igsa
Sport

IGSA Sport Representative Policy

Updated July 2026

1. PURPOSE

1.1 The IGSA Sport Representative Policy is designed to provide girls enrolled at IGSA members' schools with the opportunity to access the representative pathway provided by NSWCIS, NSW All Schools and School Sport Australia.

1.2 Selection trials are for girls who show outstanding skill and talent in the relevant sport. Trials are not to be used to gain playing experience, or to reward good team players. Schools should carefully consider the ability of the girls they nominate.

IGSA Sport has very structured guidelines for the selection procedure as set out in section 3 below. This is necessary due to the vast depth of sporting talent within our schools and the need to be fair and accountable to all students.

To allow the IGSA Sport office to effectively administer and communicate the selection process, it is important that schools observe all the relevant guidelines, and dates for nominations, paperwork, trials etc. These can be found on the IGSA Sport website at https://igsa.nsw.edu.au/ .

2. NOMINATION PROCESS

2.1. To be eligible for selection in an IGSA Sport team, a student must:

i) be enrolled and attending a school whose Head is a member of IGSA.

ii) be enrolled in years 7 – 12 and be under 20 years of age in that particular year. Please note that there are some sports specific age restrictions at NSW All Schools level that may prohibit a student being selected further.

iii) attend and actively participate in the scheduled IGSA Sport trials or carnival for the particular sport. Girls must be able to participate for the duration of the trial as partial participation will not be accepted.

iv) girls who are not available for all commitments and major carnivals should not trial.

v) exemption may be considered for a student competing in the same sport for a compulsory state or national level team or squad selection event. As a general principle, a student failing to participate in a scheduled IGSA Sport trial or selection carnival through injury, illness, family crisis, misadventure or school related activity, does not constitute a satisfactory basis for exemption. Requests for exemptions will be considered on a case by case basis.

vi) schools will be notified if an exemption has been granted and the effect this will have on the number of representatives eligible for selection at the IGSA Sport event.

vii) girls who are ill or injured should not trial and may be prevented from doing so unless permission can be obtained from a parent or guardian or relevant medical consultant. Even with parental permission, a girl may be prevented from trialling if the selectors feel that she is too ill / injured to do so.

2.2. An eligible student must also play a minimum of three IGSA Sport Saturday matches in the term that the ***Championship*** *IGSA Sport* competition is held that year. *That is term 1 – badminton and tennis, term 2*

– football and basketball, term 3 – hockey and netball, and term 4 – water polo and touch. These matches may be played in any of the sports offered in that ***term.***

2.3. Exemption from this rule will be considered for students:

i) when their school does not have sufficient numbers to enter any teams in the IGSA Sport competition in a particular sport. (Schools that enter teams in non IGSA Sport competitions will not be permitted to send girls to IGSA Sport trials; the representative pathway in this situation is through non IGSA Sport sport.)

ii) where distance is an issue (PLA and NEGS only).

iii) who nominate for Rugby 7s, as there is no IGSA Sport Saturday competition for this sport.

2.4. The IGSA Sport Staff reserve the right to not allow girls to attend trials:

i) if they feel the students have not attained the required performance standard based on information submitted on the IGSA Sport nomination form.

ii) if a student has failed to fulfil all their representative commitments in previous years e.g. not attending training, withdrawing with late or no notice.

iii) if a student has displayed poor behaviour and sportsmanship throughout the current or previous seasons e.g. code of conduct violations, poor behaviour whilst away on a previous tour.

2.5. Schools may choose how many girls they nominate to trial. However, IGSA Sport will determine how many players from each school will be allowed to attend trials, taking into consideration the number of teams being selected, the total number of nominations, the experience of the players nominated and any other relevant criteria. Players without playing and representative history completed on the correct form will not be considered.

It is not necessary for schools to nominate any girls if they feel their players do not meet the required standard. Schools who nominate more than 2 students will be considered for S01 and J01 respectively when Saturday morning grades are decided. The students' playing position should also be given careful consideration.

2.6. All nominations must be submitted to the IGSA Sport Office, on the correct nomination form, by the due date as advertised. Only school Heads of Sport or the sport staff member in charge of a sport at a school, are permitted to nominate students. Nominations submitted by parents or casual coaches will not be accepted.

