



QUEENSLAND GIRLS
Secondary Schools
Sports Association

BY-LAWS

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Queensland Girls Secondary Schools Sports Association Inc
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Established 1908 – Performance, Participation, Tradition & Innovation



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BY-LAWS

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QUEENSLAND GIRLS SECONDARY SCHOOLS SPORTS ASSOCIATION INC.

VISION

To be the leading secondary schoolgirls sporting association and a passionate promoter and advocate for young women in sports.

PURPOSE

To provide a suite of innovative, targeted, high-quality sports programs for students in member schools that encourages participation and elite performances in respectful, safe and healthy environments.

VALUES

- **Performance:** Opportunities for girls to participate in sport and improve their skills from a recreational level to elite competition, while developing team spirit, leadership, and resilience.
- **Participation:** Experiences and choices which provide opportunities for physical, emotional, ethical, and social development by engaging and motivating each student regardless of ability level and experience.
- **Tradition:** Over 118 years of friendly, spirited competition, commitment to participation, performance and equity, collegiality and respect for each other, and commitment to the shared cause of women's sport and wellbeing.
- **Innovation:** A focus on continuous improvement and providing access to a diverse range of sporting activities which allow girls to appreciate the value of physical activity, develop their skills and strive for excellence.
- **Leadership:** Opportunities for developing girls' character, ethics, and team building and collaboration skills, while promoting girls and women's sport and advocating for access to resources.

MEMBERSHIP

- The membership comprises up to ten schools
- All member schools are required to participate in Athletics, Cross Country and Swimming
- Any variation in participation by a member school is subject to QGSSSA approval
- Member schools may participate in a variety of additional approved sports as offered
- In the event of a vacancy occurring in the membership of the QGSSSA, the following criteria would need to be considered for any application:
 1. The school must support the Mission statement and the Code of Conduct of the QGSSSA
 2. The school should be geographically situated to allow for convenient participation in competition by all member schools
 3. The school must be well established with an enrolment from Years 7–12 that is high enough to enable the school to enter the three core sports i.e. Athletics, Cross Country and Swimming. The suggested minimum female enrolment would be 550.
 4. The school would be expected to give assurance that they would give priority to QGSSSA competition.
 5. Preference would be given to an Independent School.
 6. The school must be represented at all QGSSSA meetings.
- New members will be required to pay a registration fee.

MANAGEMENT OF SPORTS

- Athletics, Cross Country and Swimming are to be arranged by age divisions.
- Member schools may participate in the following sports – Artistic Gymnastics, Australian Rules Football, Badminton, Basketball, Cricket, Hockey, Netball, Rhythmic Gymnastics, Football, Tennis, Touch Football and Volleyball
- Sporting competitions will be divided into grades and/or divisions as deemed necessary by the Association.
- The grades will be Year 7, Year 8, Year 9, Year 10, Senior (Years 11 and 12) and Open.
 - **Exception:** Sports organised by proficiency levels e.g. Football – Junior (Years 8 & 9), Senior (Years 10, 11 & 12) and Open.
- The number of teams entered at each grade is for each school to determine based upon student numbers and availability of resources.
- Each school will nominate an Open team unless an exemption is sought and approved.
- A school may enter more than one team in any grade other than the Open grade.
- Schools will nominate teams in each grade in descending order, beginning with the Open Grade
 - **Exception:** Artistic Gymnastics
- Schools will nominate teams in each division within each grade in descending order, beginning with an A Grade.
- Schools must enter an A team in each Year 7 sport or activity entered.
- Any proposed variation to the divisions in a grade requires QGSSSA approval e.g. should exemption be sought, a submission in writing will be required and approval would be given based on performance of players in the previous year.
- If a vacancy occurs because of an exemption and more than one school nominates to fill the slot, a ballot will be held to determine which school will fill the vacant spot.
- If a school is unable to enter a complete team in a grade or division, they may apply in writing to the Management Committee to request permission to play a composite Year

level team in the competition. If approval is obtained, students may play up in another higher year level providing the composite team is at the lowest grade in that level.

- Where fewer than five teams are nominated in any grade the consent of the Management Committee will be needed before a fixture draw can be made.
- Open teams may be multi-age with the exception of Senior Australian Rules Football. Open Senior Australian Rules Football teams are limited to students enrolled in Years 10, 11 and 12.
- Competition draws are to be developed by the Executive Officer following nominations by schools of the number of graded teams entered for each sport.
- There should be no sporting competitions on Sundays.

PROPOSALS FOR NEW SPORTS

- It is a guiding principle of the QGSSSA that increased participation be provided for more students through competition on various sports.
- Nomination of new sports should follow the current QGSSSA procedural guidelines and criteria.
- The first year will be a social one.
- Where possible QGSSSA seasons will be aligned with State schoolgirl competitions.
- See Appendix 1 for Application Form

SUBSCRIPTIONS

- Each school will be required to pay an affiliation fee determined by the Association.

GENERAL RULES

- 1 These General Rules may be amended at an Association meeting.
- 2 Each school shall have an official Association number and is to be represented in any draws by that number: These official school numbers shall be worn by competitors in appropriate sports.

SCHOOL	COLOUR	NUMBER	BADGE
MORETON BAY COLLEGE	MAROON & GOLD	2	
SOMERVILLE HOUSE	GREEN & NAVY BLUE	3	
ST HILDA'S SCHOOL	RED, GOLD & NAVY BLUE	4	
BRISBANE GIRLS GRAMMAR SCHOOL	ROYAL BLUE	5	
IPSWICH GIRLS' GRAMMAR SCHOOL	PALE BLUE	6	
CLAYFIELD COLLEGE	GREEN & GOLD	7	
BRISBANE STATE HIGH SCHOOL	BLUE & CERISE	8	
ST AIDAN'S ANGLICAN GIRLS' SCHOOL	NAVY, BROWN & WHITE	9	
ST MARGARET'S ANGLICAN GIRLS SCHOOL	NAVY, BROWN & WHITE	10	
ST PETERS LUTHERAN COLLEGE	MAROON & WHITE	11	

- 3 Schools are to be rostered for duties for organisation of sports. This roster may be reviewed.

Roster for Competition

Artistic Gymnastics	Clayfield College
Australian Rules Football	QGSSSA
Athletics	St Peters, BGGS
Cross Country	St Hilda's, BSHS
Rhythmic Gymnastics	MBC
Swimming	Somerville House
Badminton	IGGS, St Margaret's AGS, St Aidan's AGS, BSHS

4 **PENNANTS**

- 4.1 In all QGSSSA core sports, aggregate pennants are awarded to overall winning schools.

Separate pennants are awarded to winning grades and Year levels or Age Divisions in all sports.

- 4.2 In the event of a tied premiership, pennants will be awarded to each winning school.

5 **TROPHIES**

Trophies are awarded in the following sports:

Athletics	Stephens Cup Del Mellefont Percentage Trophy
Cross Country	Association Cup Joan Benson Percentage Shield
Swimming	Mollie Gould Trophy Sheena Dyason Percentage Cup Open Brockway Cup Junior Brockway Cup

All aggregate trophies are determined by totalling the number of points each school scores during the competition.

Association Percentage trophies are calculated on a percentage points basis where the total amount of points scored in the seven age divisions is divided by the total female secondary enrolment. Where a school's total population is less than 550 students, a value of 550 students will be used for the title calculation. The winner of the aggregate trophy is not eligible.

- 6 Any girl not wearing official school competitive attire shall be removed from the competition.

QUEENSLAND GIRLS SECONDARY SCHOOLS SPORTS ASSOCIATION INC. BY-LAWS

1 OFFICE BEARERS:

1.1 Duties of President:

- 1.1.1 To chair all meetings of the Association, its committees and sub-committees.
- 1.1.2 To call extraordinary meetings as deemed necessary.
- 1.1.3 To supervise and appraise the Executive Officer and make recommendations in relation to the Executive Officer to the Management Committee.

1.2 Duties of Vice President:

- 1.2.1 To deputise for the President where necessary.

1.3 Duties of Past President:

- 1.3.1 To be a member of the Disputes committee.

1.4 Duties of Administration Director:

- 1.4.1 Ensure that the administrative practices align with the mission and vision of the association and serve as a liaison between the Executive Officer and any administrative stakeholders that may be needed.

1.5 Duties of the Treasurer:

- 1.5.1 To monitor the financial affairs of the Association and from time to time make recommendations to the Management Committee about such matters
- 1.5.2 To prepare, in conjunction with the Executive Officer, the budget and to present it at the Annual General Meeting
- 1.5.3 To ensure the financial requirements of the Constitution are met. (*Refer to Section 27, Funds and Accounts*).

1.6 Duties of the Executive Officer:

The Executive Officer is directly responsible to the Management Committee and reports directly to the President for the day-to-day operations of the Association.

- 1.6.1 To attend all meetings of the Association, its committees and subcommittees
- 1.6.2 To keep a true and correct record of all Minutes and Resolutions passed by the Association at all duly constituted meetings.

- 1.6.3 To provide a copy of all Minutes and Resolutions to the Chair for confirmation.
- 1.6.4 To fulfil any other duties as designated in the Constitution or by the QGSSSA Board.
- 1.6.5 To establish and maintain a database, and to keep all records, including archival materials, pertaining to the Association
- 1.6.6 To handle all finance and financial books as directed by the Treasurer, including the development and preparation of the budget
- 1.6.7 To address all correspondence directed to the Association and as directed by the Secretary
- 1.6.8 To ensure all matters pertaining to Officers’ Insurance (Directors, Officers and Public Liability) is adequate, maintained and reviewed annually by the Management Committee
- 1.6.9 To arrange printing and distribution of a list of the annual sporting dates
- 1.6.10 To arrange and oversee draws for sports
- 1.6.11 To organise all other arrangements for sports as required

(Sports Sub-committees will be formed to assist the Executive Officer with the organisation of all sports. These sub-committees may be changed at a Sportspersons’ meeting. They will consist of:

Artistic Gymnastics	1 school	CC
Athletics	2 schools	BGGs & SPLC
Cross Country	2 schools	STH & BSHS
Rhythmic Gymnastics	1 school	MBC
Swimming	1 school	SOM HSE
Badminton	4 schools	IGGS, STM, STA & BSHS

- 1.6.12 To book venues for QGSSSA events
- 1.6.13 To check venue preparedness in adequate time to ensure all Workplace Health & Safety requirements are met
- 1.6.14 To promote QGSSSA events.
- 1.6.15 To forward results of team sports to all competing schools after each round of the competition
- 1.6.16 To order, maintain and provide pennants for all sports and to organise with the Principal of the Host school for the presentation of these.
- 1.6.17 To arrange for the attendance of First aid personnel
- 1.6.18 To coordinate all sporting competitions as required by the Association

- 1.6.19 To maintain, in conjunction with the Sportspeople, the Workbook
- 1.6.20 To act as conduit for the Sportspeople at Association Meetings
- 1.6.21 To coordinate the dispute process when required
- 1.6.22 To fulfil any other duties as directed by the President

Refer to the Duties of the Executive Officer Document for duties related to specific sport competitions.

2 SPORTING COMMITTEE

- 2.1 A Sporting Committee meeting will consist of Sportspeople from member schools, together with the Executive Officer, the Association President or their designated representative who will be the Chair, and in his/her absence, the Vice President and the Secretary.
- 2.2 Sporting Committee meetings will be convened at least 4 times per year prior to the Board of Directors meeting on dates scheduled by the Association.
- 2.3 Prior to the November Board of Directors meeting, Sportspeople will meet to prepare recommendations on matters relating to sporting fixtures for the following year. The Executive Officer will notify Principals in writing of such recommendations, for discussion at the November meeting.
- 2.4 Sportspeople will not be required to attend the Board of Directors meetings unless by special invitation. The Executive Officer will be the conduit to the Association Meetings.

3 MEMBERSHIP FEES AND LEVIES

- 3.1 Each school is required to pay a registration fee upon joining the Association.
- 3.2 Each school is required to pay an annual membership fee based on the secondary enrolment as per the official March census. 75% due on the 1st February with the balance due on 30th March based on the March census figures. Full fee paying overseas students are to be included in the school population for calculation of affiliation fees.
- 3.3 The Association will be empowered to fix the amount of the membership fee or levy at the mid-year Association Meeting.
- 3.4 The Treasurer will send an account for the yearly fee to each member school by December 1st.
- 3.5 From time to time member schools may be required to remit any levies, considered necessary by the Association.
- 3.6 All monies payable to the Association will be handled in accordance with the Constitution.

- 3.7 All monies to be drawn from the Association's account must be authorised by the signing of cheques or debit authorities by any two Office Bearers and/or Executive Officer.

4 COMPETITIONS

- 4.1 The general format of sporting competitions conducted by the Association, together with suitable avenues and appropriate dates for such fixtures, will be decided at the November meetings.
- 4.2 There will be no sporting competitions on Sundays.
- 4.3 Any sport agreed upon by a majority of member schools will be accepted for competition.
- 4.4 Upon the request of the Executive Officer each school will submit in writing details of the sports in which they intend to participate. This submission to be to the Executive Officer by the end of July.
- 4.5 Competition draws are to be developed by the Executive Officer following nominations by schools of the number of graded teams entered for each sport.
- 4.6 The Executive Officer, with the assistance of sub-committees, is to co-ordinate all sporting competitions throughout the year.
- 4.7 All member schools are required to participate in Athletics, Cross-Country and Swimming. These sports will be termed **core sports**.
- 4.8 Any variation in participation by a member school is subject to QGSSSA approval.
- 4.9 Annual competition will be conducted in the following **elective sports**:
- Artistic Gymnastics, Australian Football, Badminton, Basketball, Cricket, Football, Hockey, Netball, Rhythmic Gymnastics, Tennis, Touch Football and Volleyball.
- 4.10 Sporting competitions will be divided into grades and/or divisions as deemed necessary by the Association.
- 4.10.1 The divisions for elective sports will be Year 7, Year 8, Year 9 and Year 10, Senior (Years 11 and 12) and Open.

EXCEPTION: Sports organised by proficiency levels and

Hockey:	Junior (Years 7, 8 & 9) Senior (Years 10, 11 & 12) and Open
Football:	Junior (Years 7 & 8) Intermediate (Years 9 & 10) Senior (Years 11 & 12) Open

Senior Australian Rules Football:	Senior B, Senior A, Open (Years 10, 11 & 12)
Junior Australian Rules Football:	Junior C (Years 7 & 8) Junior B (Years 8 & 9)

4.10.2 Open teams may be multi-age.

4.10.3 The number of teams entered at each division is for each school to determine, based upon student numbers and availability of resources.

4.11 Overall pennants will only be awarded in the Core Sports

4.11.1 A pennant will be awarded to the winning team in each grade or Age Division in all sports.

5 COMPETITION RULES

5.1 Rules governing sporting competitions will be as set down in the official international rulebook of the association of the sport concerned, unless for some reason official rules must be modified to suit the aims and facilities of the Association.

5.2 Any modification to official rules will be agreed upon at the November Association meeting for the forthcoming year.

5.3 Only bona fide secondary school pupils enrolled in the member schools may participate in Association competitions. That is, a pupil who is enrolled in regular full-time attendance.

5.4 Each school will nominate an Open grade team in their nominated elective sports, unless an exemption with supporting evidence is sought and approved by the Executive.

5.4.1 When there are insufficient players to safely field an Open team after the competition has commenced, that team may forfeit.

5.4.2 **Exemption teams:** Teams who are approved for an exemption are ineligible for competition points and therefore ineligible to win pennant. Subsequent lower division teams (following an exemption team) remain eligible for competition points/pennant.

Exemption teams who remain undefeated or who would have otherwise won a competition if points were awarded, are not permitted to advertise any perceived premiership or potential overall ladder position.

5.4.3 An Exemption Committee comprising of the Sporting Committee Members will meet online to review exemption requests prior to submission to the QGSSSA Executive for endorsement/feedback.

5.5 A school may enter more than one team in any grade other than the Open grade where the draw can accommodate it.

5.6 Schools will nominate teams in each grade in descending order, beginning with the Open Grade

5.6.1 **Exception:** Artistic Gymnastics. This sport requires schools to nominate teams from A Grade down in descending order if they cannot nominate an Open team.

