



QPRC



General Conditions (Adult Sports)

QPRC



Indoor Sports

General Conditions (Adult Sports): QPRC Indoor Sports

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1. Guiding Principle

QPRC Indoor Sports wish to provide an environment that is safe and enjoyable for our players, spectators, staff and officials.

These General Conditions have been developed in order to assist us in providing a safe and enjoyable environment for all.

The General Conditions give overarching rules for QPRC Indoor Sports that are consistent across all Adult Sports. The General Conditions should be read in conjunction with the Sports Specific Rules which detail individual differences for each sport.

By agreeing to participate in QPRC Indoor Sports competitions, individuals agree to abide by the General Conditions.

2. Unsuitable Behaviour Guidelines

An Unsuitable Behaviour Guidelines document has been developed and is available from [here](#).

3. Payment Guidelines

A Payment Guidelines document has been developed and is available from [here](#).

4. Registration Process

Team Registration

A team can be registered by the appointed Team Manager submitting a Team Nomination Form. All the required details need to be completed.

The Team Name needs to be appropriate and can be rejected by QPRC Indoor Sports.

Individual Registration

All individuals need to be registered prior to participating.

Please note that participation in activities at QPRC Indoor Sports is at the risk of the participant. QPRC Indoor Sports does not provide player insurance.

5. Digital Media Permission

Participants give permission for Queanbeyan-Palerang Regional Council to take photos / videos of activities at QPRC Indoor Sports and use them for media and promotional purposes.

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If you do not wish for this to occur, please pass on details in writing to QPRC Indoor Sports.

6. Competition Information

All information in relation to QPRC Indoor Sports including fixtures, results and rules can be found from <http://qPRC.qcc.nsw.gov.au/Indoor-Sports>

QPRC Indoor Sports aims to have results of games updated within 24 hours of being played.

7. Season Information

Season Guide

QPRC Indoor Sports plays all year around with a small break over the Christmas / New Year period.

There are three seasons each year of which a guide is below:

- Summer Season – January through to April
- Winter Season – May through to August
- Spring Season – September through to December

Season Length

Each season comprises of the following:

- Pre-competition (two to three weeks)
 - Games are generally not included in the ladder
 - Used to assist in grading and assigning teams to the most relevant division
- Competition Rounds (11 to 15 weeks)
 - Games used to determine ladder positions and finals games
- Finals (two weeks)
 - Unless there is an uneven amount of teams, all teams should participate in finals
 - To determine overall standings of teams

There may be variations to the above structure due to a variety of factors including:

- Ideal competition structure based on team numbers
- Public Holidays
- Venue Availability

Grading

QPRC Indoor Sports does not have an official grading policy as yet. We understand that the skills of different teams can vary dramatically within the one competition. At times we may wish to grade competitions into divisions in the best interests and enjoyment of all teams. We understand that each division should have a certain amount of teams in it to prevent excessive fixture repetition.

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Where graded divisions are offered during the nomination process and insufficient nominations are received, the divisions will be merged and revert to the higher division. For example, if Men's A Grade is offered and two nominations are received and Men's B Grade is offered and eight nominations are received, the divisions would be merged and 10 teams would participate in a combined Men's A Grade competition.

Decisions regarding grading in any division will be made by QPRC Indoor Sports.

8. Staffing

QPRC Indoor Sports Representative

QPRC Indoor Sports will have at least one representative in attendance whilst Adults Sports is occurring. The role of the QPRC Indoor Sports Representative is:

- Primary point of contact on the night
- Setting up and packing up the venue
- Taking payments
- Administering First Aid
- Assisting with general enquiries
- Other duties as required.

Match Official

QPRC Indoor Sports will aim to allocate at least one Match Official to each advertised fixtures requiring them. The Match Official will have a basic knowledge of the sport and official accreditation is encouraged. The role of the Match Official is:

- Officiate the following to the best of their ability:
 - General Conditions
 - Sport Specific Rules of the respective sport
 - QPRC Indoor Sport Rules for the respective sport

If you are interested in being a Match Official, please get in contact with QPRC Indoor Sports.