2.7. The IGSA Sport Office requires the full names, dates of birth, year group at school and playing experience from the previous two years. The correct representative nomination information for each sport can be found on the IGSA Sport website.

2.8. All students trialling must wear their school sporting uniform during the trial. Any student not wearing their school sporting uniform may be turned away from trials.

2.9. Girls are expected to supply all playing gear and protective clothing at trials and must abide by the relevant safety requirements as outlined in the rules and guidelines for each sport at https://igsa.nsw.edu.au/ (e.g. helmets, shin-pads, mouthguards, gloves etc.).

2.10. Once selected, girls who withdraw from a representative team without a suitable reason, or sufficient notice, will be liable for all associated costs.

3. SELECTION PROCEDURE

3.1 Team Sports in which IGSA Sport Conducts Trials (i.e. Basketball, Football, Hockey, Netball, Tennis, Touch Football, Water Polo and Rugby 7s):

i) In Basketball, Netball, Rugby 7s, Touch Football and Hockey where both 15/16 and under and Open/18&U teams exist, girls must choose which age group they wish to trial for if they are eligible for both.

ii) All IGSA Sport teams should be announced on the day of the trials. In the event of selectors being unable to name a final team (e.g. too many girls at trials), a squad will be announced from which the final team will be selected. Only girls present at the initial trials will be eligible for selection in the squad. Any girl who has been given exemption from the initial trial must attend any

subsequent trials and/or training sessions. In this situation, at least 3 extra girls must be chosen so there are several girls eliminated from the final team and not an individual.

iii) Girls who are not selected in IGSA Sport teams are unable to trial as individuals at NSWCIS level.

iv) All girls who are selected in IGSA Sport teams are required to attend the training sessions / carnivals. Failure to fulfil team commitments may result in exclusion from the team, or 'sitting on the bench' during competition matches.

v) If tennis trials are washed out and not commenced, players will be chosen on paper using current UTR rankings. If trials are only partially completed, a combination of results and UTR rankings may be used to select the representatives.

3.2 Team Sports in which IGSA Sport does not Conduct Trials (e.g. AFL, Cricket, Golf, Softball, Triathlon, Volleyball):

i) Schools must nominate directly through NSWCIS. All NSWCIS representative nomination forms can be accessed via the NSWCIS website. NSWCIS will not accept late entries under any circumstance.

3.3 IGSA Sport Carnival Sports

Swimming:

i) Girls must compete in the IGSA Sport Swimming Carnival in order to be eligible for the IGSA Sport team to compete at the NSWCIS Carnival.

ii) Students competing at a higher level swimming event, which precludes their participation in the IGSA Sport Carnival, may be permitted to submit times. Consistent with section 2.1, each request will be considered individually, on its merits.

iii) The number of competitors selected for each event is based on NSWCIS entry guidelines.

iv) The 1st placegetter at the IGSA Sport Carnival, from the finals, will automatically qualify. The next places may be decided by the second or third placegetter in the event or heat at IGSA Sport, or from an older age group, or a nominated time achieved in the last six months.

v) Competitors are only allowed to submit times for those events which they could not compete in at the IGSA Sport Carnival due to entry restrictions. These times must be NSW sanctioned long course times, achieved in the last six months and submitted by the due date using the specified IGSA Sport entry method.

vi) Competitors in the provisional top three who are displaced following a nominated time performance, shall be provided the opportunity to submit a time performance that is equal to or better than the nominated time performance. (School sport coordinators are responsible for checking nominated time performances that displace their students and submitting their students' time for selection within 24 business hours of the draft team being released).

Diving:

i) Girls must compete in the IGSA Sport Carnival in order to be eligible for the IGSA Sport team to compete at the NSWCIS Carnival.

ii) The number of competitors selected for each event is based on NSWCIS entry guidelines.

iii) The 1st placegetter at the IGSA Sport Carnival, from the finals, will automatically qualify. The next place (s) may be decided by the second or third placegetter in the event or heat at IGSA Sport.