5.7 Schools will nominate teams in each division within each grade in descending order, beginning with an A Grade, for example Senior A then Senior B etc, OR in Artistic and Rhythmic Gymnastics Year 7 (i) then Year 7 (ii) etc.

Note: By-Laws 5.11

An example follows: Schools nominate in each grade in descending order then fill teams across the grades into divisions in descending order as required.

TEAM SPORTS	Open	Senior		Year 10		Year 9		Year 8		Year 7		
		A	B	A	B	A	B	A	B	A	B	C
	Open	Snr A	Snr B	10 A	10 B	9 A	9 B	8 A	8 B	7 A	7 B	7 C
✓	✓	✓	✓		✓	✓	✓		✓	✓		

WAG	Open	A Grade	B Grade	C Grade	D Grade		Year 7	
					D (i)	D (ii)	7 (i)	7 (ii)
✓	✓	✓	✓	✓		✓	✓	

5.8 Where fewer than five teams are nominated in any grade the consent of the Executive will be needed before a fixture draw can be made.

5.9 Where provision is made in any sport for participation by a Year level team, membership in such teams shall be restricted to students of that year level, unless there are mitigating circumstances.

5.10 If a school is unable to enter a complete team in a division, they may apply in writing to the Executive to request permission to play a composite Year level team in the competition. If approval is obtained, students may play up in another higher year level providing the composite team is at the lowest grade in that level.

Exception: Tennis

Approval to enter composite teams may be sought on the following conditions:

- a. The players named in the Composite team have not been named in teams in their year level i.e. they are not ranked high enough for selection at that level
- b. Members of a composite team must play in their year level or above
- c. If being nominated in a higher year level players of that year level have a priority of selection.
- d. Once the squad has been selected the players are then ranked regardless of year level and Divisions are named accordingly eg: Senior A, Senior B, Senior C etc.

Rules governing: By-Law 5.12 and Team Sports, Eligibility 1.3 apply.

- 5.11 Any proposed variations to the divisions require QGSSSA approval eg: should exemption be sought, a submission in writing will be required and approval would be given based on performance of players in the previous year and current players' experience
- 5.12
- 5.12.1 If a vacancy occurs because of an exemption and more than one school nominates to fill the slot, a ballot will be held to determine which school will fill the vacant spot.
- 5.12.2 In any competition, if a school enters the draw in place of another school, that team will follow the draw of the school it replaces for both home and away games. Sporting facilities are to be negotiated between the schools concerned.
Schools that relegate a position within the draw hold no responsibility for the conduct of subsequent matches within that draw.
- 5.13 Any school unable to participate on a date scheduled for sporting competition shall:
- 5.13.1 Withdraw from the competition, if a one-day competition is involved.
- 5.13.2 Apply for rescheduling of the match, by mutual agreement, as close as possible to the original date.
- 5.13.2.(i) In the event of wet weather refer By Laws 5.16 & 5.17
- 5.13.2.(ii) In the event of special circumstances, if mutual agreement cannot be reached, the matches shall be played as scheduled.
- 5.13.2.(iii) Prior to rescheduling of fixtures, mutual agreement is to be reached concerning venues for games. If this cannot be agreed upon, then the home team will decide.
- 5.14 In the event of dangerous or altered playing conditions, the decision to continue the competition will be determined by a conference of Sportspersons of competing schools, and the Executive Officer, if present.
- 5.14.1 Thunder and Lightning 30/30 Rule
All coaches, managers, captains and anyone else with delegated responsibility for players, are instructed to exercise extreme caution during thunderstorms. The 30/30 rule is to be applied:
- 5.15.1(i) If lightning and thunder are separated by a period of less than 30 seconds, the lightning is close enough to be a threat. You are to leave the field immediately and seek shelter in a building or motor vehicle – not under trees.
- 5.15.1(ii) A period of 30 minutes should elapse before play is resumed, that is, after seeing the last lightning flash, wait 30 minutes before leaving shelter. If during this time lightning is again observed, following the 30/30 rule, the 30 minutes will start again.

- 5.15 Abandoned games in all sports shall be awarded the same points as drawn games.
- 5.16 If, due to wet weather, the majority of fixture matches in any one grade scheduled for a given date are not played, this shall constitute an abandoned round.
- Exception:** In cricket, where extra round dates are available due to nominations, at least one extra fixture will be nominated as a wet weather date to cater for round cancellations.
- If wet weather dates are scheduled, lost rounds will be played in the order of the draw.
- 5.17 If the majority of games are played in any one round, in any grade of any sport, games unable to be played due to wet weather may be rescheduled by mutual agreement. These games must be played by the Tuesday following the final round. If mutual agreement cannot be reached, both teams receive points as for a draw.
- 5.18 All age limits will be defined by the age of the student on December 31 of that competitive year.
- 5.19 Team entry forms must be returned to the Executive Officer and each relevant organising school/s by the stipulated time. The Executive Officer and relevant organising school must be notified of any subsequent change by 1.00pm on the day prior to the competition.
- 5.20 Late changes on the day must be signed by the Principal or his/her designated adult school representative and submitted no later than 20 minutes prior to event.

6 PRESS RELEASES

- 6.1 Individual schools may give press releases or be approached by the press through the Principal. No comment is to be made on another school's competitors.

7 BEHAVIOUR

- 7.1 The Association's Code of Behaviour shall be adhered to by all participating schools.
- 7.2 When harassment occurs, an Umpire should:
- 7.2.1 Speak to the coach and advise to quieten the person/s involved.
 - 7.2.2 Send for a Staff person to address the matter, who will inform the Principal.
 - 7.2.3 Suspend the game if harassment continues and provide a written report for the Executive Officer, who will notify the Principal.

8 DISPUTES AND PROTESTS

To lodge a protest the following procedures should be adhered to:

- 8.1 If a dispute occurs, an adult school representative shall notify the umpire/referee/jury and the opposing school representative.
- 8.2 Where possible, decisions on these disputes will be made by the Referee.
- 8.3 If a dispute cannot be resolved, the competition may continue under protest and a protest form is to be completed (see Appendix 2).
- 8.4 Where pennants are presented on the day of competition, protests signed by the Sportspersons, must be lodged with the Executive Officer within 30 minutes of the particular event in protest. Decisions on these protests will be made by the Referee unless requiring further deliberation by the Disputes Committee.
- 8.5 All protests made after the day of competition must be signed by the Principal and in the hands of the Executive Officer within seven days. The decision on these protests shall be made by the Disputes Committee.
- 8.6 The Disputes Committee will be comprised of three members who shall be the President, Past President and the Executive Officer.
- 8.7 If a Principal is unable to take his/her place on the Committee, then the Vice-President will take his/her place.
- 8.8 The Disputes Committee will deal with and resolve all matters on receipt of a written protest, and consequently notify the schools concerned in the dispute through their sports coordinator.

9 RECRUITMENT OF SCHOLARSHIP STUDENT TO A MEMBER SCHOOL

- 9.1 No Member School is to recruit or seek to recruit a student from another Member School by offering fee assistance or any other benefits.
- 9.2 Where a family approaches a Member School to enrol their daughter who is already enrolled at another Member School on a sporting scholarship, the Head of School who has been approached shall inform the Head of the other School and the Executive Committee within fourteen (14) days out of professional courtesy.

10 AMENDMENTS OF BY-LAWS

These By-Laws may be amended at any Association Meeting provided that notice of motion in writing has been given to the Executive Officer of the Association 14 days prior to that meeting.

DUTY OF CARE - QGSSSA SPORTS

The Association seeks to provide quality sporting opportunities for member schools.

To achieve this aim, QGSSSA has developed workbook procedures and rules within each sport to allow for participation, equity and fairness for all the participants.

Modifications to the official international rulebooks of the sports played by QGSSSA members are based on reflecting the aims and facilities of the Association.

The Association also sets eligibility rules within sports to reflect these aims. These rules are adopted when they have been approved by the majority of the members.

It is the schools responsibility to decide whether the student can perform safely in any competition.

For Artistic and Rhythmic Gymnastics, eligibility rules aim to equalize the grades so all member schools may participate in a balanced competition.

Schools must take the responsibility and act to ensure that all gymnasts are fit and able to complete the routines as required by QGSSSA rules. It is the schools responsibility to decide whether the gymnast can perform safely in the competition.



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WORKBOOK

Team Sports

Updated 23 January 2026

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Established 1908 - Performance, Participation, Tradition & Innovation

TEAM SPORTS

GENERAL: CRICKET, BASKETBALL, BADMINTON, FOOTBALL, HOCKEY, NETBALL, SOFTBALL, TENNIS, VOLLEYBALL & TOUCH

1 ELIGIBILITY

Refer also to By Laws 5.3 - 5.12

- 1.1 The Open competition is unrestricted as to Year groups (exception: Australian Rules Football).
- 1.2 On any fixture round, girls are permitted to play in only one sport.
- 1.3 On any fixture day, girls are permitted to play in only one grade.

Exception:

A girl may replace another girl from a higher grade or year level in extenuating circumstances (e.g. injury or illness incurred on the day, e.g. car accident). Prior to the commencement of the game, the coordinator from the opposing side must be notified and in agreement with this replacement occurring.

Please note: It is expected that any reserves in that year level be played before another grade/year level player is moved up. **Exception:** A hockey goalkeeper.

- 1.4 Any girl who plays or is named to start in a third fixture, in a particular grade/division, must remain in that division.
- 1.5 Where more than one team has been nominated in a grade/division, the players are considered to be members of only one team, that is, students must not alternate between teams within that grade/division during the season.

Teams are to be graded in descending order. Refer By Laws: 5.7

The number 1 team should play in the school's draw.

Exception:

- Movement of players may occur across teams in the same grade/division in extenuating circumstances, eg injury or illness and school approved absence.
- Unacceptable requests as noted in the rescheduling proforma will not be permitted.
- Where possible the opposing school should be notified of any changes, as soon as possible.

Changes on the day of competition: Prior to the commencement of the game, the coordinator from the opposing side must be notified and in agreement with this replacement occurring.

- 1.6 As a general guideline and in the spirit of QGSSSA competition, when a student has to be replaced, it is desirable to select a student with comparable standard of skills from the same year level.
- 1.7 For a clarification of team numbers and what constitutes a game for each sport please refer to Appendix 1.

1.8 Match forfeiture

For the purposes of these By-Laws, a team forfeits a match if:

- a. A team is unable to field the minimum number of players to constitute a game (please refer to table 'Team Number and What Constitutes a Game' page 17 of QGSSSA By-Laws).
- b. A team cannot be provided with adequate school supervision for a fixture to proceed.
- c. A team is unable to participate, or chooses not to participate, in accordance with the QGSSSA By-Laws or Workbook (e.g., fields in ineligible player to ensure a minimum number of players to constitute a game, alters the match conditions of a fixture without the consent of the QGSSSA Executive Officer and opposing Director of Sport).
- d. Where a player refuses to leave the playing area when ordered to do so by the match official.

NB: In the event that teams cannot mutually agree on the rescheduling of washed-out fixtures, teams are to share points, a forfeit will not be declared by either team.

Where a team forfeits a match, the following shall apply:

- The points for the match shall be awarded to the Team who did not forfeit the match.
- The Team who forfeits the match will be awarded zero points.

2 FIXTURES

Refer also to By Laws 5.13

- 2.1 All fixtures should be played on the scheduled day.
- 2.2 By mutual agreement, competitions between schools may be rescheduled as close as possible to the original date. Rescheduled games should be played within 14 days following the final round. If mutual agreement cannot be reached, the competition should be played as scheduled.
- 2.3 Sports played at a central venue may only be rescheduled owing to problems with the venue or with weather conditions. Rescheduling will only then occur with the approval of the majority of schools.
- 2.4 Games may start at 7:30am or as agreed by the Association. The home team has the right to decide the competition order.
- 2.5 Contact by the home team to organise fixtures should be made four school days prior to the competition.

- 2.6 Late changes of venues, draws and order of games for all sports are to be made no later than 3.00pm, two school days prior to the competition. If a match is rescheduled, there should be written confirmation between the schools involved and a copy must be forwarded to the Executive Officer on the proforma.
- 2.7 Each school must have an adult representative at each venue.
- 2.8 In all fixtures the succeeding round must be scheduled to follow immediately after the completion of the preceding round unless there is mutual agreement between the two schools.

3 WET WEATHER

Refer also to By Laws 5.16, 5.17 & 5.18

- 3.1 Wet weather cancellation should be negotiated between schools.
- 3.2 If, due to wet weather, a majority of fixture matches in any one grade for a given date is not played, all teams will be allotted points as for an abandoned round.
- 3.3 Schools are permitted to change the timing of the game by mutual consent if adverse conditions exist, eg lack of lightning, adverse weather, court conditions, late arrivals.
- 3.4 If both schools cannot agree, the final decision rests with the home team.

4 EQUIPMENT

- 4.1 Uniforms: Where home and away team uniforms are similar, the away team will wear distinguishing clothing, e.g. bibs, during the game.

5 RESULTS

- 5.1 All result slips must be signed by a staff member from both schools concerned.
- 5.2 It is the home school's responsibility to enter the results into the applicable platform by the determined due date.
- 4.3 Should a match be mutually rescheduled, the result slip must be sent to the Executive Officer as soon as possible.

Also refer By Laws 5.17

5 DISPUTES

Refer: By Law 8

6 POINTS

Exception: Badminton 3

Win	2 points
Win on Forfeit	2 points
Draw	1 point each
Abandoned Game	1 point each
Bye	0 points
Abandoned Round	1 point (all bar bye teams)
Loss	0 points

8 PENNANTS

Refer: General Rules 5

8.1 A minimum of five teams must compete for a pennant to be awarded.

9 HOME TEAM DUTIES

- 9.1 Provide adequate facilities.
- 9.2 Provide ice and first aid.
- 9.3 Provide stopwatches and timekeepers.

10 DRAW

- 10.1 Boutique draw created every two years to accommodate as many unique school requirements as possible (facilities, travel etc).
- 10.2 The first mentioned school signifies the home team

11 UMPIRES AND REFEREES

- 11.1 Each school must supply one umpire/referee for each match unless by mutual agreement.
Exception: Touch & Football
- 11.2 Coaches should not referee/umpire their own team without the agreement of the opposing school.
- 11.3
 - 11.3.1 Schools may determine the rate at which they pay their umpires / referees based on their competency and experience.
 - 11.3.2 For all sports, umpires or referees should be badged where possible, otherwise they should be deemed to be competent persons, conversant with the rules of the game.

12 BARRACKING

No mechanical devices or musical instruments will be permitted.

TEAM NUMBERS AND WHAT CONSTITUTES A GAME:

Sport	No. On Team List	Min On Field	Duration Of Game
Australian Rules Football	18	8	At least 15 minutes played (1/2 time) score to stand.
Badminton	8		After 6 minutes played (1/2 timed game) with a 2 point advantage Open: after 15 points with a 2 point advantage Grade competition: 50% of the games played
Basketball	12	4	At least 20 minutes played (1/2 time) score to stand
Cricket	12	7 (Open) 7 (Div 1)	A minimum of 5 overs must be bowled to each side to constitute a match
Hockey	16	7	At least 30 minutes played (1/2 time) score to stand
Netball	12	5	At least 30 minutes played (1/2 time) score to stand
Football	16	7	At least 30 minutes played (1/2 time) score to stand.
Tennis	8		Refer: Workbook - Tennis 5.9
Touch	14	4	At least 20 minutes played (1/2 time) score to stand
Volleyball	12	5	On completed sets (any incomplete games to have 13 or more points with a 2-point advantage) Open: on 2 completed sets (any incomplete games to have 13 or more points with a 2-point advantage)

RESCHEDULING GUIDELINES FOR FIXTURES

ALL FORMS FOR RESCHEDULED GAMES MUST BE CO-SIGNED BY THE PRINCIPALS.

See Appendix 3 for form

1.0 Permitted Reschedules

Reschedules of QGSSSA fixtures will only be permitted in the following circumstances:

- **Wet Weather:**
Fixtures cancelled due to wet weather or associated venue closures.

