

Junior Plate Rules

For players under 18 on 31st August 2025

Minimum of 3 female players on court

No time outs, normal substitutions

We will use a simple score sheet, rotation slips to be handed in

The games are timed teams must be prompt on court to play and Ref.

Intermediate section 6 teams and have 5 games each

Elite section only 3 teams, they play 4 games and the top 2 teams go into a final to decide the placing third team will ref and unfortunately only have 4 games.

The hall is open at 8 pm we will have a quick team talk and the first match starts at 8.30

Bring balls and whistles