Athletics:

i) A student must compete in the IGSA Sport Athletics Carnival to be eligible for the IGSA Sport team to compete at the NSWCIS Carnival.

ii) Students competing at a higher-level cross country event, which precludes their participation in the IGSA Sport Athletics Carnival, may be permitted to submit times for Athletics 800m, 1500m and 3000m only. Consistent with section 2.1, each request will be considered individually, on its merits.

iii) The number of competitors selected for each event is based on NSWCIS entry guidelines.

iv) The highest/first placegetter for track and field events at the IGSA Sport carnival, from the finals, will automatically qualify for the IGSA team. The next two places may be decided by the second or third placegetters in the event or heat at the IGSA Sport carnival, or from an older age group on the day, or a nominated time/distance achieved within the same calendar year (NSW/Australian Athletics approved times/distances only) or via the exemption policy.

v) Students who compete in the IGSA Sport carnival and have a time/distance equal to an extra event entry will take priority when team selections are done. If students have the same time/distance/height in the finals (from different age groups), heat times/distances will be used to determine the final place.

vi) Competitors are only allowed to submit times for those events which they do not compete in at the IGSA Sport Athletics Carnival due to entry restrictions. Nominated times must be from the same calendar year and submitted by the due date using the IGSA Sport entry form. Students submitting extra entries for events not contested at the IGSA Sport carnival (e.g. 3000m, triple jump etc) must have competed at the IGSA Sport carnival to be considered.

vii) Times and distances recorded at Twilight events may not be used for the purposes of selection into the IGSA Sport Representative team, unless indicated by IGSA and overseen by an Athletics NSW Official.

Cross Country:

i) The first 15 placegetters at the IGSA Sport Cross Country Carnival will constitute the IGSA Sport team in each age group. In the event of withdrawals, girls who placed 16th, 17th etc. may be called into the team in the order of their finishing times at the Carnival.

ii) The number of competitors selected for each event is based on NSWCIS entry guidelines.

iii) Students competing at a higher level Athletics event, which precludes their participation in the IGSA Sport Cross Country Carnival, may submit a Cross Country time providing they have either placed in the top five in the previous year's IGSA Sport Cross Country Carnival, or have a comparable IPSHA, PSSA or CHS time / place. Consistent with section 2.1, each request will be considered individually, on its merits.

iv) Girls who are granted exemption under section 2.1 prior to the event will become part of the NSWCIS entries. If this occurs, schools will be contacted so that runners affected by this decision can be informed of how many places will be selected from the event.

Rowing:

i) IGSA Sport will select an IGSA Sport representative 1st and 2nd eight to compete at the NSW School Representative Eights Competition run by Rowing NSW.

ii) Selection will take place at one Rowing NSW Regatta to be determined each year once Rowing NSW issues their calendar of events.

iii) Students competing at a higher level rowing event, which precludes their participation in the IGSA Sport rowing selection regatta, *may request consideration for a place in the training squad.* Consistent with section 2.1, each request will be considered individually, on its merits.

iv) Girls who are granted exemption under section 2.1 prior to the event will become part of the training squad. If this occurs, schools will be advised so that rowers / coxswains affected by this decision can be informed of how many places will be selected from the events.

v) All rowers and coxswains must be available for:

- Qualifying event: IGSA Sport will identify the specific event once Rowing NSW sets the regatta schedule for that season.
- Training dates that will be confirmed prior to entries being due and after coaches have been selected.
- Competition date as set by Rowing NSW.

Rowers:

i) Schools will be permitted to nominate a maximum of 5 students from their senior squad who are currently rowing sweep.

ii) If a school does not have the ability to boat a crew rowing sweep, they can apply for special consideration for a sculler to be considered who must have previous experience rowing sweep. Schools may be asked to provide evidence of the student's sweep experience (e.g. participation in club events)

iii) Schools are required to enter their SG 1x nominations into the specific event / regatta as advised by IGSA Sport each year.

iv) The fastest 16 combined times recorded by individual girls from both regattas will be selected, from which two VIII's will be selected.

v) All times are final; if a student is unavailable to compete in the nominated trial event, she will not be considered for selection into the IGSA Sport squad, unless her unavailability is linked to competing in another rowing event as per section 3.3 Rowing (iii) and (iv).

vi) The IGSA Sport 1st and 2nd VIIIs will be selected by IGSA Sport staff and the IGSA Rowing Convener, taking into account their times recorded at the IGSA Sport specified regatta as well as coaches' feedback and observations from the training sessions.

vii) During the final crew selections, consideration will be given as to whether a rower rows bowside or strokeside for her school or club however, they need to be aware that they may be required to row on their non-preferred side.

viii) If a rower is not comfortable rowing on their non-preferred side they need to consider whether or not to nominate.