- **Representative Commitments:**
When a minimum of 30% of the maximum number of players permitted to take the field from one team (including reserves) are unavailable due to school representation at state, national or international level.
 - Additional eligibility criteria for representative events are outlined in 2.0

- **Major School Events:**
When a fixture clashes with an approved whole-school or year-level event that cannot be rescheduled.
 - Additional eligibility criteria for major events are outlined in 3.0

2.0 Representative Eligibility Criteria

Schools may request a reschedule if the absence is due to participation in the following representative events in the same sport as the QGSSSA fixture:

- Queensland School Sport (QRSS) State Championships (e.g., QGSSSA Hockey fixture clashing with QRSS Hockey Championships).
- School Sport Australia (SSA) Championships or affiliation international event (e.g., QGSSSA Football fixture clashing with SSA Football Championships).

3.0 School Event Eligibility Criteria

Schools may request a reschedule if the absence is due to a clash with a major school event that cannot be moved.

Examples of appropriate events include:

- Major whole-school musical or drama productions
- Year-level camps

Unreasonable requests include (not eligible for reschedule):

- Dance or band performances
- School formals, semi formals, year level dinners or balls
- Subject-specific camps
- Boarding events

4.0 Unreasonable Requests

The following circumstances will not be considered valid grounds for a reschedule request:

- Club Sport Commitments: including clashes with club fixtures, finals or competitions.
- Unrelated Sports Commitments: e.g., Touch Football event clashing with the QGSSSA Badminton Championships.
- Elite Development Programs: including training sessions, elite development camps or academies.
- Coach Availability: coach absence due to representative or other commitments.
- Insufficient Absences: where less than 30% of players are absent due to representative sport commitments.

5.0 Timeline and Process

- Requests for reschedules due to major school events must be submitted prior to the commencement of Round 1 of the QGSSSA competition.
- The only reschedules considered after the start of the season will be those resulting from wet weather or associated venue closures and representative availability.
- For a reschedule request to be valid:
 - Both schools must agree on the proposed change.
 - A completed Reschedule Request Form, signed by the relevant staff from both schools, must be submitted to the QGSSSA Executive Officer and QGSSSA Competitions & Events Manager for approval as per the timelines outlined.
- Alternative fixture dates must be proposed through collaborative consultation between the two schools.
- If the schools are unable to agree on a revised date for the fixture to be rescheduled, the original fixture date will stand.
- Should a team be unable to meet the minimum team number requirements for the original fixture date, the match shall be deemed a forfeit.

PROCEDURES FOR SUBSTITUTING TEAMS

PROCEDURES TO FOLLOW WHEN ENTERING ANOTHER SCHOOL'S DRAW.

1 NOTIFICATION TO OTHER SCHOOLS REGARDING THE SUBSTITUTION

Include on the venue and co-ordinator's information sheet all relevant details, eg:

- Clearly indicate team/s involved: hereafter referred to as the "substituting team/s"
- State the school being substituted: hereafter referred to as the "replaced school"
- Detail the coordinator's information, venue, times of games, etc
- Supply to the replaced school details of the team so this can be incorporated

2 FORWARD DETAILED INFORMATION TO THE REPLACED SCHOOL FOR INCLUSION ON THEIR VENUE & INFORMATION SHEET.

- Forward approximately one week before the due date of distribution and detail the team, coordinator's information, venue IF POSSIBLE and any other relevant information

3 ORGANISATION OF FIXTURE DETAILS

Refer also to the Workbook - Team Sports 2.4

- **Each week, it is responsibility of the substitute team's coordinator to contact either the home/away school with details of the venue/s and times the teams will be playing**

Please note the motion from the Association Meeting 2 May, 2001.

- 1 In any competition, if a school enters the draw in place of another school, that team will follow the draw of the school it replaces for both home and away games.
- 2 Sporting facilities to be negotiated between the teams concerned.
- 3 Schools that relinquish a position within a draw hold no responsibility for the conduct of the subsequent matches within that draw.

4 REPORTING RESULTS

Each week, it is the home schools responsibility to enter the results into QGSSSA Sports Hub and Sports TG-GameDay by:

- 10am on Saturday for Autumn Fixtures
- 4pm on Saturday for Winter Fixtures



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Artistic Gymnastics

Updated 23 January 2026

Queensland Girls Secondary Schools Sports Association Inc
PO Box 586 Cannon Hill QLD 4170 | admin@qgsssa.com.au | www.qgsssa.com.au

Established 1908 - Performance, Participation, Tradition & Innovation

ARTISTIC GYMNASTICS

1 ELIGIBILITY AND GRADES

Point of clarification: Registered levels refers only to WAG registered levels.

- 1.1 Competition will be held in Open, A, B, C, D, and Year 7 divisions.
- 1.2 All gymnasts will be ranked according to their ability to perform the competition.
Refer: 1.4
- 1.3 Any Level 6 or above registered gymnast who is in training in a registered gymnastics competitive program under the auspices of Gymnastics Australia, or its equivalent, as of the 31st December of the previous year, must be entered in the Open or A Grade ONLY.
- 1.4 Following the close of nominations and submission of registered levels, the QGSSSA Artistic Gymnastics Sub-committee (representative from each school) shall meet with the following responsibilities:
 - Review exemption requests for feedback before submission to the QGSSSA Executive.
 - Review gymnast levels including the ranking of retired gymnasts.
 - Validate the rank order of each school.
- 1.5 Schools must nominate a minimum of four gymnasts in a team (3 to score) in the Open Grade before ranking any remaining Level 6 and above gymnasts in the A Grade.
- 1.6 If any Level 6 or above registered gymnast is not selected in the Open team, they are eligible to be nominated in the A Grade in rank order. **Refer: 1.9.1**
- 1.7 All remaining gymnasts (that do not fulfil the criteria of point 1.3) are ranked from A Grade down with no eligibility restrictions.
- 1.8 Where a team applies for an exemption, the team will be pennant ineligible. Subsequent lower division teams, following an exemption team, will also be pennant ineligible (with the exception of Year 7).
- 1.9 All schools entering the competition must enter an A grade team. Note: By-Laws 5.6
- 1.10
 - 1.10.1 **OPEN GRADE:**
Schools must nominate a minimum of four gymnasts in a team (3 to score) in the Open Grade before ranking any remaining Level 6 and above gymnasts in the A Grade.
 - 1.10.2 **A, B, C, D & YEAR 7 GRADES:**
For all divisions of these grades there may be a maximum of five (5) gymnasts in each team with a maximum of five (5) gymnasts to compete on each apparatus with the best three (3) scores to count.
- 1.11 A school may enter 2 teams in any one grade. Subsequent teams will be considered on availability via ballot.

- 1.12 A team consists of a minimum of 3 scoring gymnasts on each apparatus.
- 1.13 Changes to nominations ranking – re-ranking down between divisions can be made up to 5pm, two days before the competition. The QGSSSA Executive Officer must be advised of any re-rankings.

2 JUDGING

- 2.1 Each apparatus should have a minimum of two judges. There should be a jury (minimum of 1 judge) allocated for each session.

3 WARM-UP AND COMPETITION

- 3.1 At the commencement of competition in each grade, all teams will march onto the floor area to be introduced and to receive final instructions from the Announcer.

At the completion of the competition of each grade, teams will march on for the presentation.

- 3.2 All team movement will be at the direction of the Announcer who will instruct the competitors to move to their respective apparatus.

- 3.3 The competition will be held using the warm up – compete format.

- 3.3.1 Team Warm up rules will apply but will be based on the following time guidelines:

Open:

- » Bars and Beam: maximum 90 seconds per gymnast
- » Vault: maximum two vault warm up per gymnast
- » Floor: maximum 5 minutes per group

A Grade

- » Bars and Beam: maximum 45 seconds per gymnast
- » Vault: maximum two vault warm up per gymnast
- » Floor: maximum 4 minutes per group

B & C Grades

- » Bars and Beam: maximum 30 seconds per gymnast
- » Vault:
 - maximum two vault warm up per gymnast (B Grade)
 - maximum one vault warm up per gymnast (C Grade)
- » Floor: maximum 3 minutes per group

D Grade and Year 7

- » Bars and Beam: maximum 30 seconds per gymnast
- » Vault: maximum one vault warm up per gymnast
- » Floor: maximum 3 minutes per group

4 TEAM ENTRIES

Refer to By-Law 5.6

5 DISPUTES

Refer to By-Law 8

6 DRAW

Prior to the competition, a ballot will be made to determine schools' order of appearance.

7 PENNANTS

- 7.1 A pennant will be awarded to the winning team in each grade.
- 7.2 If there are 4 or more schools entering a second or subsequent team, a '2nd or subsequent Division' pennant will be awarded. This is based on only 7 schools entering the competition.
- 7.3 Open Division: The top individual scorer on each apparatus will be acknowledged.

8 SPECTATORS

- 8.1 Appropriate etiquette will be required.
- 8.2 Barracking: No mechanical devices or musical instruments will be permitted.
- 8.3 Flash photography is prohibited during competition.

9 UNIFORMS

- 9.1 Athletes can wear a leotard, unitard or leotard with leg coverings for any length. Leg coverings must be unbranded and the same colour as the bottom half of the leotard and are permitted to be worn under or on top of the leotard. All athletes within the team must wear the same leotard and colour of the leg covering. Each athlete within the team may choose whether to wear a unitard or leg coverings as this component of the team uniform can be chosen by each athlete.
- 9.2 Coaches are required to wear their school issued uniform/polo with slacks, shorts (mid-thigh length), or full length leggings, or as per the school's uniform policy. Coaches are required to wear enclosed footwear with non-marking soles.

The Workbook should not be read to the exclusion of the QGSSSA Artistic Gymnastics Manual.



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Athletics

Updated 23 January 2026

Queensland Girls Secondary Schools Sports Association Inc
PO Box 586 Cannon Hill QLD 4170 | admin@qgsssa.com.au | www.qgsssa.com.au

Established 1908 - Performance, Participation, Tradition & Innovation

ATHLETICS

1 ELIGIBILITY

1.1 Each school may be represented by one entry in any one event.

Exception: Open Multiclass events whereby one nominated student can compete for competition points, with additional students nominated as exhibition athletes and ineligible for competition points.

1.2 In individual events where divisions occur, the school must rank its competitors in descending order.

CLARIFICATION: In the event and athlete needs to be replaced (e.g. due to injury/illness), schools must ensure that nominations are adjusted to ensure that competitors are ranked in descending order (i.e. Division A athlete withdraws, Division B athlete moves in Division A, Division C athlete moves into Division B etc).

1.3 Ranking of relay teams, where divisions occur, must be done on the same principle.

1.4 Where divisions occur in an event, a competitor will not be permitted to enter more than one division.

1.5 Open Multiclass events

Students with a sport classifiable disability (i.e. meets the minimum eligibility criteria for classification) are eligible to participate and be awarded competition points. Students without a sports eligible classification are welcome to participate.

To compete in multiclass events and be eligible for competition points, students are required to undergo a classification assessment and hold a sport class in athletics.

1.6

1.6.1 Ages shall be:
12 years and under
13 years
14 years
15 years
16 years
17 years and over
Open Multiclass

1.6.2 A competitor may compete only in her own age group.

1.7 A competitor may compete in

1.7.1 3 individual events – age or open; and 1 age relay

1.7.2 Open Multiclass competitors may compete in:

- 4 individual open multiclass events; or
- 3 individual open multiclass event and 1 age relay

1.7.3 In the event a school as multiple open multiclass competitors:

- Schools may continue to enter athletes in multiple multiclass events as per current eligibility.
- Each school must nominate up to four Open multiclass events to count towards their school's aggregate and pennant calculations.
- If a school has multiple Open multiclass athletes, they must also nominate which athlete's result will count for each of the four scoring events.
- All other multiclass event results will not contribute to aggregate or pennant points.

2 EVENTS

Open Event: 3000 metres

Events per age:

12 years and under:

TRACK:	100 metres	Divisions A, B, C, D
	200 metres	
	800 metres	Divisions A & B
	1500 metres	
	4 x 100 metres Relay	Divisions A & B
FIELD:	Long Jump	Divisions A & B
	High Jump	
	Discus	Divisions A & B
	Shot Put	Divisions A & B

13 years and above:

TRACK:	100 metres	Divisions A, B, C, D, Open Multiclass
	200 metres	Divisions A, Open Multiclass
	400 metres	
	800 metres	Divisions A, B, Open Multiclass
	1500 metres	
	4 x 100 metres Relay	Divisions A & B

Hurdles:

80 metres	13 years and under	9 x 76.2cm
90 metres	14 years	9 x 76.2cm
90 metres	15 years	9 x 76.2cm
100 metres	16 and 17 years	10 x 76.2cm

FIELD:	Long Jump	Divisions A, B and Open Multiclass
	Triple Jump	13rs & U; 14 & 15yrs; 16yrs & O
	High Jump	
	Discus	Divisions A & B
	Shot Put	Divisions A & B
	Javelin	Divisions A & B

3 PLACES AND POINTS

- 3.1 A place will be awarded to every competitor who completes an event.
- 3.2 Points shall be:
- Individuals: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
 - Relays: 12, 10, 8, 7, 6, 5, 4, 3, 2, 1
 - Open Multiclass: Points will be awarded based on the number of schools represented in the event. If there were three (3) athletes/schools there would be a maximum of three (3) points for 1st place, two (2) points for 2nd place, and one (1) point for 3rd place.
- 3.3 In the event of a tie, the points for that place and the next will be added and the total divided equally.

4 WARM-UP

- 4.1 Where possible all warm-up and practices must be completed away from the competition area, with the exception of field events.
- 4.2 Warm-up for field events will be held prior to the commencement of each event for a maximum of 15 minutes.

5 LANE ORDER

For both Track and Field events, a random draw will be done for each event.

6 START RULES

- 6.1 For the able-bodied competition from Under 15 to Open inclusive, the World Athletics rule will be applied and starting blocks are mandatory.
- 6.2 For the Under 13 and Under 14 competitions, one false start per race (not each athlete) shall be allowed without disqualification of the athlete making the false start. Any athlete(s), making further false starts shall be disqualified from the race. Where an athlete eligible for such an age group competes in an older age group (e.g. Open 3000m), they will be subject to the rules applied to the older age group.
- 6.3 Where a student is disqualified due to a false start, they may still compete in the race for participation purposes; however, their result will be recorded as ineligible for competition points and placings (QGSSSA specific).
- 6.4 For all Para events, the start rule will be applied as per individual classification standards I. Starting blocks (for events up to an including 400m) are mandatory for T11, T12, T13 and T20 II. III. Starting blocks may be used by T21, T35-T38, T40-T47 and T1-T64 in all races up to an including 400m, these athletes may ask for their starting blocks to be set for them by the start panel. A crouch start stance is not required by T21, T35-T38, T40-T47, T1-T64 and T71-T72.
- 6.5 Only those starting blocks supplied by the venue can be used. Personal blocks are not permitted.

7 SEATING

Schools will be allocated seating and where possible will rotate two places clockwise each year. Position 1 is the left end as you face the stand from the oval, position 10 being the right end.

8 SCHOOL NUMBERS

8.1 School numbers, a minimum of 12cm, shall be worn on the front and back of shirts by all competitors.

8.2 For all other track events there will be no numbered patches on the shorts.

9 TROPHIES

9.1 Aggregate Cup - Aggregate Points

9.2 Del Mellefont Percentage Trophy - Calculated on a percentage points basis on total female secondary enrolment and excluding the winner of the Aggregate Cup.

9.3 A pennant will be awarded to the winner of the Aggregate Cup.

9.4 A pennant will be awarded to each winning age group.

10 OFFICIALS

10.1 State/National Athletics Association officials will be used where possible.

10.2 Each school will supply officials as requested by the Executive Officer.

10.3 Competitors and officials are the only people permitted on the oval, except in an emergency.

10.4 Officials should be identified by an official QGSSSA bib.

10.5 A copy of modified Associations rulings is to be given to the Athletics Association when requesting help for officials.

10.6 Officials shall be called together, 30 minutes prior to the start, to state our Association rules, re QGSSSA rule modifications.

11 TEAM ENTRIES

Refer to By-Laws 5.21 and 5.22

Prior to an event, a request may be presented to the Executive Officer for an athlete's withdrawal from previously nominated event/s. This request detailing limited participation

in the QGSSSA Athletics event must be signed by the school's Principal, or delegate, and accompanied by a medical certificate.

