

# HART Junior State Titles

## VISION & PURPOSE

The vision of HART Junior State Titles is as follows:

*The Hart Junior State Titles is the principal state competition for athletes aged from 12 - 14 across NSW. Athletes, coaches, umpires and officials join together for a foundation netball representative sport experience that establishes a love for the game.*

A key purpose is to deliver a *competition where every player matters*; the minimum player requirements are in place to ensure this purpose can be delivered. The rolling substitution rule allows coaches to achieve equal court time more effectively.

In 2026 the minimum requirement will be calculated by minutes and not halves as in previous years. The premise of the 40% rule is the same – all players must play a minimum of 40% of available game time.

Please ensure you are familiar with the details below.

## PLAYER MINIMUM REQUIREMENTS (40% rule) – Key Points

- All players in all age groups must play a minimum of 40% of the total number of available minutes over the Junior State Titles (40% rule).
- For the avoidance of doubt, Associations should refer to the table below to determine how many minutes equates to 40% for each division at Junior State Titles.
- Where a player is unavailable for games for medical reasons, a medical certificate from a registered Medical Practitioner, Physiotherapist, or the on-site medic should be submitted with the 40% recording sheet.
- Where the release is provided by the Netball NSW appointed on-site medics, a release slip will be completed that can be submitted with the Player match recording form.
- If your own Association appointed Physio or other medical practitioner is providing a medical certificate this must be provided on their own letterhead, or the Netball NSW medical release slip can be used.
- 40% of games will be determined from the games the player was available for.  
ie: if a player is ruled out for 2 (2 x 24 minutes) games of a total of the 19 games by a medical officer, then the 40% rule will be taken from only the 17 (17 x 24 minutes) games that they are available to play.

## ROLLING SUBSTITUTIONS

- Minutes are to be recorded of the actual time that the player has been on court.
- It is the responsibility of the team officials to ensure these details are adhered to.
- The introduction of rolling substitutions does allow for players to be more effectively utilised throughout State Titles.

## PLAYER RECORDING FORM

- Teams will be provided with a **Minutes Played Recording** sheet for each day of State Titles when they collect their team bags on the Saturday Morning.
- This sheet should be used to record a players' minutes played over the course of each day.
- Please note there are 168 available minutes per game – please ensure your team tally for each game adds to this.
- The completed sheet for the day **MUST** be returned to Event Control at the conclusion of each day's play and **MUST** be signed by the Head Coach, the Team Manager, and the Association Liaison Officer.
- Any player deemed to not meet requirements will be highlighted and can be discussed with the Netball NSW Staff and Competition Management.

In line with the Vision & Purpose of HART Junior State Titles it is the recommendation of Netball NSW that all Association representative coaches achieve closer to a minimum playing time of 50% of available games rather than the rule stipulated 40%; this will continue to grow the sport and enhance the experience of all players during the competition.

| Division       | Total matches | Total Minutes | 40% equates to: |
|----------------|---------------|---------------|-----------------|
| 14U Division 1 | 19            | 456           | 182             |
| 14U Division 2 | 18            | 432           | 173             |
| 14U Division 3 | 17            | 408           | 163             |
| 14U Division 4 | 19            | 456           | 182             |
| 14U Male       | 10            | 240           | 96              |
| 13U Division 1 | 19            | 456           | 182             |
| 13U Division 2 | 18            | 432           | 173             |
| 13U Division 3 | 18            | 432           | 173             |
| 13U Division 4 | 19            | 456           | 182             |
| 12U Division 1 | 21            | 504           | 202             |
| 12U Division 2 | 19            | 456           | 182             |
| 12U Division 3 | 18            | 432           | 173             |
| 12U Division 4 | 20            | 480           | 192             |

## PLAYING RULES FOR JUNIOR STATE TITLES

Please refer to clause 4.4 of the *Junior State Titles Competition Rules*. As outlined below:

### 4.5 Player Minimum Requirements

#### 4.5.1

All players in all age groups must play a minimum of 40% of the total number of available minutes over the Junior State Titles (40% rule).

#### 4.5.2

Where a player is unavailable for games for a medical reason, a medical certificate from a registered Medical practitioner or Physiotherapist or the on-site medic should be submitted with the 40% recording sheet, 40% of minutes will be determined from the number of minutes the player was available for. ie: if a player is ruled out for 2 (24 minutes) games of a total of the 19 (456 minutes) games their Team is scheduled to play by a medical officer, then the 40% rule will be taken from only the 17 (408 minutes) games that they are available to play.

#### 4.5.3

Each Team will receive with their score sheets, 3 recording sheets to document the minutes each player has played over the three days of the Junior State Titles.

The recording sheets:

- a) Will include all registered players' names; and
- b) Provide for the documenting of the minutes each player has played; and
- c) At the end of each day be signed by the Head Coach, the Team Manager and the Association Liaison Officer and submitted as directed by Netball NSW.

#### 4.5.4

The penalty for a breach of the '40% rule' is disqualification from any placing and the Association responsible will be fined two thousand dollars (\$2,000.00). Where a Team is disqualified the team will have a 'DQ' designation next to the Team name on the competition ladder and will retain their competition points and corresponding ladder position for the purpose of grading in the following year Junior State Titles only.

#### 4.5.5

When entries for the Junior State Titles are forwarded, a declaration of commitment of the '40% rule' for all players is to be signed by an Association Official. If the form is not received, Teams will not be accepted into the Junior State Titles Competition.

#### 4.5.6

Any dispute in relation to the '40% rule' must, in the first instance, be referred by the party alleging a breach of the rule to the Player's nominated player's Association Liaison Officer for Junior State Titles. Suitable attempts to resolve the dispute should be made by both parties prior to completion of the competition Netball NSW 2026 HART Junior State Titles Competition Rules 14

#### 4.5.7

If any dispute in relation to the '40% rule' is unable to be resolved within 24 hours of being referred to the player's Association Liaison Officer, the dispute may then be referred by either party to Netball NSW. This must happen no later than 5pm on the Tuesday following the completion of Junior State Titles.

4.5.8 Any dispute in relation to the '40% rule' that is not referred to the player's Association Liaison Officer and/or Netball NSW within the time frames stipulated in clause 4.5.6 & 4.5.7 above will not be dealt with. At no time will any anonymous complaint in relation to the '40% rule' be dealt with or considered.