Coxswains:

i) Schools will be permitted to nominate a maximum of 2 coxswains of the highest ranked senior crews within a school program.

ii) All coxswains must submit 2 recordings of their coxing in a race at a Rowing NSW event during the season in which the representative race will be held.

iii) All recordings are to be sent to the IGSA Sport Rowing Convener by the date advertised in the IGSA Sport calendar.

iv) All recordings will then be forwarded on to 2 independent selectors from Rowing NSW who will submit their selection recommendations to IGSA Sport.

4. PROCESS OF APPEAL

4.1 As a general practice, the selectors' decision will be final. However, an appeals process does exist for those who believe their circumstances are exceptional.

Appeals challenging a team selection must be received in writing by the Director of Sport, within 48 hours of the trial date.

4.2 Any application for exemption from attending selections must be submitted in writing to the IGSA Director of Sport by the closing date of nominations or, in exceptional circumstances, at least forty-eight hours prior to the running of the appropriate selection event.

4.3 The Appeals Committee will consist of at least three of the following: the IGSA Executive Officer, IGSA Director of Sport, the IGSA Sport Convener of the particular sport, any IGSA Sport Standing Committee Head of Sport not involved in the appeal, any IGSA Head of School. It is compulsory that at least one IGSA staff member sits on the Appeals Committee, but no more than one. Each individual appeal will be dealt with on its own merits.

4.4 IGSA Sport will send a response to all appeals within 7 days, in the following manner;

i) Verbally to the Head of Sport of the school concerned.

ii) In writing to the Head of School, Head of Sport, IGSA Executive Office and IGSA Chair.

5. RISK, INJURY AND ILLNESS

5.1 Sport is a potentially dangerous activity and IGSA Sport refers girls and their families to the Association's Risk Warning. It is assumed that all girls participating in IGSA Sport trials are fit to do so. Girls unsure of their fitness to trial should consult a medical practitioner.

5.2 School staff are required to coordinate all arrangements regarding relevant student medical conditions including notifying IGSA Sport of said medical conditions, where required.

5.3 A girl who appears to be ill or injured will not be allowed to trial without the consent of her parents.

5.4 Selectors may prevent a girl from trialling, even with parental consent, if they feel the girl's fitness level is insufficient to allow her to participate fully as required by clause 2.1(iii).

Risk Warning

(Under Section 5M of Civil Liability Act 2002)
On Behalf of IGSA and participating IGSA Members' Schools listed below:

Abbotsleigh	MLC School	Santa Sabina College
Ascham School	Monte Sant' Angelo	SCEGGS Darlinghurst
Brigidine College	Mount St Benedict	Stella Maris College
Canberra Girls Grammar	NEGS	St Catherine's School
Danebank School	OLMC Parramatta	St Patrick's College
Frensham	PLC Armidale	St Scholastica's College
Kambala	PLC Sydney	St Vincent's College
Kincoppal-Rose Bay	Pymble Ladies' College	Tangara School
Loreto Kirribilli	Queenwood	Tara
Loreto Normanhurst	Ravenswood	Wenona
Meriden School	Roseville College	

Sporting Activities 2026

The Association of Heads of Independent Girls' Schools NSW trading as Independent Girls' Schools Association (IGSA) and its members' schools organises many individual and team sporting activities during the course of a year. Some of these are organised with IGSA Sport, a sub-committee of the Association of Heads of Independent Girls' Schools NSW (AHIGS), now trading as IGSA. Students participating in these sporting activities take part in practice and in competitions.

IGSA and its members' schools expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

IGSA and its members' schools also expect parents, spectators and other participants to behave in a safe and responsible manner, to comply with the IGSA Sport Codes of Conduct and to set a good example for the girls.

While IGSA and its members' schools take measures to make the sporting activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events. Parents, spectators and officials could also be injured or suffer loss.

Such injury can occur while the student is engaging in or watching a sporting activity, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

It is the responsibility of IGSA members' schools to ensure that all staff and volunteers undertaking duties at any IGSA Sport event have the required "Working with Children" clearance.