12 BARRACKING

- 12.1 Cheer squads must not obstruct any school's view of the competition.
- 12.2 No mechanical devices, musical instruments or amplified music are permitted in the stands.
- 12.3 Non-electric megaphones are permitted.
- 12.4 No stamping of feet will be permitted in the stands.

13 BANNERS AND FLAGS

Banners and flags may be placed in appropriate areas prior to the commencement of the competition.

14 PROTESTS / DISPUTES

Refer to By-Law 8

- 14.1 QGSSSA livestream footage to support a protest will be considered by the Referee. No other forms of video footage will be accepted.
- 14.2 When a competitor(s) is disqualified for a false start, in individual or relay events, the competitor(s) shall be allowed to compete in the event and receive 0 competition points.

15 MARSHALLING

Once marshalled, athletes may not leave the competition area without permission from the Official in charge of that event. The athlete will receive one warning and a subsequent warning will result in disqualification.

16 RULES

The IAAF Handbook is to be used unless modified to suit the needs of the Association.

- 16.1 Where a competitor is involved in a field event and a track event at the same time, the track event takes precedence. After notifying the relevant official in charge of the field event, she may:
 - 16.1.1 Complete all her attempts before the scheduled track event, at the time or after the event.
The competitor is entitled up to three minutes recovery between attempts.

OR

16.1.2 Compete in the track event in between her attempts at the field event.

16.2 If a High Jumper is involved in a track event at the same time as her High Jump, she has the option of:

16.2.1 Competing in the track event and then immediately returning to the High Jump competition at the current height;

OR

16.2.2 Waiting until all other competitors in the High Jump have finished and then starting at the height at which the bar was when she left the competition for the track event.

16.3 Coaches: one per school per event - are permitted on to the competition area during competition, however, they must remain in the designated areas.

Contravention of this rule will result in one warning to the athlete.
Further contravention will result in disqualification.

16.4 Competitors in 13, 14, 15, 16 and 17 years & over must use a crouch start for all track events up and including the 400 metre events. Competitors in 12 years & under can choose to use a crouch or standing start.

16.5 All track competitors and the last leg relay runner must wait at the finish line until an "all clear" call is made by the Track Referee.

16.6 In all field events, the competitor is allowed three attempts.

16.7 In all field events, the competitor is allowed 1 minute for each attempt commencing when the official responsible indicates to the competitor their throw / jump may begin.
In High Jump only, when two or three competitors remain in the competition, the time will be increased to 2 minutes.

16.8 Access to the oval for field event competitors will be across the track at a point nearest to their area of competition, ensuring that no interference to the track events in progress occurs.

16.9 **Late Changes:**

16.9.1 Late changes on the day must be signed by the Director of Sport or Girls Sports Coordinator, and submitted via the yellow Changes Form no later than 20 minutes prior to event.

17 EQUIPMENT

17.1 In field events, competitors may use the equipment provided by the Association. Competitors may provide their own equipment which must be submitted for official approval 30 minutes prior to the first event. This equipment will be made available to all competitors.

17.2 The starting height and progression for the High Jump are:

12 years & under	Start 1.10m, increase by 5cm to 1.30m
13 & 14 years	Start 1.20m, increase by 5cm to 1.35m
15, 16, 17 years and over	Start 1.25m, increase by 5cm to 1.40m

Then by 3cm increments for each age group.

17.3 The weights of the throwing implements are as follows:

Javelin	Open Multiclass	PA Implement Weights (p103)
	13 years	400 grams
	All other age groups	500 grams
Shot	Open Multiclass	PA Implement Weights (p103)
	12, 13 and 14 years	3 kg
	15, 16, 17 years and over	3 kg
Discus	Open Multiclass	PA Implement Weights (p103)
	12 years and under	750g
	All other age groups	1 kg

17.4 **Hurdles**

13 years	9 x 80m
14 and 15 years	9 x 90m
16 and 17 years	10 x 100m

Age	Height	Approach	Distance Between Hurdles	Distance to Finish
13	76.2cm	12m	7.0m	12.0m
14	76.2cm	13m	8.0m	13.0m
15	76.2cm	13m	8.0m	13.0m
16	76.2cm	13m	8.5m	10.5m
17 & Over	76.2cm	13m	8.5m	10.5m

17.5 All Association equipment is to be placed in the hands of the organising school at the completion of the meet.

18 MARCH PAST

At the completion of the Athletics Carnival, the teams will march in seating order to the designated area for the presentation of trophies and pennants.

19 WET WEATHER

In the event of rain:

19.1 If, due to dangerous conditions, some events cannot be held, these events will be cancelled.

19.2 At least 75% of the program must be completed for the trophies to be awarded.



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Australian Rules Football

Updated 23 January 2026

Queensland Girls Secondary Schools Sports Association Inc
PO Box 586 Cannon Hill QLD 4170 | admin@qgsssa.com.au | www.qgsssa.com.au

Established 1908 - Performance, Participation, Tradition & Innovation

AUSTRALIAN RULES FOOTBALL

1 ELIGIBILITY

1.1 The competition will be conducted in two seasons:

- Senior Competition: for students enrolled in Grades 10, 11 and 12 (term one).
 - Open Division
 - Senior A
 - Senior B

- Junior Competition: for students enrolled in Grades 7, 8 and 9 (term four).
 - Year 9
 - Year 8
 - Year 7
 - Junior B (Grades 8 and 9)
 - Junior C (Grades 7 and 8)

1.2 The maximum number on a team list will be 18 players, with 12 on the field at any one time and a maximum of 6 interchange players.

1.3 For fixtures to proceed, the minimum number of players to take and remain on the field will be eight (8) players. Otherwise, the team shall forfeit.

2 FIXTURES

2.1 The choice of end shall be decided by the toss of a coin.

2.2 A game will count when 50% of the timed game has been played (1/2 time).

2.3 Each game will consist of two halves of 15 minutes, with a 5-minute half-time break.

2.4 Players change ends at the break.

2.5 Teams who are not at the field for the start of the game must forfeit the game.

Exception: transport difficulties for the whole team e.g.: bus/traffic problems.

2.6 **Abandoned Games**

If the game is abandoned and at least 50% of the QGSSSA official match time (Refer: 2.2) has been completed, the scores at the end of play will stand.

3 MATCH CONDITIONS AND REGULATIONS

3.1 Teams will consist of a maximum of 18 players (12 on-field and 6 interchange).

3.2 No zones.

3.3 A mark is awarded when a player catches the ball directly from another player's kick that has travelled at least 10 metres.

- 3.4 If the ball moves out of bounds from a kick or handball, a free kick is to be awarded to the nearest opponent. If a player runs the ball over the boundary line, a free kick is to be awarded to the nearest opponent. If the ball is off hands or a player's body, a ball-up is to occur 10 metres in from the boundary line. If there is any doubt as to whose free kick it is, a ball-up is to occur 10 metres in from the boundary line.
- 3.5 Players can perform a modified tackle.
- 3.5.1 A player in possession of the ball may be tackled by an opponent wrapping both arms around the area below the top of the shoulders and above the knees. The tackle may be from either side or from behind, providing the tackle from behind does not thrust forward the player with the ball (i.e., push the player in the back).
- 3.5.2 If the player in possession of the ball is taken to the ground in the act of tackling, they will receive a free kick. If the umpire feels the player drops of the ground deliberately to receive a free kick, they will be penalised for holding the ball.
- 3.5.3 A player in possession of the ball, when held by an opponent applying a modified tackle, should be given a reasonable chance to dispose of the ball by kick or by handball, or by attempting to kick or handball, otherwise a free kick shall be awarded to the tackler for holding the ball.
- 3.5.4 The field umpire shall conduct a ball-up when the player with the ball has the ball held to the body by an opponent, unless the player has had a reasonable time to dispose of the ball prior to being tackled, in which case a free kick shall be awarded to the tackler for holding the ball.
- 3.5.5 The field umpire shall allow play to continue if the ball is accidentally knocked out of a player's hands by an opponent.
- 3.5.6 A player not in possession of the ball, when held by an opponent, shall be awarded a free kick.
- 3.6 Stealing, smothering, shepherding, barging is permitted as per the Laws of the Game.
- 3.7 10 metre penalties can be applied at the umpire's discretion if they feel a player has been hindered in any way. Players can be ordered off at the umpire's discretion.
- 3.8 There is no limit to the number of times a player may be substituted.
- 3.9 Substitution of a player may be made only after a player from the same team has left the field. The interchange area will be the marked area in the centre of the field, between the coaches' box/bench area.
- 3.10 All matches will be played under the Laws of the Game promulgated by the AFL and amendments made to these as outlined in the AFL Workbook.

4 COMPETITION POINTS

- 4.1 Competition Points
Win: 2 points
Draw: 1 point
Loss: 0 points

5 VENUES

- 5.1 The competition will be fixtured across central venues each week.
- 5.2 All venues will be secured by the QGSSSA Executive Officer.

6 EQUIPMENT

- 6.1 Match balls will be supplied;
- Junior and Senior Divisions: Leather size 4 Sherrin match ball
- 6.2 QGSSSA will supply water carrier and runner bibs (located at each field on the day).
- 6.3 Official school uniforms that are correctly numbered shall be worn.

7 OFFICIALS

- 7.1 AFL Queensland will supply one (1) field umpire for all fixtures. No boundary umpires will be required.
- 7.2 Schools are to provide one goal umpire per fixture. The umpire can be a suitably attired student, parent or staff member who is conversant with the rules of Australian Rules Football.
- 7.3 Each team is entitled to a maximum of two (2) official water carriers, and one (1) runner, attired in an QGSSSA vest (supplied on the day) and appropriate shorts and enclosed footwear.
- 7.4 Each school must provide a minimum of one scorer for every team entered. Scorers may be school students who conversant with the current rules (coaches may not score).

8 FIRST AID

- 8.1 AFL Queensland will provide a qualified first aid officer on each oval (two modified fields per oval).
- 8.2 Participating schools are required to travel with a suitability resourced first aid kit ensuring that reasonable provision is made for the treatment of injuries outside of scheduled games (i.e., travelling to and from games etc).

9 INJURIES

- 9.1 There will be no time off for injuries.
- 9.2 Any player showing signs or symptoms of concussion should be removed from the field immediately and referred to a medical practitioner. The player is not to return to play.

10 HEAD AND PROTECTIVE WEAR

- 10.1 It is compulsory for players to wear an appropriately fitted mouthguard.
- 10.1 Students are permitted to wear protective head gear if they wish.
- 10.2 Players who wish to wear spectacles during matches and training sessions should wear spectacles with plastic frames and plastic lenses. A band must also hold the spectacles on securely.
- 10.3 Players are not permitted to have their hair in a free braid and/or plait. Free braids and/or plaits must be either rolled into a bun or changed into a ponytail.

11 PENNANTS

- 11.1 Refer to Team Sports 8.
- 11.2 For schools to be eligible for Junior B pennant they must have a team in the Year 9 competition.
- 11.3 For schools to be eligible for Junior C pennant they must have a team in the Year 8 competition.



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Badminton

Updated 23 January 2026

Queensland Girls Secondary Schools Sports Association Inc
PO Box 586 Cannon Hill QLD 4170 | admin@qgsssa.com.au | www.qgsssa.com.au

Established 1908 - Performance, Participation, Tradition & Innovation

BADMINTON

1 ELIGIBILITY

- 1.1 Competition will be conducted in Open, Senior, Year 10, Year 9, Year 8 and Year 7 grades.

These competitions will be divided into further divisions to suit the nominations from member schools.

- 1.2 Each team shall consist of two seeded doubles pairs.

1.2.1 For all seedings on any fixture day, the school must enter the best pair from its team as the number one seeded pair and subsequent ranking in descending order for the following seeding must apply.

1.2.2 Players must be ranked in all combination of pairs for each grade. The maximum number of players for each badminton team will be eight (8) players on any given day. (Team numbers have been increased to reduce the risk of teams withdrawing due to injury/illness and to allow adequate scorers at each game.)

1.2.3 Teams playing out of order will forfeit that round.

2 FIXTURES

- 2.1 Each fixture shall consist of two seeded doubles sets.

- 2.2 A game will count when 50% of the timed game has been played.

Exception: Open - a game will count after 50% of the total points ie: 15 points has been reached.

- 2.3 For each match, the choice of end and / or right to serve first, shall be decided by the toss of the shuttle. All subsequent sets will be alternated between the two teams.

2.4 OPEN GRADE

- Each match will consist of two doubles games.
- Each game will be played to 31 points.
- There will be no setting if the scores are tied at 30 - 30 ie: the winning team will be the first to score 31 points.
- The players change ends at 16 points. Players may have 60 seconds at the change of ends to towel off etc. Talking to their coach at this time is permitted.

2.5 SENIOR, YEAR 10, YEAR 9 GRADES

Each match will consist of two doubles games.

Each game will be played to 31 points but a time limit of 12 minutes will apply.

There will be no setting if the scores are tied at 30–30 ie: the winning team will be the first to score 31 points.

If the game is incomplete at the completion of the 12 minute time limit, the score will stand and the winner will be the team which is ahead on points.

There will be a 3 minute break between rounds.

The players change ends at 16 points. Players may have 60 seconds at the change of ends to towel off etc. Talking to their coach at this time is permitted.

2.6 YEAR 8 AND 7 GRADES

Each match will consist of two doubles games.

Each game will be played to 21 points but a time limit of 10 minutes will apply.

There will be no setting if the scores are tied at 20–20 ie: the winning team will be the first to score 21 points.

If the game is incomplete at the completion of the 10 minute time limit, the score will stand and the winner will be the team which is ahead on points.

There will be a 5 minute break between rounds.

The players change ends at 11 points. Players may have 60 seconds at the change of ends to towel off etc. Talking to their coach at this time is permitted.

2.7 Teams who are not on the court for the start of the game must forfeit the game.

Exception: transport difficulties for the whole team eg: bus/traffic problems.

2.9 In the event when the allotted time expires during a rally (e.g., signalled by a buzzer or other such device), play will continue until the completion of the rally.

3 POINTS

Each match consists of two doubles games. Each game result will be allocated points as below:

Win	1 point
Win on forfeit	1 point
Draw	0.5 point each
Loss	0 points
Bye	0 points

4 PENNANTS

Refer to Team Sports 8.

5 OFFICIALS

5.1 Each school must provide a minimum of one scorer for every team entered.

5.1.1 Scorers may be school students who are conversant with the current rules.

5.1.2 Coaches may not score.

5.2 Players will officiate their own fixtures, In the event of a dispute, the point will be replayed.

5.3 In the event that a school does not provide a scorer, that school will forfeit the right to dispute the final score.

5.4 Scorers must be positioned in the designated scoring area adjacent to their assigned court. Students may elect to sit or stand, provided they remain clear of the court boundaries and do not interfere with play

6 COACHES

- 6.1 Coaches are allowed to sit at the back of the court and may talk to the players after a rally but the flow of the game may not be interrupted.
- 6.2 All spectators must remain off the main playing areas and must not interfere with the progress of the match.

7 INJURY

In the event of injury / illness, a player may be replaced by a player seeded lower in her own grade provided play is not suspended.

An Open player may be replaced by a player seeded lower in her own grade or by a player of a lower grade provided play is not suspended.

Injury time shall be a maximum of two minutes.

8 WARNINGS (do not refer to Queensland Badminton Association rules)

6.1 FOOT FAULTS and INCORRECT SERVING: competitors and scorers are not able to call foot faults. A scorer is able to raise their hand during a game to call the referee. The referee will watch play and enforce a warning if necessary. The announcer at the venue will continue to remind players of these warnings.



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Basketball

Updated 23 January 2026

Queensland Girls Secondary Schools Sports Association Inc
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Established 1908 - Performance, Participation, Tradition & Innovation

BASKETBALL

1 ELIGIBILITY

- 1.1 Competition shall be conducted in Open, Senior, Year 10, Year 9, Year 8 and Year 7 grades.
- 1.2 The maximum number on a team list will be 12 players.
- 1.3 For a team to be able to start the game, the minimum number of players to take and remain on the court will be 4 players. Otherwise the team will forfeit. Game to be forfeited if less than two players are able to continue.