9. No Match Officials Present

Overall Aim

QPRC Indoor Sports aims to have at least one Match Official for every match. Sometimes this will not always be possible.

If a Match Official is not available, teams will have two options

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Play Match

If both teams still wish to play a match, they can self-officiate their game with the following options:

- If both teams agree to play and record the score. The recorded score, it will be the official result
- If both teams agree to play but not record the score. The recorded score will be a 0-0 draw.
- Play a social match without recording the score. An official match will look to occur the following week.

Do Not Play Match

If both teams do not wish to play, or the two teams cannot agree on a course of action, the following will occur:

- The schedule game will not take place
- The game will be rescheduled for the following week
- QPRC Indoor Sports will communicate details of the game
- If one team cannot make the rescheduled match, they will give the forfeit
- If neither teams can make the rescheduled match, the game will not proceed and no result will be recorded.

10. Extreme Weather Policy

Being an indoor venue, we are somewhat shielded from extreme weather. But the venue can be susceptible to high temperatures which can put people at risk of heat illness.

Sports Medicine Australia has guidelines for dealing with Hot Weather of which we encourage participants to adhere to. Further details are available from [here](#)

There is a temperature gauge in the venue. If temperatures rise above the following, the following will occur:

- Between 30 and 35 degrees celsius:
 - Games will continue
 - Additional drinks breaks per period occur i.e. in a 10 minute quarter, a short drinks to occur (a maximum of 30 seconds in duration, not time off will occur)
- Above 35 degrees celsius:
 - Games will not continue
 - Games may look to be rescheduled at a later timeslot or a later date
 - If games are unable to be rescheduled, no result will be recorded

There may be instances that the temperature will be 37 degrees celsius at the 6:00pm but 32 degrees Celsius at 7:00pm. Therefore QPRC Indoor Sports may not be able to make a decision until shortly prior to the scheduled match times.

11. Weekly Sign-On Process (Pre-Game)

QPRC Indoor Sports will provide the Team Sheets to the Match Officials prior to games. The Team Sheet will contain the names of all registered players for that particular team. If a

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name is not listed, they are to hand write their name on the Team Sheet and register as soon as possible.

There may be some reasons for a registered player not appearing on the Team Sheet i.e. registered after the Team Sheet was printed. Please check with your Team Captain and / or QPRC Indoor Sports to confirm your registration status.

All participants must sign-on prior to participating in every match.

Signing-on is an agreement to the following:

- All participants play at their own risk.
- QPRC Indoor Sports does not provide personal injury insurance.
- If you have been advised not to participate by medical staff, you should not do so. If you have an injury, pre-existing condition, or are worried about participation, you should seek appropriate medical advice before participating.
- QPRC Indoor Sports has Unsuitable Behaviour Guidelines and all players are expected to abide by this. Participants should play under the general principles of good sportsmanship and fair play. Team Captains are expected to encourage their team members to follow these principles.
- QPRC Indoor Sports reserves the right to remove players or teams from the competition for failing to follow the Unsuitable Behaviour Guidelines and / or exhibiting aggressive or abusive behaviour.

12. Uniform Requirements

Playing Shirt Requirements

Each team will be required to wear a uniform. Matching playing shirts is the minimum requirement. Playing shirts should be the same colour, cut and design.

Playing numbers on playing shirts are not required. Players may wear other apparel underneath their playing shirt.

Teams are encouraged to have uniforms that can be readily replaced i.e. if a playing shirt is lost or additional players are recruited to the team.

QPRC Indoor Sports will be investigating a system of reversible playing shirts which should reduce the overall cost to teams in the long term and can be readily replaced.

Playing Bibs

If the Match Officials considers that teams cannot be distinguished by their playing shirts i.e. both wearing predominantly dark shirts – playing bibs will be provided.

