiting a game. Failing to do so or multiple forfeits results in RBNC having to pay a fee to NGCNA of \$100 for each occurrence.



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NGCNA - 2024 Season Dates

Date	Round
9 March	NGCNA Grading Week 1 (U10 and over)
16 March	NGCNA Grading Week 2 (U10 and over)
23 March	NGCNA Grading Week 3 (U10 and over)
20 April	Saturday Comp Round 1 (inc NSG)
27 April	Saturday Comp Round 2
4 May	Saturday Comp Round 3
11 May	Saturday Comp Round 4
18 May	Saturday Comp Round 5
25 May	Saturday Comp Round 6
1 June	Saturday Comp Round 7
8 June	Saturday Comp Round 8
15 June	Saturday Comp Round 9
22 June	Saturday Comp Round 10
13 July	Saturday Comp Round 11
20 July	Saturday Comp Round 12
27 July	Saturday Comp Round 13
03 August	Saturday Comp Round 14
10 August	Saturday Comp Round 15
17 August	Prelim Finals
24 August	Semi Final
31 August	Grand Finals