2 FIXTURES

- 2.1 Games commence as soon as possible after school on the scheduled afternoon / evening. Time is allowed for the visiting school to travel after school and to have 15 minutes warm-up after arrival. A five minute warm-up is to be allowed on court between each games.
- 2.2 The Association recommends the games be played in the following order:
Year 7, Year 8, Year 9, Year 10, Senior and Open.
If mutual agreement cannot be reached, the home team has the right of decision.
- 2.3 Each game will consist of four quarters of 10 minutes with a running clock. The running clock would be for all game time except those stated in 2.4 or injury (stopped by the referee).
 - 2.3.1 If circumstances require shortening of games:
Open games remain at 10 minute quarters. All other grades the length of games will be negotiated between the two Co-ordinators. That is, any decision to alter the length of a game must be negotiated by the school representative.
- 2.4 The clock will be stopped for all time outs.
Time outs: One per quarter, two time outs in the fourth quarter.
Stop clock:
Clock will stop in the last minute of the second quarter after each referee's whistle.
Clock will stop in the last two minutes of the fourth quarter/and the last two minutes of any time period after each referee's whistle and additionally after each basket.
- 2.5 **Abandoned games:**
If a game is abandoned and at least 50% of the QGSSSA official match time as stated in the By Laws has been completed, the scores at the end of play will stand.
- 2.6 **Use of zone defence**
Zone defence shall be prohibited in all grades of the Year 7, Year 8 and 9 competition.
 - 2.6.1 **Definition – Zone Defence**
Any defence played in the half court which does not incorporate normal person-to-person defensive principles shall be considered to be a zone. For this purpose trapping defences which rotate back to person defensive principles will be acceptable.

2.6.2 Violations of Man-to-Man Defence

The use of person-to-person defence is integral to Under 13 and 14. Therefore when observing games, the coordinator or their appointed representative should be concerned about determining players or teams who are not executing man-to-man principles.

Specifically, violations fall into one of the four main categories listed below:

- 2.6.2.1 One or more players was/were not in an acceptable man-to-man defensive position in relation to the ball
- 2.6.2.2 A cutter moved all the way through the key and was not defended using acceptable man-to-man defensive techniques; for example bumped, switched, followed.
- 2.6.2.3 Following a trapping or help and recover situation the team made no attempt to re-establish man-to-man defensive positioning
- 2.6.2.4 The team zone pressed and did not assume man-to-man defensive positioning once the ball had been advanced into the quarter court.

2.6.3 Notes for coordinators or their representative - in any judgement

- Take into account the intention of the defensive team
- Take into account the time and state of the game
- Deliberate and pre-meditated use of a zone defence at a critical time in the game should be acted on immediately
- Where there is any doubt, the benefit of the doubt must be given to the defence, ie: be sure of the violation.

2.6.4 Penalty

- 1st Violation Warning to Head Coach
- 2nd Violation Technical foul. Personal unsportsmanlike on the head coach
- 3rd Violation Technical Foul. Personal unsportsmanlike on the head coach and subsequent disqualification of the head coach

Further technical foul on each following occasion

(This is in accordance with Australian Basketball recommendations for Under 14 Basketball).

Both school's coordinators or their representative should advise referees of the situation as per the No Zone Rule – i.e. when the ball is dead.

3 VENUE

- 3.1 It is preferred that all games are completed in four (4) rounds and if it is not possible at the same venue, then negotiated.

3 EQUIPMENT

- 4.1 The Home School will supply the game balls.
- 4.2 Minimum standard for game balls – Size 6 synthetic leather, indoor or outdoor, Molten GF6 or ball of equivalent standard.
- 4.2 All grades will play with a size 6 ball.

4.3 Official school uniforms that are correctly numbered. Numbers front and back will be worn.

4.4 Shorts to have no pockets.

5 OFFICIALS

5.1 Referees: Refer to Team Sports 11.

5.2 Each school should appoint a scorer and a timekeeper for each game.
The scorebook is the official record/result (not scoreboard).
Each school provides one scorebench official.
The home school is to provide the timer and the visiting school is given the option to provide the scorer. If the visiting school is not able to provide the scorer, then the home team to provide both.

6 RESULTS

Refer: Team Sports 5

APPENDIX 1

2001 MODIFICATIONS TO QLD BASKETBALL ASSOCIATION RULES

The following rules will not be adhered to OR will be modified to suit the needs of the Association:

: REFEREE: DUTIES AND POWERS

Modification: "The referee will be the most qualified / experienced official and will make the final decision.....disagree. If both officials are of equal experience, the home school official will be the referee.



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Cricket

Updated 23 January 2026

Queensland Girls Secondary Schools Sports Association Inc
PO Box 586 Cannon Hill QLD 4170 | admin@qgsssa.com.au | www.qgsssa.com.au

Established 1908 - Performance, Participation, Tradition & Innovation

CRICKET

OPEN DIVISION

1 THE SPIRIT OF CRICKET

- 1.1 Cricket is a game that owes much of its unique appeal to the fact that it should be played not only within its Laws but also within the Spirit of the Game. Any action which is seen to abuse this spirit causes injury to the game itself. The major responsibility for ensuring the spirit of fair play rests with the captains.
- 1.2 The Spirit of the Game involves **RESPECT** for:
 - 1.2.1 Your opponents
 - 1.2.2 Your own captain
 - 1.2.3 The roles of the umpires
 - 1.2.4 The game's traditional values
- 1.3 In keeping with the Spirit of Cricket, players and coaches should shake their opponents' hands at the conclusion of each game.
- 1.4 There is to be no coaching of the players, either on the field or from the sidelines, during play. The Captains are responsible for setting the field, ensuring the next bowler is ready, and otherwise managing play. This does not preclude coaches from using the 10 minute interval to discuss game plans.

2 THE GROUND

- 2.1 All matches should be played on full-length (**20.12 metres**) turf or synthetic wickets.
- 2.2 The home team shall ensure that all boundaries (max. **45 metres** radius from the centre of the pitch) are marked, that pitches are properly prepared, and that sufficient stumps and bails are available.
 - 2.2.1 For the marking of the boundary, the use of cones or other appropriate markers is sufficient.

3 THE TEAMS

- 3.1 Teams shall be limited to a maximum of twelve players, although only eleven may bat or bowl in the game.
 - 3.1.1 This does not preclude a team from including extra players as substitute fielders.
- 3.2 A maximum of eleven players, from the fielding team, may be on the field at any time.
- 3.3 A team **MUST** field a minimum of seven players. In the event that a team is unable to field seven players, having been given every opportunity to find replacement or substitute players, that team shall forfeit the match.

3.4 All players shall wear an appropriate uniform as determined by the team's school.

4 THE TOSS

4.1 The Toss is to be conducted as soon as possible after both teams have arrived at the ground. The toss will be conducted on the pitch by the two opposing captains. One team official from each team is to also be present.

4.2 In the official draw the 'home team' is listed first and their captain must toss the coin.

5 EQUIPMENT

5.1 Wooden stumps should be used in all games in the Open Division. It may be necessary for the umpires to have a small mallet available, in order to remake the wicket.

5.2 All batters **MUST** wear a properly fitting cricket helmet with face guard.

5.3 Wicketkeepers must wear a properly fitting helmet with a faceguard **at all times**.

5.4 Helmets must conform with the proper Australian design standards. Cricket Australia strongly recommends the use of 'British Standard 7928:2013' helmets.

5.5 A two-piece, **142g pink leather ball** shall be used for all games. A new ball is to be provided by each team for their bowling innings.

6 BATTING

6.1 Batters **must** retire after facing 15 balls.

6.1.1 Other than the compulsory retirement after 15 fair balls, batters may only retire in the event of injury (wide or no balls do not count as fair balls).

6.2 Batters who retire can resume their innings if all other wickets are lost in the order they retired if the designated overs for the innings have not yet been bowled.

6.3 At the fall of a wicket, the not out batter must remain at the wicket. The incoming batter should move to the wicket as quickly as possible to avoid wasting time.

6.4 All modes of dismissal are allowed

6.4.1 Volunteer umpires are reminded that the criteria for a leg before wicket dismissal are strict. Just because the ball would have hit the stumps, is **NOT** enough to uphold an LBW appeal.

6.5 If the non-striker is out of her ground from the moment the ball comes into play to the instant when the bowler would normally have been expected to release the ball, the bowler is permitted to attempt to run her out. Whether the attempt is successful

or not, the ball shall not count as one in the over. If the bowler fails in an attempt to run out the non-striker, the umpire shall call and signal Dead ball as soon as possible.

6.5.1 The batting team shall first be given a warning by the umpire for leaving her ground early before the instant when the bowler would normally have been expected to release the ball. The fielding captain must request a warning, which can be upheld or not upheld by the umpire. If the request is upheld, both not out batter and any subsequent batter shall be advised of the warning upon coming to the wicket.

6.6 Runners are not permitted in QGSSSA Cricket. Should a batter be injured and unable to run between wickets effectively, first aid should be sought immediately

7 BOWLING

7.1 Bowlers are encouraged to use a bowling marker (these should be supplied either by umpires or with the team kit), to mark the start of her run-up.

7.2 No bowler may bowl in excess of three overs in one game.

7.3 As a time-saving measure, bowlers should bowl from one end throughout the innings. However, if both teams agree, the bowling team may change ends at the half-way point of the innings (i.e. after 7 overs in a 14 over game).

7.3.1 At the completion of each over, the batters shall change ends (except when the bowling team changes ends).

7.4 ANY delivery in which NO part of the bowler's front foot is behind the bowling crease in her delivery stride, shall be called a No Ball by the umpire at the bowler's end.

7.5 ANY delivery in which the bowler breaks the stumps with any part of her body, during her delivery stride, shall be called a No Ball by the umpire at the bowler's end.

7.5.1 Should the bowler attempt to run out the non-striker, without delivering the ball, thus breaking the stumps as in 7.5 above, the ball shall NOT be considered a No Ball. Should the appeal for Run Out be unsuccessful, the umpire shall call and signal Dead Ball.

7.6 ANY delivery which, after pitching, passes or would have passed over head height of the striker standing upright at the popping crease shall be deemed a No Ball and may be called by either umpire.

7.7 ANY full pitched delivery that passes above waist height of the batter in their upright stance shall be deemed a No Ball and one run scored. This may be called by either umpire.

7.7.1 Any bowler who bowls two dangerous deliveries (as defined above in Regulations 7.6 and 7.7) is to be immediately removed from the attack and may not bowl again throughout the innings.

- 7.7.2 If another bowler is required to complete the over, this (partial) over shall count as a complete over in terms of the maximum allowance of three overs per bowler.
- 7.8 A ball which bounces more than once or rolls along the ground before reaching the popping crease shall be called No Ball.
- 7.9 There are NO free hits from No Balls.
- 7.10 A wide delivery shall be called if it is OUTSIDE the return crease on the off side, or if the ball is sufficiently wide on the leg side to deny the batter the opportunity to play a shot.
- 7.10.1 Umpires should have a conversation at the start of the game, to ensure that wides are being called consistently from both ends.
- 7.11 Any extras scored from wide or no balls as described above shall be added to the score.
- 7.12 All No Balls and wides shall be rebowled. However, an over shall consist of no more than eight balls. Should a No Ball or wide be called on the eighth ball of an over, it shall not be rebowled.

8 FIELDING

- 8.1 No player may field any closer than ten (10) metres from the wicket in an arc from point around in front of the wicket to fine leg. Players, coaches, and umpires should use half the length of the pitch as a rough guide to oversee this regulation.
- 8.2 No more than five fielders are allowed on the leg side.
- 8.3 No more than two fielders are allowed in the 90 degree arc between square leg and the wicket-keeper.
- 8.4 No more than four fielders on the boundary at any time.
- 8.5 In the event that any of these fielding restrictions being breached, either umpire shall call and signal No Ball.
- 8.6 Teams may interchange fielders at any time.

9 THE INNINGS

- 9.1 A game shall consist of one innings, of **fourteen overs** duration, per team.
- 9.2 **45 minutes** will be allowed for the completion of each innings.
- 9.3 In the event of a game being shortened due to weather or other unforeseen conditions, the total number of overs for the game shall be calculated at the rate of 3.2 minutes per over.

- 9.4 There shall be a break of 10 minutes between each innings.
- 9.5 In all matches, each team, unless previously dismissed, shall have its Innings compulsorily closed in the following circumstances:
- 9.5.1 At the conclusion of the 14th over, unless the number of overs for the innings have been recalculated, in which case the innings will be closed at the conclusion of that over
- 9.5.2 When the team batting second exceeds the score of the team batting first, or the recalculated target score, or
- 9.5.3 At the fall of the 10th wicket.
- 9.6 A minimum of 5 overs must be bowled to each side to constitute a match.

10 THE RESULT

- 10.1 Target score shall be decided on the score of the team batting first at the end of the final over.
- 10.2 In the event of the team batting second having their overs reduced, then the target score shall be the team that batted first's run rate plus one (at the end of the last completed over)
- 10.2.1 Eg. Team A makes 60 off 12 overs. Team B target overs is 8. Team A scored at 5 runs per over. Team B need $8 \times 5 = 40$ plus 1. New target is 41 runs to win.
- 10.3 When calculating the run rate, round to two decimal places. When calculating the runs needed, always round up to the next whole run; then +1 for the target.

11 THUNDER AND LIGHTNING 30/30 RULE

- 11.1 All coaches, managers, captains and anyone else with delegated responsibility for players, are instructed to exercise extreme caution during thunderstorms. The 30/30 rule is to be applied:
- 11.1.1 If lightning and thunder are separated by a period of less than 30 seconds, the lightning is close enough to be a threat. You are to leave the field immediately and seek shelter in a building or motor vehicle – *not* under trees.
- 11.1.2 A period of 30 minutes should elapse before play is resumed, that is, after seeing the last lightning flash, wait 30 minutes before leaving shelter. If during this time lightning is again observed, following the 30/30 rule, the 30 minutes will start again.

12 OFFICIALS

- 12.1 The Home team will provide an umpire for all Open cricket fixtures.

CRICKET

DIVISION ONE & DIVISION TWO

1 THE SPIRIT OF CRICKET

- 1.1 Cricket is a game that owes much of its unique appeal to the fact that it should be played not only within its Laws but also within the Spirit of the Game. Any action which is seen to abuse this spirit causes injury to the game itself. The major responsibility for ensuring the spirit of fair play rests with the captains.
- 1.2 The Spirit of the Game involves **RESPECT** for:
 - 1.2.1 Your opponents
 - 1.2.2 Your own captain
 - 1.2.3 The roles of the umpires
 - 1.2.4 The game's traditional values
- 1.3 In keeping with the Spirit of Cricket, players and coaches should shake their opponents' hands at the conclusion of each game.

2 THE GROUND

- 2.1 All matches should be played on reduced-length (18 metres) wickets.
- 2.2 The home team shall ensure that all boundaries (max. 40 metres radius from the beating end crease) are marked, that pitches are properly prepared, and that sufficient stumps and bails are available.
 - 2.2.1 For the marking of the boundary, the use of cones or other appropriate markers is sufficient.

3 THE TEAMS

- 3.1 Teams shall be limited to a maximum of twelve players, although only eleven may bat or bowl in the game.
 - 3.1.1 This does not preclude a team from including extra players as substitute fielders.
- 3.2 A maximum of eleven players, from the fielding team, may be on the field at any time.
- 3.3 A team **MUST** field a minimum of seven players. In the event that a team is unable to field seven players, having been given every opportunity to find replacement or substitute players, that team shall forfeit the match.
- 3.4 All players shall wear an appropriate uniform as determined by the team's school.

4 THE TOSS

- 4.1 The Toss is to be conducted as soon as possible after both teams have arrived at the

ground. The toss will be conducted on the pitch by the two opposing captains. One team official from each team is to also be present.

- 4.2 In the official draw the 'home team' is listed first and their captain must toss the coin.

5 EQUIPMENT

- 5.1 While it is preferred that wooden stumps be used, portable metal or plastic stumps may be used if wooden stumps are unsuitable for the venue.
- 5.2 All batters **MUST** wear a properly fitting cricket helmet with face guard.
- 5.3 Wicketkeepers must wear a properly fitting helmet with a faceguard **at all times**.
- 5.4 Helmets must conform with the proper Australian design standards. Cricket Australia strongly recommends the use of 'British Standard 7928:2013 helmets.
- 5.5 A two-piece, **142g pink leather ball** shall be used for all games. A ball is to be provided by each team for their bowling innings.