The team that wins the coin toss will choose which teams wears the playing bibs.

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Uniform Penalties

If a team plays in a competition game (pre-competition games do not count in this instance) and one or more of its players do not comply with the playing shirt requirements, the opposition team will receive goals / runs. The actual amount will depend on the sport.

Playing shirts bearing incidental differences such as alternate sponsors are permitted, providing that they still meet all other requirements.

The Match Official is the sole judge of determining the suitability of uniforms and subsequent uniform penalties.

13. Other Equipment and Player Safety

Shoes

All players must wear non marking enclosed shoes.

Match Equipment

Match Officials will bring the supplied equipment to each game i.e. match ball and bibs.

Limited match equipment may be hired and / or bought from the venue i.e. Cricket Bats. We encourage participants to bring their own equipment for hygiene and supply purposes.

Player Safety

Players are not permitted to play with:

- Jewellery i.e. watches, necklaces, bracelet, piercings, rings
- Fitness devices or similar products
- Long and / or sharp fingernails
- Non-prescription glasses
- Sunglasses
- Any other items which the Match Officials, at their absolute discretion, considers may present a danger to players, or to put the safety of players at risk.

Items that cannot be removed may be taped if deemed safe.

Match Officials Authority

Match Officials have the authority to stop play and send any non-complying player to the sideline until they have the correct equipment on.

Match Officials may be able to wear some of the items above due to the decreased risk of contact between a player and Match Official i.e. a watch to monitor time

14. Forfeits

Teams must be in attendance at their playing venue at least five minutes before the commencement of their match or advertised time. It is the responsibility of each Team Captain to report to the Match Official two minutes before the commencement of the game or advertised time so that the toss of the coin can be affected without loss of time. If a team is not at the playing venue at the advertised starting time of the toss, the attending team can be awarded the winning of the toss.

If a team is not ready to play by the time the siren signals the start of the game (assuming the other team is present), the following actions will be taken by the Match Official:

- The opposition team will receive goals / runs every two minutes the team is unable to take the court. The actual amount will depend on the sport.
- The clock will not stop and the game will commence when the opposition is ready
- If a team is later than 10 minutes, the game is to be declared a forfeit in favour of the team which is present.

If a team receives a forfeit victory at any stage throughout competition rounds, any players registered at the time of the forfeit will receive a game credited to their game tally.

If sufficient notice is given to QPRC Indoor Sports about a team's inability to play a scheduled match and both teams are able, QPRC Indoor Sports may attempt to reschedule the match to a following week. In this instance, it is very likely that the teams will play twice on one night. This will only be an option if there is sufficient court space available.

15. Player Eligibility

Age of Participants

All individuals participating in Adult Sports must be at least 16 years of age. If an individual turns 16 years during the season they may participate after they reach that age.

Dispensations can be granted on a case by case basis. Individuals seeking dispensation should have their parental and / or governing sport bodies support as well as the mental and physical capacity to participate against adults.

Competition Rounds

Individuals must be registered for the team that they are playing for in order to participate.

If less than three registered players are listed on the weekly team sheet, a forfeit will occur.

Teams that play unregistered players, may have a forfeit recorded against them.

Fill In Players

A player may not register or play in more than one team within the same division on the same competition night.

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In some instances, it may be beneficial to borrow players from other teams to ensure a game occurs. In these circumstances, the Match Officials should approach the Team Captains to see if it is possibility.

The Team Captain that does not require fill in players can choose to proceed with the match for competition points or receive a forfeit. If agreement has been made to proceed with the match, no further fill in players can be sourced once the game has commenced.

All fill in players must be registered for a team and sign onto the Team Sheet.

Finals

A player must have played a minimum of three competition rounds to participate in finals.

Teams that play unregistered players and / or ineligible players in finals, will have a forfeit recorded against them.

