



SPORTS RULES – Domino's Pizza Northern Tertiary Challenge

Touch:

- Mixed Teams
- 6 a side with rolling subs
- Must have a minimum of 2 females on at any time
- 6 touch turn over
- Ground ball = turnover
- Each try – Males = 1 point
Females = 2 points

Netball:

- Mixed teams
- Minimum 1, maximum 3 males on the court at any time, males must be in the 3 separate areas of the court
- Normal netball rules apply
- You may only sub players at half time
- Please supply one set of bibs per team

Basketball:

- Mixed Teams
- 5 a side with rolling subs
- Normal basketball rules apply
- No deliberate contact
- Minimum 2 females on the court at any time

Football:

- Mixed teams
- 7 a side with rolling subs
- Minimum of 2 females on at any time
- Normal soccer rules apply
- Goals – Male = 1 goal
Females = 2 goals

Volleyball:

- Mixed teams
- 6 a side with minimum 2 females on at anytime
- Matches will be best of three sets; sets are 15 points
- Every point won is a point scored
- Normal volleyball rules apply

Ultimate Frisbee:

- Mixed
- 5 a side with subs only after a point is scored
- No more than 4 males on the field at any time
- Ground Frisbee = turn over
- Can not hold Frisbee longer than 5 seconds
- Can not run or step with Frisbee in hand (as per netball rules)
- Three feet away when defending Frisbee carrier
- No contact on Frisbee carrier
- Stall count – defender counts to 10 while attacker holding the frisbee if not released before saying the T in ten then it's a turnover.
- Each point scored = 1 point

Points for all sports will be: Points: 4 – win; 2 – draw; 1 – lose; 0 – forfeit