6 BATTING

- 6.1 Batters **must** retire after facing 15 balls.
 - 6.1.1 Other than the compulsory retirement after 15 fair balls, batters may only retire in the event of injury (wide or no balls do not count as fair balls).
- 6.2 Batters who retire can resume their innings if all other wickets are lost in the order they retired if the designated overs for the innings have not yet been bowled.
- 6.3 At the fall of a wicket, the not out batter must remain at the wicket. The incoming batter should move to the wicket as quickly as possible to avoid wasting time.
- 6.4 All modes of dismissal are allowed, except LBW (leg before wicket)
 - 6.4.1 Batters should refrain from using their pads to protect their wickets. Especially for inexperienced cricketers, this should be addressed by coaches. It may be necessary for umpires to advise batters where to take guard.
- 6.5 If the non-striker is out of her ground from the moment the ball comes into play to the instant when the bowler would normally have been expected to release the ball, the bowler is permitted to attempt to run her out. Whether the attempt is successful or not, the ball shall not count as one in the over. If the bowler fails in an attempt to run out the non-striker, the umpire shall call and signal Dead ball as soon as possible.
 - 6.5.1 The batting team shall first be given a warning by the umpire for leaving her ground early before the instant when the bowler would normally have been expected to release the ball. The fielding captain must request a warning, which can be upheld or not upheld by the umpire. If the request is upheld,

both not out batter and any subsequent batter shall be advised of the warning upon coming to the wicket.

- 6.6 Runners are not permitted in QGSSSA Cricket. Should a batter be injured and unable to run between wickets effectively, first aid should be sought immediately.

7 BOWLING

- 7.1 No bowler may bowl in excess of three overs in one game.
- 7.2 As a time-saving measure, bowlers should bowl from one end throughout the innings. However, if both teams agree, the bowling team may change ends at the half-way point of the innings (i.e. after 7 overs in a 14 over game).
- 7.2.1 At the completion of each over, the batters shall change ends (except when the bowling team changes ends).
- 7.3 ANY delivery in which NO part of the bowler's front foot is behind the bowling crease in her delivery stride, shall be called a No Ball by the umpire at the bowler's end.
- 7.4 ANY delivery in which the bowler breaks the stumps with any part of her body, during her delivery stride, shall be called a No Ball by the umpire at the bowler's end.
- 7.4.1 Should the bowler attempt to run out the non-striker, without delivering the ball, thus breaking the stumps as in 7.4 above, the ball shall NOT be considered a No Ball. Should the appeal for Run Out be unsuccessful, the umpire shall call and signal Dead Ball.
- 7.5 ANY delivery which, after pitching, passes or would have passed over head height of the striker standing upright at the popping crease shall be deemed a No Ball and may be called by either umpire.
- 7.6 ANY full pitched delivery that passes above waist height of the batter in their upright stance shall be deemed a No Ball and one run scored. This may be called by either umpire.
- 7.6.1 Any bowler who bowls two dangerous deliveries (as defined above in Regulations 7.5 and 7.6) is to be immediately removed from the attack and may not bowl again throughout the innings.
- 7.6.2 If another bowler is required to complete the over, this (partial) over shall count as a complete over in terms of the maximum allowance of three overs per bowler.
- 7.7 A ball which bounces more than **twice** or rolls along the ground before reaching the popping crease shall be called No Ball.
- 7.8 There are NO free hits from No Balls.
- 7.9 A wide delivery shall be called if it is OUTSIDE the return crease on the off side, or if the ball is sufficiently wide on the leg side to deny the batter the opportunity to play

a shot.

7.9.1 Umpires should have a conversation at the start of the game, to ensure that wides are being called consistently from both ends.

7.10 Any extras scored from wide or no balls as described above shall be added to the score.

7.11 All No Balls and wides shall be rebowled. However, an over shall consist of no more than eight balls. Should a No Ball or wide be called on the eighth ball of an over, it shall not be rebowled.

8 FIELDING

8.1 No player may field any closer than ten (10) metres from the wicket in an arc from point around in front of the wicket to fine leg. Players, coaches, and umpires should use half the length of the pitch as a rough guide to oversee this regulation.

8.2 No more than five fielders are allowed on the leg side.

8.3 No more than two fielders are allowed in the 90 degree arc between square leg and the wicket-keeper.

8.4 No more than four fielders on the boundary at any time.

8.5 In the event that any of these fielding restrictions being breached, either umpire shall call and signal No Ball.

8.6 Teams may interchange fielders at any time.

9 THE INNINGS

9.1 A game shall consist of one innings, of **fourteen overs** duration, per team.

9.2 **45 minutes** will be allowed for the completion of each innings.

9.3 In the event of a game being shortened due to weather or other unforeseen conditions, the total number of overs for the game shall be calculated at the rate of 3.2 minutes per over.

9.4 There shall be a break of 10 minutes between each innings.

9.5 In all matches, each team, unless previously dismissed, shall have its Innings compulsorily closed in the following circumstances:

9.5.1 At the conclusion of the 14th over, unless the number of overs for the innings have been recalculated, in which case the innings will be closed at the conclusion of that over.

9.5.2 When the team batting second exceeds the score of the team batting first, or the recalculated target score, or

9.5.3 At the fall of the 10th wicket.

9.6 A minimum of 5 overs must be bowled to each side to constitute a match.

10 THE RESULT

10.1 Target score shall be decided on the score of the team batting first at the end of the final over.

10.2 In the event of the team batting second having their overs reduced, then the target score shall be the team that batted first's run rate plus one (at the end of the last completed over).

10.2.1 Eg. Team A makes 60 off 12 overs. Team B target overs is 8. Team A scored at 5 runs per over. Team B need $8 \times 5 = 40$ plus 1. New target is 41 runs to win.

10.3 When calculating the run rate, round to two decimal places. When calculating the runs needed, always round up to the next whole run; then +1 for the target.

11 THUNDER AND LIGHTNING 30/30 RULE

11.1 All coaches, managers, captains and anyone else with delegated responsibility for players, are instructed to exercise extreme caution during thunderstorms. The 30/30 rule is to be applied:

11.1.1 If lightning and thunder are separated by a period of less than 30 seconds, the lightning is close enough to be a threat. You are to leave the field immediately and seek shelter in a building or motor vehicle – *not* under trees

11.1.2 A period of 30 minutes should elapse before play is resumed, that is, after seeing the last lightning flash, wait 30 minutes before leaving shelter. If during this time lightning is again observed, following the 30/30 rule, the 30 minutes will start again



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Cross Country

Updated 23 January 2026

Queensland Girls Secondary Schools Sports Association Inc
PO Box 586 Cannon Hill QLD 4170 | admin@qgsssa.com.au | www.qgsssa.com.au

Established 1908 - Performance, Participation, Tradition & Innovation

CROSS COUNTRY

1 ELIGIBILITY

1.1 Each school may be represented by a maximum of fifteen (15) tagged competitors in each event. The first five placings from each school will score points.

1.2

1.2.1 Ages will be: Open Multiclass
 17 and Over
 16 years
 15 years
 14 years
 13 years
 12 and Under

1.2.2 A competitor may compete only in her own age group

2 EVENTS

3000 metres 12 years & under
 13 years
 14 years
 15 years
 16 years
 17 years & over
 Open Multiclass

3 POINTS AND PLACES

3.1 A place will be awarded to every competitor issued with a micro-chip who completes the event.

3.2 Every competitor issued with a micro-chip who completes the event will allocated points that correspond to their place at the finish of the race.

3.3 While micro-chips are used to rank competitors, extra runners without micro-chips will be allowed to run.

3.4 The school that accumulates the least number of points from the places gained by their first five runners will be declared the winner in that age group.

3.5 A school without five competitors completing the course will be given 151 points for each non-finishing competitor / non participant.

3.6 In the case of a tie on points for the Age division pennant, the team whose last scoring member finishes nearest to first place will be the winning team.

EXCEPTION: schools are permitted to tie for age group positions in Open Multiclass Age ladder. Schools will be awarded the following points for the Open Multiclass

Age ladder for the aggregate: first to tenth: 10, 9.5, 9, 8.5, 8, 7.5, 7, 6.5, 6, 5.5.

4 SCHOOL NUMBERS

4.1 School numbers, a minimum of 12cm, must be worn on the front of shirts by all competitors.

5 TROPHIES AND PENNANTS

5.1 A pennant will be awarded to the winning school in each age group.

5.2 The Association Cup and a pennant will be awarded to the overall winning school.

5.3 The Joan Benson Percentage Shield - Calculated on a percentage points basis where the total amount of points scored in the seven age divisions is divided by the total female secondary enrolment. Where a school's total population is less than 550 students, a value of 550 students will be used for the title calculation. The winner of the aggregate trophy is not eligible.

6 OFFICIALS

6.1 Each school should supply officials as requested by the Executive Officer.

6.2 Officials must report together 45 minutes prior to the start.

7 TEAM ENTRIES

7.1 Refer to By-Law 5.15 and 5.16

7.2 Late Changes:

7.2.1 Late changes on the day must be signed by the Director of Sport or Girls Sports Coordinator, and submitted via the yellow Changes Form no later than 20 minutes prior to event.

8 PROTESTS

Refer By-Law 8

9 RULES

9.1 The IAAF Handbook is to be used unless modified to suit the needs of the Association.

9.2 Competitors must report to the marshals 10 minutes before the start of their race.

9.3 Competitors must run between the flags with the red on the left and the white on the right. Yellow markers indicate turns. Markers must be visible from the previous marker.

9.4 Competitors failing to follow the course may be disqualified. If a runner leaves the course they must re-enter where they left.

9.5 At the finish, competitors should follow the chute before exiting the area.

10 DRESS

10.1 Each school will determine the uniform to be worn by their athletes.

10.2 Athletes are to wear the official school association number on their uniform as well as the allocated competition number bib on the front of the uniform.

10.3 Footwear

- Athletes must not compete in bare feet.
- Footwear must be worn by all athletes and must comply with World Athletics Rule 143.
- Shoes with or without spikes may be worn across all events.
- The surface conditions of the running course should be considered when making a decision concerning the use of spikes.

11 STARTING LINE POSITIONS

Starting line position is determined on a rotational basis of two positions forward each year for each age group. Eg: Position 1 in any year becomes Position 3 the next year. The start line must be straight with the barriers numbered from the inside lane (on the right) as barrier one (1) to the outside lane on the left as barrier ten (10). This is as the runner stands on the start line looking down the course.

12 MARCH PAST

At the completion of the carnival, the teams will march in seating order to the designated area for the presentation of trophies and pennants.

13 BARRACKING

No mechanical devices or musical instruments will be permitted.



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Football

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FOOTBALL

1 ELIGIBILITY

- 1.1 Competition will be conducted in Open, Senior (Years 11 & 12), Intermediate (Years 9 & 10) and Junior (Years 7 & 8) grades.
- 1.2 The maximum number on a team list will be 16 players.
- 1.3 For a team to be able to play the game, the minimum number of players to take and remain on the field will be 7 players. Otherwise the team will forfeit.

2 FIXTURES

- 2.1 Games commence as soon as possible on the scheduled afternoon/evening. Time should be allowed for the visiting school to travel after school and to have 15 minutes warm-up after arrival.
- 2.2 The home school should provide facilities to enable games to be played in a maximum of two (2) rounds. If this is not possible, home/away games should be organised between the two schools.
- 2.3 Each game should consist of two halves of 30 minutes, with an interval of 5 minutes.
- 2.4 Teams may consist of a maximum of sixteen (16) players, with eleven (11) on the field at any one time.
- 2.5 Unlimited interchange within the team of 16 is allowed.

3 VENUE

- 3.1 All schools should attempt to find a venue where all teams are playing in close proximity and on fields that comply with the regulation size.
- 3.2 Ground markings and corner flags must comply with the laws of the game. Nets must be provided:
- 3.3 Sufficient provision will be made in all grades to keep spectators at a safe distance from touchlines/sidelines or outside enclosed grounds.
- 3.4 Coaches and reserve players should endeavour to utilise dugouts and boxes lined as per the laws of the game if they are provided

4 EQUIPMENT

- 4.1 The Home School should supply the game balls.
- 4.2 Minimum standard for match balls – size 5, FIFA approved match ball.

- 4.3 Official school uniforms including shin pads and long socks must be worn. It is not required that players have numbers on their shirts.
- 4.4 Goalkeepers and referees will wear shirts, jerseys or coloured bibs which distinguish them from the other players on both teams.

5 OFFICIALS

Refer also to Team Sports 11.

- 5.1 Each Open game will have 1 referee and 2 linespersons appointed, with only one referee required for other division games
- 5.2 In the event of the nominated official referee not being in attendance 10 mins after the scheduled commencement time, coordinators may mutually agree on the provision of a substitute referee.
- 5.3 Each school should try to supply one linesperson for each match who shall be dressed in contrasting colours from the players and carry a regulation flag.
- 5.4 The home school is responsible for providing and paying all referees.

6 RESULTS

Refer: Team Sports 4

7 ABANDONED GAMES

If the game is abandoned and at least 50% of the QGSSSA official match time (Refer: 2.3) has been completed, the scores at the end of play will stand.

8 MISCONDUCT

The accumulation of three yellow cards shall result in that player being disqualified from playing the following round of QGSSSA matches

Misconduct resulting in a red card to a player or team official shall be reported in writing to the Head of the School concerned.

Disqualified players may not take any further part in any match that day.



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WORKBOOK

Hockey

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HOCKEY

1 ELIGIBILITY

- 1.1 Competition will be conducted in Open, Junior A and Division 1 competitions.
- 1.2 Junior teams shall consist of students in Years 7-9. Division 1 and Open teams may be multi-age.
- 1.3 The maximum number on a team list will be 16 players.
- 1.4 For a team to be able to play the game, the minimum number of players to take and remain on the field will be 7 players. Otherwise, the team will forfeit.
- 1.5 Students are not permitted to play in multiple teams per day. Existing team sport by-laws regarding player eligibility remain in effect
- 1.6 Goal keepers are not permitted to play in multiple teams (no exceptions made for hockey keepers).

2 MATCH DURATION:

- 2.1 All matches shall consist of two halves of 25 minutes with a break of five minutes.
- 2.2 All fixtures shall be played on turf.

3 BALL

For all grades, a match ball in good condition shall be used (ie: not a training ball).

4 HEAD AND PROTECTIVE WEAR:

- 4.1 Headwear: Only soft-peaked headwear is acceptable.
- 4.2 Protective: It is compulsory for field players to wear mouthguards and shin guards.
- 4.3 No player may defend penalty corners without a proper face mask. Players without one will be sent to halfway.
- 4.4 Teams without adequate face masks will defend penalty corners with reduced players.

5 UMPIRES:

Refer to Team Sports 11.

- 5.1 Exception: If necessary, umpires for the Junior grade matches may be students from the Open and Senior grades conversant with the current hockey rules.

6 SUBSTITUTIONS

- 6.1 A game will be between two teams of not more than 16 players each, but not more than 11 players of each team shall be on the field at the same time.

- 6.2 Each team is permitted to substitute from the maximum of 16 players.
- 6.3 There is no limit to the number of players who may be substituted at the same time, nor to the number of times a player may be substituted.
- 6.4 Substitution of a player may be made only after a player from the same team has left the field.
- 6.5 Time will not be stopped for substitutions except for goal keepers.
- 6.6 Substitutions will not be permitted for suspended players during their suspension.
- 6.7 After completing a suspension, a player may be substituted without first returning to the field.
- 6.8 Players leaving or entering the field should do so at the centre line or such other place on the side of the field decided by the umpires before the game.

7 ABANDONED GAMES

If the game is abandoned and at least 50% of the QGSSSA official match time (Refer: Point 2) has been completed, the scores at the end of play will stand.

8 VENUE

All schools should attempt to find a venue where all teams are playing on a field that complies with the regulation size.



