

2026 Sports Guidelines - Summary of Changes

Sport	Changes
3x3 Basketball	Added wheelchair 3x3 basketball guidelines.
Athletics	Updated dates to 2026; introduced open weights/heights; added qualification standard provisions and alternative qualification times; added scoring rules for DNS, DNF and DQ in finals; no replacement players allowed; updated records and relay format; added no combined teams rule.
AFL Nines	Updated rules link to current WA rules.
Badminton	Updated BWF rules and regulations link.
Basketball	No rule changes. Minor grammatical updates and link verification.
Beach Volleyball	Updated official rules link.
Cheer and Dance	Updated championship name; adjusted team sizes; changed All Girl to All Female; added FISU nomination guidance.
Cycling	No changes.
Distance Running	Added requirement to register through both systems to earn points.
Dodgeball	Changes made (details not provided).
Fencing	No changes.
Football	Updated FIFA rules link; revised ladder points system; added additional interchange during extra time.
Futsal	Updated FIFA rules link.
Golf	Updated rules and eligibility requirements; clarified handicap verification; added multiple handicap declaration requirements; added women's pennant provision.
Hockey	Clarified stoppage time rules; added extra tie-breakers; updated player behaviour and suspension rules; added Video Umpire trial section.
Judo	No major changes
Kendo	Reformatted guideline structure.
Kendo Supplementary Rules	Incorporated into the main guidelines.
Lacrosse 5s	No changes.
Lawn Bowls	Added shots difference and head-to-head as tie-breakers.
Netball	No changes
Oztag	No changes
Rowing	Updated Rowing Australia rules link.

Rugby 7s	No changes
Rugby League 9s	No changes
Sailing	Changed to fleet racing format; reduced minimum squad size to four.
Snow Sports	Merged Snow Cross-Country and Snow Sports guidelines.
Swimming	Updated relay distances and qualification times for 2026.
T20 Cricket	Updated lightning safety rules; removed interval reduction provision; clarified helmet and neck guard requirements; updated women's fielding restrictions.
Table Tennis (Teams)	Updated rules link.
Taekwondo	Added head kicks; updated scoring socks; removed seeding; added flexibility for low-number weight divisions.
Tennis (Teams)	No changes.
Tenpin Bowling	Updated TBA rules version; minor formatting updates.
Touch Football	No changes.
Triathlon	Renamed Multi Class to Para Tri; updated Para Tri points scoring and wording.
Ultimate	No changes.
Volleyball	Removed 5-set semi-finals and medal matches for 2026.
Water Polo	No changes.