

Mixed Netball Guidelines

Netball SA Adelaide Metropolitan Netball Division

1/2/23

- All players are bound by the Adelaide Metropolitan Netball Division Conditions of Play (2023), unless where modified in these guidelines.
- Clubs may nominate a 15 & Under mixed team via PlayHQ.
- Matches will be played in the “Intermediate” time slot, on Saturdays during AMND season.
- Players must be 15 years or younger from 1 January to 31 December in that year of the competition.
- Team uniforms for boys may be the club’s current uniform offering (singlet, t-shirt + club shorts), or club branded top and plain shorts.
- Girls may play in their current AMND Junior team, as well as a mixed team in the same round (2 games on the same day).
- Teams may have up to 3 boys on court at one time, with a minimum of 1 boy on court.
- The boys must be placed in the following positional combinations:
 - a) 1 in the ATTACKING positions (GS or GA).
 - b) 1 in the MIDCOURT positions (WA, C, or WD).
 - c) 1 in the DEFENCE positions (GD or GK).
- All other rules of netball apply as per the Official Rules of Netball.

Frequently Asked Questions

Does my club have to nominate a mixed team?

No, you do not have to nominate a team. We highly encourage clubs to seek availability within your club group and the wider community.

Do players still have to pay the Netball SA Membership fee for mixed teams?

Yes, players will need to register and pay for membership fees. Participants will be charged the Netball SA fee at their first registration and are then able to play at any other Netball SA affiliated competition in that 12 month period.

What if a player who is non-binary or any other gender wants to play in the team?

A player who identifies as any gender may play in the team. Teams may still have up to 3 boys on court, with a minimum of 1 boy on court at all times.

What uniforms do the mixed teams wear?

AMND introduced inclusive uniform guidelines in 2022, which included singlets, t-shirts + shorts as well as the traditional A-Line dress. Players can wear any of the options listed above as long as they are in the same club colours and design.

How do we register a team?

Clubs can nominate a team to the "15 & Under Mixed" grade on PlayHQ for the AMND 2023 season.

Can girls play in a mixed team as well as their traditional team?

Yes, girls may play in their all-female team as well as in a mixed team. Girls must meet the age requirements for any grade they play in.

What is the age range for players to be able to play in the mixed grade?

Players must be between 13 and 15 years of age in the year of competition. A player turning 13 in the year of competition may play in the 15U mixed grade.

For example:

A player who is turning 16 in 2023 is not eligible to play.

A player who is turning 13 in 2023 is eligible to play.

What options are there for boys to play netball outside of these ages?

Boys can play in the traditional AMND Competition until the age of 12. Boys who are under 12 years of age at the commencement of AMND Competition will be permitted to play throughout that season until its conclusion, even if they turn 12 during the competition.

Currently, AMND does not have an offering for boys to play netball over the age of 15. The South Australian Men's and Mixed Association has other offerings including a 17&U mixed competition, held at Netball SA Stadium. Please head [HERE](#) for more information on SAMMNA's offerings.

What are the different on-court rules for mixed netball?

All of the Official Rules of Netball apply except for:

Teams may have up to 3 boys on court at one time, with a minimum of 1 boy on court.

The male players must be placed in the following positional combination.

1 in the ATTACKING positions (GS or GA).

1 in the MIDCOURT positions (WA, C, or WD).

1 in the DEFENCE positions (GD or GK).

How many boys can be in a team?

There is a maximum of 12 players to be listed in a team, and there can be no more than 3 boys on court at any one time. You may have boys on the bench, but teams are encouraged to maximise court time for all players.