QUEENSLAND GIRLS
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Sports Association

WORKBOOK

Netball

Updated 23 January 2026

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NETBALL

1 ELIGIBILITY

- 1.1 Competition will be conducted in Open, Senior, Year 10, Year 9, Year 8 and Year 7 grades. These grades will be divided into further divisions to suit the nominations from member schools.
- 1.2 The maximum number on a team list will be 12 players.
- 1.3 For a team to be able to play the game, the minimum number of players to take and remain on the court will be 5 players. Otherwise the team will forfeit.

2 MATCH DURATION

Duration of all games shall be four x 12-minute quarters each with a break of three minutes at quarter and three quarter time and three to five minutes at half time. The length of the breaks shall be negotiated before the games commence.

- 2.1 If independent timing is used, the Home team shall supply a timekeeper per match who shall sit with the scorers. The timekeeper shall:
 - (a) Stop any visual clock when one minute playing time remains in each quarter.
 - (b) Where possible, by electronic means, signal the end of each quarter to the umpire, whose whistle shall signal the end of the quarter.
- 2.2 Where central timing is used, any time lost for injury or illness is not added to the quarter. The umpire's whistle shall signal the end of play.

3 SCORERS

Each match shall be recorded on one official scorecard provided by the host school. Two scorers, one from each team, are to be seated together for the duration of play to jointly maintain the official scorecard.

In the event that a school does not provide a scorer, that school will forfeit the right to dispute the final score

4 UMPIRES

Refer: Team Sports 11.

- 4.1 **Exception:** If necessary, umpiring for the grades other than Open or A divisions, may be done by students in the Open and Senior grade teams, conversant with the current netball rules, and badged where possible.

5 HEADWEAR

Only soft peaked headwear is acceptable.

6 COURTS

Every effort should be made to play Netball on hard surfaces whether indoor or outdoor to ensure the safety and development of the sport within the Association.

7 ABANDONED GAMES

If the game is abandoned and at least 50% of the QGSSSA official match time (Refer: Point 2) has been completed, the scores at the end of play will stand.

8 EQUIPMENT

Minimum match ball standard – size 5, Gilbert M500 Eclipse or a ball of equivalent standard.

9 SUBSTITUTION AND TEAM CHANGES

- 9.1 Teams can substitute players via rolling substitutions.
- 9.2 Teams will be allowed to make substitutions during play, this includes during stoppages and intervals. There is no limit to the number of substitutions that can be made, and more than one substitution may be made at any time. Play will not be held up for substitutions.
- 9.3 The substitutions zone may or may not be marked out on the Court. Substitutions must occur in front a team bench.
- 9.4 The incoming player must wait until the player being replaced exits the court before entering the field of play.
- 9.5 Players must observe the offside rules when entering the court. Failure to do so will result in a sanction in line with Rules of Netball 2020, Rule 9.7 offside with the free pass awarded where the ball was at the time of the infringement.



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Rhythmic Gymnastics

Updated 23 January 2026

Queensland Girls Secondary Schools Sports Association Inc
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RHYTHMIC GYMNASTICS

1 ELIGIBILITY AND GRADES

- 1.1 Competition will be held in Open Grade, A Grade, B Grade and Year 7.
- 1.2 Schools are required to fill from the top down when submitting nominations for all competitions with an apparatus. Schools are eligible to apply for an exemption (teams granted an exemption are not pennant eligible).
- 1.3 Gymnasts who have been registered at level 4 RG must compete in A Grade or higher.
- 1.4 Gymnasts who have been registered at level 6 RG must compete in Open.
- 1.5 Year 7 students may compete in the Year 7 division or the Open division.
- 1.6 When schools are entering more than one team in the Year 7 competition, teams should be graded and named (i) or (ii) according to ability.
- 1.7 Re-ranking down between divisions can be made up to 5pm, two school days before the competition.

2 EVENTS

- 2.1 **Open:** Competition will comprise Apparatus Group, Apparatus Pairs and Open Freehand Group routines. A student may compete in only one routine.
 - 2.1.1 **Open Apparatus Group** will consist of four girls, competing in one compulsory apparatus (rope, hoop, ball, clubs or ribbon). Participating schools must nominate an Open Group.
 - 2.1.2 **Open Apparatus Pairs** - Each school may enter the **Open Apparatus Pairs** competition (Open Apparatus Pairs is not a compulsory division). Schools may choose which apparatus they wish to participate in (rope, hoop, ball, clubs or ribbon).
 - 2.1.3 **Open Freehand Group** – schools may nominate an Open Freehand Group if they have fill nominations in the Open Group and Open Pairs competition.
- 2.2 **A Grade** teams will consist of 4-6 students. Each team may compete in only one apparatus.
 - 2.2.1 Competition will be held in rope, hoop, ball, ribbon, freehand and combination. Combination will be as follows: **Hoop and Ball**.
- 2.3 **B Grade** teams will consist of 4-6 students. Each team may compete in only one apparatus.
 - 2.3.1 Competition will be held in rope, hoop, ball and freehand.
- 2.4 **Year 7:** competition will comprise both Year 7 Apparatus Group and Year 7 Freehand Group. The Year 7 Apparatus Group competition is compulsory with the Year 7 Freehand

Group optional, and only applicable once schools have filled one team nominations in the Year 7 Apparatus Group competition.

2.4.1 **Year 7 Apparatus Group** teams will consist of 4-6 students, competing in one apparatus – ball.

- Routine requirements: Level 1 RHYTHMIC Skools group Release 1
 - Compulsory routine & set music
- Difficulty - Maximum 5.00 points Plus 2 exchanges valued at 0.3 each optionally placed in the routine.
- **Final Maximum Difficulty score= 5.60 points for each routine.**

2.5.2 **Year 7 Freehand Group** will consist of 2-4 students in a pair, trio or group.

3 JUDGING

- 3.1 Judges who are currently registered with Gymnastics Australia may officiate.
- 3.2 There will be no contact between judges and competitors / spectators during or after the competition.
- 3.3 One combined score for each performance will be displayed.

4 EQUIPMENT

- 4.1 The floor area will be 13 metres square.
- 4.2 Each school must supply its own equipment/apparatus.
- 4.3 Four pieces of spare apparatus may be placed outside the floor area for Groups and two pieces for Pairs.

5 MUSIC

- 5.1 The music may be interpreted by one or several instruments, including the voice used as an instrument (with or without words).
- 5.2 Each school must submit their music via the QGSSSA Sports Hub.
- 5.3 Music is not permitted when Groups or Pairs are moving on or off the floor area.

6 RULES

- 6.1 Each individual team must wear leotards of the same colour and design.
- 6.2 Apparatus may be of different colours but must be of the same size.

- 6.3 In Mixed Apparatus, a combination of two different apparatus only is allowed.
- 6.4 **Contact with the apparatus** - At the beginning of the exercise, one or several gymnasts cannot remain without apparatus for longer than 4 body movements (more than 4 seconds)
- **Penalty** by the Execution Judge: 0.30 if this rule is not met.
At the end of the exercise, each gymnast may hold or be in contact with one or several apparatus. In this case, one or several gymnasts may be without apparatus in the final position.
 - **Penalty** by the Execution Judge: 0.30 if none of the gymnasts are in contact with the apparatus at the final position.
- 6.5 **Judges will be following technical information set out in the QGSSSA RG manual, current Australian Levels manual and FIG Code of points**

7 WARM UP

Each school is to be given a time, prior to the competition, for a warm-up. Where possible this will be with music.

8 TEAM ENTRIES

Refer to QGSSSA By-Law 5.6:

Schools will nominate teams in each grade in descending order, beginning with the Open Grade

5.6.1 Exception: Artistic Gymnastics and Rhythmic Gymnastics. These sports require schools to nominate teams from A Grade down in descending order if they cannot nominate an Open team.

9 DISPUTES

Refer to QGSSSA By-Law 8 (8.1 - 8.8)

10 DRAW

Prior to the competition, a ballot will be made to determine team appearance order.

10 PENNANTS

11.1 OPEN DIVISION

- 11.1.1 A pennant will be awarded for the Open Apparatus Group competition.
- 11.1.2 A pennant will be awarded for the Open Pairs competition. The winner will be decided on the total of the best 2 pairs in different apparatus from each school.
- 11.1.3 A pennant will be awarded for the Open Freehand Group competition.

11.2 A GRADE

11.2.1 A pennant will be awarded in the A Grade competition. The winner will be decided on the total of the best 2 teams in different apparatus from each school.

11.3 B GRADE

11.3.1 A pennant will be awarded in the B Grade competition. The winner will be decided on the total of the best 2 teams in different apparatus from each school.

11.4 YEAR 7

11.4.1 A pennant will be awarded to the winning team in the Year 7 Apparatus Group competition.

11.4.2 If there are 4 or more teams entering a second team, a Year 7 (ii) pennant will be awarded.

11.4.3 A pennant will be awarded for the Year 7 Freehand Group competition. If there are 4 or more teams entering a second team, a Year 7 Freehand Group (ii) pennant will be awarded.

11.6 Where withdrawals after the nomination date are received, a pennant competition will remain and a pennant awarded.

12 MARCH ON

All movement on and off the floor will be at the direction of the Announcer.

13 SPECTATORS

The following spectator etiquette should be observed:

13.1 Spectators should stay seated during each team's performance and movement should be restricted to a minimum.

13.2 During the competition, flash photography is prohibited.

13.3 There will be no communication (verbal or otherwise) with the competitors on the mat.

13.4 There will be no communication with the judging panel during the competition.

13.5 It is permitted to applaud successful exchanges with the apparatus. No mechanical devices or musical instruments will be permitted.

13.6 Members of the audience are not permitted to return out-of-area apparatus.

The Workbook should not be read to the exclusion of the QGSSSA Rhythmic Gymnastics Manual.



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Swimming

Updated 23 January 2026

Queensland Girls Secondary Schools Sports Association Inc
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SWIMMING

1 ELIGIBILITY

1.1 Each school shall be represented by one entry in any one event.

Exception: Open Multiclass events whereby one nominated student can compete for competition points, with additional students nominated as exhibition athletes and ineligible for competition points.

1.2 In individual events where divisions occur, the school must enter the fastest swimmer out of its chosen competitors in the A division. Subsequent ranking in descending order for the following divisions must apply.

1.3 Ranking of relay teams, where divisions occur, must be done on the same principle.

1.4 Re-ranking down between divisions can be made up to 5pm, two school days before the competition.

1.5 Where divisions occur in an event, a competitor shall not be permitted to enter more than one division.

1.6 Open Multiclass events

Students with a sport classifiable disability (i.e. meets the minimum eligibility criteria for classification) are eligible to participate and be awarded competition points. Students without a sports eligible classification are welcome to participate.

To compete in multiclass events and be eligible for competition points, students are required to undergo a classification assessment and hold a sport class in swimming.

1.7 Age groups:

1.7.1 Ages shall be:

12 years and under

13 years

14 years

15 years

16 years

17 years and over

Open Multiclass

Open - from any age group

Junior - 15 years and under

1.7.2 A competitor may only compete in her own age group.

1.8 A competitor may compete in:

2 Individual age events

1 Open event

1 Age relay

1 Brockway Cup relay

Open Multiclass – maximum of 4 individual open multiclass events or 3 individual multiclass events and one age group relay.

2 EVENTS

- 2.1 Events per age:
- | | |
|---------------|--|
| 50 metres | Freestyle, Divisions A, B, C and D and Open Multiclass |
| 100 metres | Freestyle, Division A and Open Multiclass |
| 50 metres | Butterfly, Division A and Open Multiclass |
| 50 metres | Backstroke, Division A and Open Multiclass |
| 50 metres | Breaststroke, Division A and Open Multiclass |
| 4 x 50 metres | Medley relay |
| 4 x 50 metres | Freestyle relay, Divisions A and B |
- 2.2 Open events:
- | | |
|------------|-------------------|
| 100 metres | Butterfly |
| 100 metres | Breaststroke |
| 100 metres | Backstroke |
| 200 metres | Freestyle |
| 200 metres | Individual Medley |
- 2.3 Open Brockway Relay
Junior Brockway Relay (15yrs & Under)

3 PLACES AND POINTS

- 3.1 A place shall be awarded to every competitor.
- 3.2 Points shall be:
- Individual: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
 - Relays: 12, 10, 8, 7, 6, 5, 4, 3, 2, 1
 - Open Multiclass: Awards points based on the number of schools represented in the event. If there were three (3) athletes/schools there would be a maximum of three (3) points for 1st place, two (2) points for 2nd place, and one (1) point for 3rd place.
- 3.3 In the event of a tie, the points for that place and the next will be added and the total divided equally.
- 3.4 When swimmer(s) are disqualified for a false start, in individual or relay events, the swimmer(s) shall be allowed to swim and receive 0 competition points.
- 3.5 For the 12 Years & Under B Relay event, the points awarded reflects the number of schools competing in the event (i.e. Same points application as multiclass). For example, if there are seven schools in the event, first place will receive 7 points, second place will receive 6 points etc.

4 TROPHIES

- 4.1 **Mollie Gould Cup:** Aggregate Points.
- 4.2 **Sheena Dyason Cup:** Calculated on a percentage points basis where the total amount of points scored in the seven age divisions is divided by the total female

secondary enrolment. Where a school's total population is less than 550 students, a value of 550 students will be used for the title calculation. The winner of the aggregate trophy is not eligible.

- 4.3 **Open Brockway Cup:** 4 x 50 metres Freestyle relay.
No points will be awarded for this event towards the aggregate score.
- 4.4 **Junior Brockway Cup:** 4 x 50 metres Freestyle relay (15 years and under).
No points will be awarded for this event towards the aggregate score.
- 4.5 A pennant shall be awarded to each winning age group.
- 4.6 A pennant shall be awarded to the winner of the Mollie Gould Cup.

5 CAPS

Swimmers must wear caps of their school colours. Refer to General Rule 2.

6 OFFICIALS

- 6.1 QSA officials shall be used when possible.
- 6.2 Each school shall supply three officials when requested.
- 6.3 All schools must supply a responsible adult to supervise the relay teams in the marshalling area.

7 TEAM ENTRIES / CHANGES

Refer to By-Laws 5.19 and 5.20

- 7.1 On the day of competition, a sick or injured competitor who is officially replaced in earlier events must take no further part in the competition.
- 7.2 **Late Changes:** Late changes on the day must be signed by the Director of Sport or Girls Sports Coordinator, and submitted via the yellow Changes Form no later than 20 minutes prior to event.

8 DISPUTES

Refer to By-Law 8.

9 BARRACKING

- 9.1 Cheer squads will not obstruct any school's view of the competition.
- 9.2 No mechanical devices or musical instruments.

- 9.3 Non-electric megaphones are permitted.
- 9.4 No stamping of feet will be permitted in the stands.
- 9.5 No crepe paper streamers will be permitted.
- 9.6 A mascot will be permitted on to the concourse at the beginning and at the conclusion of the Carnival for the presentations.

10 BANNERS AND FLAGS

- 10.1 Banners and flags may be placed in appropriate areas prior to the commencement of the competition.
- 10.2 No signs are to hung from the dive pool stand or from the walkway above the scoreboard.

11 WARM-UP AND WARM DOWN

- 11.1 A supervised team warm-up will be permitted. The lane used for the warm-up will be the same as for the competition.
- 11.2 Swimmers are permitted to cool down in the supervised diving pool immediately after their race.

12 LANE ORDER

Lane order is determined on a rotational basis of two lanes forward each year.
e.g. Lane 1 becomes Lane 3.

13 SEATING AND ENTRANCE

- 13.1 Each school is to be allocated a seating block, none of which are to be beyond the competition pool area.
- 13.2 Schools are to be seated on the side of the pool aligned with their lane draw
- 13.3 If required, each school will be allocated entrance tickets. The number of tickets is to be the same as the seating block. These tickets can be distributed at each school's discretion.

14 PHOTOGRAPHER

- 14.1 One official photographer from each school wearing an official QGSSSA bib will be permitted to take photographs on the concourse. The Carnival Director has the discretion to ask the photographer to leave the concourse if the rule is infringed.

- 14.2 One official video crew from each school can film from the concourse upon application to the QGSSSSA.

15 PROHIBITED ITEMS & STRAPPING

Prohibited Items – Watches

Students are not permitted to wear watches or wrist-worn devices of any kind while competing in QGSSSA swimming events.

