

# 2026 Regional State Cup Guidelines

## Vision

Netball NSW Regional State Cup will evolve to provide similar performance opportunities for regional athletes, coaches, umpires, and officials as those currently provided to metropolitan participants through the Netball NSW Premier League competition.

## Purpose

The Netball NSW Regional State Cup will:

- Provide NSW regional athletes, coaches, umpires and officials with access to performance environments equivalent to metropolitan performance environments.
- Deliver a representative competition for regional athletes aged 16 – 22 to fill an identified gap in performance competition.
- Deliver an annual competition that brings the best regional athletes together to contest the Regional State Cup and crown a champion.
- Increase opportunities for regional athletes to be talent identified for future performance programs.
- Deliver a competition and training environment that is accessible for regional athletes, coaches, umpires, and officials without requiring relocation or prohibitive travel costs.
- Build a sense of pride and collaboration within each region.
- Provide purpose and direction for regions to establish athlete, coach, umpire, and official development programs.
- Ensure regional athletes, coaches, umpires, and officials have the same opportunities to realise their full potential as metropolitan participants.
- Increase the numbers of regional athletes, coaches, umpires and officials that stay in netball, progress and transition within the Netball NSW pathway.
- Increase the numbers of NSW athletes capable of ultimately achieving high performance success.

## Region Guidelines

### Team entry

The following regions will be invited to compete in the Regional State Cup:

- Hunter and Central Coast
- North Coast
- North West
- Riverina
- South Coast
- West Central West

### Head Coach and Assistant Coach Selection

Netball NSW will send out an Expression of Interest (EOI) to each Region for the position of Head Coach and Assistant Coach of the Regional State Cup Team. The Netball NSW State Performance & Pathways Manager, or their delegate, will appoint a selection panel that will include a Netball NSW representative and the NNSW Regional Manager of that region. This selection panel will appoint the Head Coach and Assistant Coach for each Regional Representative team.

### Manager Selection

Netball NSW will send out an EOI to each Region for the position of Manager of the Regional State Cup Teams. Each team will be appointed a manager who will assist the Head Coach with the following responsibilities.

- Support the coach with planning, logistics of training sessions and travel to the tournament.
- Communicate with athletes
- Oversee bench requirements at Regional State Cup.

Netball NSW State Performance and Pathways Manager will assist and provide information to the assigned region's manager with the following:

- Information collected from players (eg. medical and dietary)
- Follow up registration on PlayHQ, levies and uniform orders

### Athlete Eligibility

- All players entered the competition must be aged 16-22 years as of 31 December of the year in which they participate in the competition, this aligns with the Netball NSW Premier League U23s competition.
- Any player who has played in a Regional State Cup competition for more than 2 years AND is a current 2026 Premier League athlete is ineligible for selection.
- A Player who is **NOT** a 2026 Premier League athlete, but who has played in the Regional State Cup team previously, can still be considered for selection.

### Athlete Selection

- Regional State Cup Team Selectors will be appointed as outlined in the Regional State Cup Selection Guidelines.
- The Selection panel will select the team across the Regional League competition.
- Athletes will be eligible for selection into a Regional State Cup team of the region that their Association competes in the Regional League Competition.
- Athletes who are unavailable for selection because of illness or injury may apply for an exemption. To be considered for an exemption, athletes must be registered for a team in their region prior to lodging the exemption request. All exemption requests must be submitted to the State Performance and Pathways Manager (Samantha May – [smay@netballnsw.com](mailto:smay@netballnsw.com)) no later than 8:00am at the start of the competition. If an exemption is lodged, this does not guarantee selection in the team.
- Selected teams will be announced by Netball NSW following the respective Regional League Competition.
- Regional State Cup teams should not assemble for any training sessions prior to 8<sup>th</sup> June, 2026.
- All selected athletes must be registered on PlayHQ and have their athlete levies paid no later than 4 weeks prior to the Regional State Cup Competition unless without consent from Netball NSW State Performance and Pathways Manager.
- If a player is no longer able to participate in the competition, they must inform the Netball NSW State Performance and Pathways Manager- Samantha May ([smay@netballnsw.com](mailto:smay@netballnsw.com)) via email that they have withdrawn from the competition due to injury or illness.

### Umpire Selection

- The Regional Allocations Team will put forward a shortlist of umpires to the Netball NSW Workforce Manager.
- The Netball NSW Workforce allocated to Regional State Cup will view all shortlisted umpires at Senior and Junior State Titles and make the final selection at these events.
- All selected umpires will be announced at the conclusion of Junior State Titles.
- Umpires will need to ensure they are registered on PlayHQ and their umpire levy is paid 4 weeks prior to the Regional State Cup Competition.
- If an umpire is no longer able to participate in the competition, they must inform the Netball NSW State Performance and Pathways Manager- Samantha May ([smay@netballnsw.com](mailto:smay@netballnsw.com)) via email that they have withdrawn from the competition due to injury or illness. A refund may be given with a supporting document of injury or illness. No refunds will be given to umpires that withdraw because of other reasons no later than 4 weeks from the competition.

### Athlete and Umpire Competition Levies

- Each athlete and umpire will incur a levy that will cover the cost of the competition, accommodation for 2 nights in Sydney + additional amount for uniform if required. All athletes must purchase their regions singlet to compete in the competition. Athlete levy is \$410 and Umpire Levy is \$280. This does not include any uniforms and will be an additional fee.
- All athletes and umpires must be registered and paid their competition levy via PlayHQ four (4) weeks prior to the competition.
- An optional hoodie can be purchased when placing a uniform order.

- Registration and payments on PlayHQ can be made when teams have been announced.
- A refund may be given to an athlete or umpire if a supporting document of injury or illness is issued with their withdrawal notice. No refunds will be given to athletes that withdraw because of other reasons no later than 4 weeks from the competition.

### Regional State Cup Competition Format

- All teams will play each other twice over the 2-day competition.
- A winner and runner up will be determined by first past the post.
- All matches to be a minimum of two (2) x fifteen (15) minute halves, with a minimum of a two (2) minute half time break and a minimum of three (3) minutes between matches.
- Final competition timings will be publishing 8 weeks prior to the competition.

### Competition Dates and Venue

The Regional State Cup Tournament will be held on Saturday 10<sup>th</sup> and Sunday 11<sup>th</sup> of October 2026 at Netball Central, Sydney Olympic Park.

### 2025/26 Timeline

Task	Responsibility	Due Date
EOI open for Head Coach and Assistant Coach for each Region	Netball NSW - Pathways	December 2025
Head Coach and Assistant Coach for each Region appointed	Netball NSW – Pathways	February 2026
Appointment of Athlete selection panel	Netball NSW – Pathways	March 2026
Selection of players at Regional League	Athlete Selection Panel	Mid-April 2026
Announcement of Regional State Cup teams	Netball NSW	Mid-April 2026
Selection of Umpires at Regional League	Regional Allocations Team	Mid-July 2026
Regional State Cup 2026	Competitions Team	10 <sup>th</sup> – 11 <sup>th</sup> October 2026