Exemptions will be considered by QPRC Indoor Sports on a case by case basis. Exemptions may be considered under the following conditions:

- Long term injury
- Family related issues
- Work related issues
- Personal hardship.

16. Weekly Game Process (Post-Game)

Team Sheet Agreement

At the end of each game, the Team Captain should sign the Team Sheet.

In signing the Team Sheet, the Team Captain has acknowledged and accepted the information on the Team Sheet to be true and correct. This information includes:

- The names of the players that participated in the match
- Full time and progressive scores
- The names of scorers
- Any send offs, cards and / or reports.

QPRC Indoor Sports encourages Match Officials and Team Captains to communicate throughout the game to make sure that all parties have responsibility in ensuring that the Team Sheet is correct.

Team Sheet Disagreement

If you do not agree with the information on the Team Sheet, do not sign the Team Sheet and lodge a protest to QPRC Indoor Sports.

The following information is to be provided with the protest:

- The team that started the game and direction of play
- The order the scoring occurred (including player names of both teams)
- The progressive and full time scores.

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The opposing team will be contacted to verify the score. If they do not agree or in the event of inconclusive evidence the score will be recorded as the score that the Match Officials have recorded.

Alternatively, video evidence or equivalent can be provided (if available) and the evidence will be used only if conclusive.

17. Ladder

Win Percentage

With teams coming into the competition at different times, the ladder operates on a win percentage ratio. Win Percentage is the amount of wins divided by the amount of games played.

Teams need to play at least eight games in order to be able to participate in finals.

For example, if a team won seven of 10 games, they would have a win percentage on 70%. They would be higher on the ladder than a team had won 10 of their 15 matches which is a win percentage of 67%.

Ladder Points

Points will be awarded for the following during Competition Rounds:

- Four points – for a win
- Two points – for a draw
- Zero points – a loss
- Zero points – a forfeit occurs (game occurred)
- Negative one point – a forfeit (game did not occur)

18. Complaints

If there are any concerns and the Team Manager wishes to make a complaint or query, they may do so by contacting QPRC Indoor Sports.

All complaints must be supported with evidence and notified to QPRC Indoor Sports within two working days of the alleged incident.

19. Protests

A Team Manager may lodge a protest on behalf of their team to QPRC Indoor Sports within one working day of the game in question.

Protests concerning individual Match Officials decisions will not be accepted.

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Protests may be lodged in relation to:

- Team Sheet dispute
- Player eligibility
- Specific incident/s in a competition game considered by the Team Captain to have fundamentally affected the outcome of the competition game.

It is anticipated that details of the protest would be investigated and an outcome communicated prior to the start of the relevant teams next scheduled competition game.

20. Fitness to Participate

Pregnancy

We encourage all players who are, or may be pregnant, to consider the welfare of themselves, their unborn child, their fellow players, and the game and centre officials, when making the decision to play. We urge all players to obtain appropriate medical and legal advice before participating in any activities.

QPRC Indoor Sports does not provide player insurance for the participant or unborn child.

Injuries

If a player is badly injured, the Match Officials is required to stop play. The game time will not stop in the event of an injury. Teams are allowed to substitute for an injured/bleeding player, and continue fielding a full team.

A first-aid kit is located at reception, should a player require first-aid assistance.

Blood Rule

If a player on court is bleeding, the Match Officials is required to stop play (game time will continue). For the safety of all participants, all open wounds must be adequately covered to the Match Officials satisfaction before the player can resume playing. The Match Officials may stop play at any time to enforce this policy.

If a player has blood on any of their playing equipment, they cannot play until the referee is satisfied that all blood has been removed.

Injury Affected Games

Time off does not apply in games.

If there is an injury and the games cannot continue on the same court, it may be moved to another court.

If a game cannot be moved and is unable to be completed due to an injury or any other circumstances, the following will apply:

- If half or more of the game was completed, the score at that current time will be the final result

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- If less than half of the game was completed, a 0-0 draw will result regardless of the score at that current time.