Strapping – Medical Clearance Requirement

Students requiring strapping or taping must obtain prior approval from Swimming Queensland officials. A medical certificate must be provided to support the use of significant strapping. Students should present to the Executive Officer and Chief Referee/Technical Manager prior to the start of the Championships or as soon as practical prior to their first swim.



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Tennis

Updated 23 January 2026

Queensland Girls Secondary Schools Sports Association Inc
PO Box 586 Cannon Hill QLD 4170 | admin@qgsssa.com.au | www.qgsssa.com.au

Established 1908 - Performance, Participation, Tradition & Innovation

TENNIS

- 1 Tennis is to be played on a minimum of 1.5 courts per grade, where possible.
- 2 **ELIGIBILITY**
 - 2.1 Competition will be conducted in Open, Senior and Junior grades. These grades will be divided into further divisions to suit the nominations from member schools.
 - 2.2 Junior teams will consist of students in Years 7-9, Seniors teams will consist of students in Years 10-12. Open teams may be multi-age.
 - 2.3 Each team shall consist of four seeded singles players and two seeded doubles pairs. For all seedings on any fixture day, the school must enter the best player / pair from its team as number one seed, then subsequent ranking in descending order for the following seedings must apply.
 - 2.4 The maximum number of players for each tennis team will be eight players on any given day.
- 3 Before the commencement of the singles game and before the commencement of the first doubles game, books are to be completed and then exchanged. The rankings are to be in accordance with the skill ability within each team and not dependant on players preferred opponent/s.
- 4 In the event of a player not turning up at a competition after the books have been exchanged, school s may agree to reschedule the order of games. If the player has not arrived when she is now scheduled to play, the school will forfeit her seeded singles match.
- 5 **FIXTURES**
 - 5.1 Each fixture shall consist of four seeded singles sets and two seeded doubles sets.
 - 5.2 **SEEDINGS**
 - 5.2.1 Schools are to submit seedings to the Executive Officer for all tennis players pre-season (by Monday prior to Round 1) based on the best player being seeded 1. The seedings for each school will be provided by the Executive Officer to all member schools.

Changes to seeding:

Where it is necessary to change seedings as the result of injury, sickness or change of enrolment status, a formal notification is to be sent to the Executive Officer no later than the day prior to the competition. If later changes are necessary, the opposition co-ordinator must be notified prior to the commencement of the match.
 - 5.2.2 The order of games shall be according to the seedings - 4, 3, 2, 1 for singles; and 2, 1 for doubles. Any variation to this ruling must be made by mutual agreement by Wednesday, 3.00pm, preceding the fixture day. If mutual agreement cannot be reached, the order listed above will stand.

- 5.3 For the first set, the choice of end and / or right to serve first, shall be decided by the toss of a coin. All subsequent sets will be alternated between the two teams.
- 5.4 By mutual agreement, players may change ends after each game if the sun creates difficulty.
- 5.5 Each set will be the first to 6 or 7 games with one team being 2 games ahead. If the score is tied at 6 games all, the 12 point tie breaker comes into effect.

5.6 **12 Point Tie-Breaker**

The first player/pair to reach 7 points and be ahead by at least 2 points shall win. If the score is 6 points all the game shall be extended until one player/ pair is ahead by 2 points.

The player whose turn it is to serve shall serve first from the right court. After the first point the serve is rotated to the opponent and thereafter every two points until the set is decided. After 6 points have been played, players / pairs change ends.

For Doubles play, the serve is rotated in the same order that was played for the rest of the set.

NOTE: Except for the first serve, the serve is rotated after 2 points, the same as for Singles.

If players serve in the wrong order or from the wrong side and it goes undetected, the score shall stand and adjustments be made to rectify the play from there on.

- 5.7 Long deuce will be played for all games for the Open Division. For all other divisions, short deuce will be played for all games.
- 5.8 The winning team in any match will be decided on the number of sets won, or if the sets are equal, on the number of games. If the sets and games are all equal, the result is a tie.
- 5.9 If exceptional circumstances interrupt play and a team is in a position where they cannot lose, that result will stand.
- 5.10 The home team must provide at least two new approved balls for each grade and court. Home teams are to provide a minimum of 4 practice balls per court.
- 5.11 Home teams are obliged to permit 15 minutes warm-up prior to 7.30am commencement. Further warm-up time shall be limited to three minutes prior to each set. Practice times should be evenly shared between both teams. The visiting team shall be allocated warm-up time, commencing at 8.10am.

6 OFFICIALS

- 6.1 Scorers and umpires may be school students who are conversant with the current rules.
 - 6.1.1 **Singles Matches:** Each match shall have one umpire and one linesperson. The linesperson shall stand opposite the umpire at the net and have input into

calls on that line only. However, the umpire has the final decision over all calls made.

6.1.2 **Doubles Matches:** Each match shall have one umpire where possible. Students and team members from other grades may umpire games other than their own grade as long as their commitment to their own grade is completed.

- 7 **Foot Faults:** Foot faults must be called by the central umpire. If the umpire does not call them, then the linesperson can issue a warning to the player via the umpire. Each player may only receive one warning per set before being called for a foot fault.
- 8 All spectators must remain outside enclosures and must not interfere in a detrimental way with the progress of the match.
- 9 **Injury:** In the event of an injury / illness to a player, a maximum of 5 minutes injury time will be awarded. If the player cannot resume play immediately after this time has expired, she will forfeit the remainder of her singles / doubles match. Games that have been won by this player will still count and her opponent will be credited with winning 6/7 games.
- 10 If a player chooses to leave the competition prior to the completion of her match for reasons other than injury, she forfeits the right to games already won and the opposition is accorded a 6-0 win.

11 EQUIPMENT

Match balls to be the same standard used at the Australian Open in the year of the competition or the following approved balls:

- Dunlop AO Hardcourt
- Slazenger Hardcourt
- Wilson Hardcourt
- Head Championship Ball
- Babolat Gold



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Touch Football

Updated 23 January 2026

Queensland Girls Secondary Schools Sports Association Inc
PO Box 586 Cannon Hill QLD 4170 | admin@qgsssa.com.au | www.qgsssa.com.au

Established 1908 - Performance, Participation, Tradition & Innovation

TOUCH FOOTBALL

1 ELIGIBILITY

- 1.1 Competition will be conducted in Open, Senior, Year 10, Year 9, Year 8 and Year 7 grades.
These grades will be divided into further divisions to suit the nominations from member schools.
- 1.3 The maximum number on a team list will be 14 players, with six (6) on the field at any one time.
- 1.4 For a team to be able to play the game, the minimum number of players to take and remain on the field will be 4 players. Otherwise the team will forfeit.

2 FIXTURES

- 2.1 Games commence as soon as possible after school on the scheduled afternoon/evening.
Time is allowed for the visiting school to travel after school and to have 15 minutes warm-up after arrival.
- 2.2 The home school will provide facilities to enable games to be played in a maximum of three (3) rounds. If this is not possible, alternative/additional games should be organised between the two schools.
- 2.3 Each game will consist of two halves of 20 minutes, with an interval of 5 minutes.
- 2.4 Teams will consist of a maximum of fourteen (14) players.
- 2.5 Substitution boxes should be marked and used as per FIT rules.
- 2.6 **Abandoned Games**
If the game is abandoned and at least 50% of the QGSSSA official match time (Refer: 2.3) has been completed, the scores at the end of play will stand.

3 VENUE

All schools should attempt to find a venue where all teams are playing in close proximity and on a field that complies with the regulation size.

4 EQUIPMENT

- 4.1 The Home School shall supply the game balls.
- 4.2 Minimum match ball standard – senior size, Steeden Classic Touch match ball or a ball of equivalent standard.
- 4.3 Official school uniforms that are correctly numbered (front OR back, 16 cm OR on both sleeves 8cm) shall be worn.

5 OFFICIALS

Refer also to Team Sports 11.

- 5.1 Each school will supply one referee for the Open and A Divisions, and the remaining teams will have at least one referee. The home school is to determine which school will be refereeing which fixture. These duties will be shared by the schools involved.

6 RESULTS

Refer: Team Sports 5



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Volleyball

Updated 23 January 2026

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VOLLEYBALL

1 ELIGIBILITY

- 1.1 Competition will be conducted in Open, Senior, Year 10, Year 9, Year 8 and Year 7 grades. These grades will be divided into further divisions to suit the nominations from member schools.
- 1.2 The maximum number on a team list will be 12 players.
- 1.3 For a team to be able to play the game, the minimum number of players to take and remain on the court will be five. There will be a loss of point on the serve for the missing player. The team will forfeit if there are less than five players.

2 FIXTURES

- 2.1 A rally point system will be played.

2.1.1 Open Grade.

Each match will consist of the best of five sets. The first four sets will be played to 25 points with a two point advantage to win the set. The fifth set will be played to 15 points with a two point advantage needed to win the set. There is no cap.

The deciding set (5th) is played as a tie break whereby -

- (i) the winner of the toss has the choice of service or end; and
- (ii) the teams change ends when a team reaches eight points.

2.1.2 Senior, Year 10, 9, 8 & 7 Grades.

Each match shall consist of three sets. The first two sets will be played to 25 points with a two point advantage to win the set. The third set will be played to 15 points with a two point advantage needed to win the set. There is no cap.

The third set is played to 15 points whereby -

- (i) the winner of the toss has the choice of service or end; and
- (II) the teams change ends when a team reaches eight points.

- 2.2 **Year 7:** Servers will be permitted to serve from up to one metre inside the baseline, to be clearly marked by the home school.
- 2.2 Excluding the Open Division, where a game has exceeded one hour 15 minutes, the next scheduled game must start within ten minutes of its completion.
- 2.3 If a game is abandoned, the score will be based on the completed sets (any completed games to have 13 or more points with a two point advantage). For Open, this will be a minimum of two completed sets.

3 REFEREES

Refer Team Sports 11.

- 3.1 Schools are to provide a stand for the referee.

3.2 Home teams are to provide all line judges.

3.3 Each team must provide a scorer. In the event if a school does not provide a scorer, that school will not be able to dispute the final score. The home Volleyball

3.4 Coordinator in consultation with the opposition coordinator will stipulate/determine who will be Ref 1 and Ref 2 for games played

3.5 Games are not to commence until all court officials are in place.

3.6 **Please note:** Umpires for Years 10, 9, 8 and 7 grade matches may be students from the Open and Senior grades conversant with the current volleyball rules.

4 All players must be numbered on the front and back.

5 NET HEIGHTS

Open and Senior	2.24 metres
Year 10	2.15 metres
Year 9	2.15 metres
Year 8	2.10 metres
Year 7	2.10 metres

6 SUBSTITUTIONS

6.1 Schools have the option of adopting a Libero player in all grades and this is to be used in conjunction with the twelve (12) substitution rule.

6.1.1 Teams are permitted to have up to two Libero players, with teams able to declare a new libero at the beginning of each set. A change in Libero is only made once a set is complete.

6.1.2 The Libero must be clearly identifiable by wearing a different uniform to the rest of the team and indicated there are a Libero player by marking an * next to their name/s on the score sheet.

6.2 Twelve substitutions are permitted per set.

6.3 Any player entering the set can only re-enter the set in the same position in the service order.

6.4 Substitutions are not paired. More than two players can be used in the same position in the line-up.

6.5 A player is allowed to be on the court three different times in a set, where starting counts as an entry.

7 EQUIPMENT

The home team is responsible for providing all necessary balls for the warm up and game play at a home or external venue.

Minimum match ball standard – V300 ball or a ball of equivalent standard.

8 WARM UP

8.1 Umpires will control the warm up. A total of 10 minutes is permitted for warm up on the match court, as set out below:

8.2 Warm Up Protocol

Warm Up	2 Minutes
Coin Toss	
Spiking from 4	3 Minutes
Spiking from 2	3 Minutes
Serving	1 Minute
Coach	1 Minute

At the conclusion of the 10-minute warm up period, teams will be asked to take the court in preparation for play.

APPENDICES

- 1. Application form for a New Sport to Enter QGSSSA**
- 2. Fixtures Protest Form**
- 3. Change of Scheduled Fixture Proforma**
- 4. Para Athletics Implement Weights**



APPLICATION FOR A NEW SPORT TO ENTER QGSSSA

QGSSSA MISSION STATEMENT

The Queensland Secondary Schools Sports Association Inc (QGSSSA) aims to provide member schools with opportunities to equip young women to meet and enjoy life’s challenges. To achieve this aim, the Association seeks to provide quality sporting opportunities and social interaction within a sports environment, which balances performance, participation, tradition and innovation.

GUIDELINES FOR APPLICATION

In order to apply for a new sport to enter this sporting system, the QGSSSA Mission Statement must be upheld. Furthermore, the support of a school and/or the EO is essential. The sport in question must also have a recognised State and/or National body. Please note that sports are considered on a strict two year cycle.

Nominated Sport	
Affiliated Sporting Organisation	
Name of Applicant	
Position held by applicant within sporting organisation	
Contact Phone	
Contact Email	
State and National body associated with your sport	
Have you spoken to your State and/or National governing body in regards to your application? If so, please comment on response:	
Contact person for your State/National organisation	
Direct Phone	
Direct Email	
Further Comment:	
AGREEMENT OF SPORT NOMINATION: The organisation hereby request for the affiliation of their chosen sport into the QGSSSA system. If accepted, the applicant will strive to uphold and abide by QGSSSA’s Mission Statement, by-laws, Code of Conduct and all policies established.	
SIGNATURE	DATE

QGSSSA OFFICE USE ONLY			
Name of person who has received application			
Affiliation to QGSSSA			
Date received		Signature	
Date sent to QGSSSA Executive Officer			
EO Signature to acknowledge form receipt			
Course of Action			



QGSSSA CHANGE OF SCHEDULED FIXTURE PROFORMA

1. Home and away teams make contact by phone to arrange alternative details.
2. THE SCHOOL REQUESTING THE CHANGE is to fill in the Change of Fixture proforma during/following the phone conversation. The Principal MUST sign the form.
3. THE SCHOOL REQUESTING THE CHANGE is to email the proforma to the other school to sign as confirmation of the agreed details
4. THE 'OTHER' SCHOOL counter-signs the proforma as confirmation of the agreed details. The Principal MUST sign the form. The Sportsperson must keep a copy of the form. The signed proforma is emailed back to the school requesting the change.
5. THE SCHOOL REQUESTING THE CHANGE is to email the proforma to the Executive Officer. The Sportsperson must keep a copy of the original on file.

ORIGINAL FIXTURE DETAILS			
ROUND	<input style="width: 90%;" type="text"/>	SPORT	<input style="width: 90%;" type="text"/>
		DIVISION	<input style="width: 90%;" type="text"/>
HOME SCHOOL	<input style="width: 90%;" type="text"/>	AWAY SCHOOL	<input style="width: 90%;" type="text"/>
ORIGINAL DATE	<input style="width: 90%;" type="text"/>	VENUE	<input style="width: 90%;" type="text"/>
<p>REASON FOR REQUESTING A CHANGE OF SCHEDULED FIXTURE:</p> <p><input type="checkbox"/> 30% of the maximum number of players permitted to take the field from one team are away for representative titles (regional, state, national or world)</p> <p><input type="checkbox"/> Venue availability problem <input type="checkbox"/> Weather reschedule</p> <p><input type="checkbox"/> School holidays/Misaligned term dates <input type="checkbox"/> Major school event : _____</p> <p><input type="checkbox"/> School camps <input type="checkbox"/> Illness throughout school decimating numbers or closure</p> <p><input type="checkbox"/> Other: _____</p>			

ALTERNATIVE ARRANGEMENTS	
DATE	<input style="width: 90%;" type="text"/>
TIME	<input style="width: 90%;" type="text"/>
VENUE	<input style="width: 90%;" type="text"/>
UMPIRING ARRANGEMENT	<input style="width: 90%;" type="text"/>

'AWAY' PRINCIPAL	DATE
_____	_____
'AWAY' SPORTSPERSON	DATE
_____	_____
'HOME' PRINCIPAL	DATE
_____	_____
'HOME' SPORTSPERSON	DATE
_____	_____
EXECUTIVE OFFICER	DATE
_____	_____