

SARDINIA
2025



Luxury
**BEACH
NETBALL
TOUR**

INFORMATION & ITINERARY



Wish you were here?...



Sardinia, Italy

... You can be!

Your Trip at a Glance

Destination: *Sardinia*



Duration: *5 days, 4 nights*

**JUNE 4th to JUNE 8th
2025**

Activities: *play, discover, enjoy*



**Beach Netball
Tournament**



**Destination
Travel**



**Dining
Experience**

Accommodation



The Resort



 **Cardedu - Ogliastra, Sardinia**

Rooms & Spaces



Amenities & Wellness



Itinerary Overview

Day 1

Arrival & transfer
to hotel



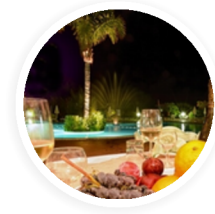
Day 2

Water activities &
Trip to Caves



Day 3

Tournament Day &
Special Dinner



Day 4

Enjoy the resort at
your leisure



Day 5

Transfers back to
the airport



Itinerary Breakdown



04.06.25

Day 1: Arrival

Time TBC

Arrival at the Airport

Transfer to Hotel

Evening

Dinner and evening in the resort



05.06.25

Day 2: Activities

AM

Padel Surf or Mountain Bike

+ Beach Volley/Tennis

PM

Trip to Grotte su Marmuri

Caves



06.06.25

Day 3: Tournament

AM

Beach Netball Tournament

First round matches

Lunch break

Final rounds

Itinerary Breakdown



06.06.25

Day 3: Prize Ceremony

PM

Prize Ceremony

Aperitivo cocktail at the beach

Special Sardinia-themed dinner



07.06.25

Day 4: Down Time

At leisure

Enjoy some down time at the beautiful Perdéra Resort, with the option of different activities such as - Quad Bikes, Boat Trip or Massage at the Spa (on request and own expense)



08.06.25

Day 5: Return

AM

Pick up from hotel and transfers back to Porto airport

Beach Netball

New to Beach Netball?... We got you!

Here are the rules:

Players:

- A team has 5 players on the court at any one time.
- A match can start with a minimum of 4 players, if all players are not available at the match start time.
- Players may move in any area of the court providing no more than 2 players from each team are in the goal zone at any one time.

Substitutions:

- One substitution is allowed for each team immediately after a goal is scored.
- Substitutions shall enter the court from a marked area beside the scorer.
- The match will not stop when substitutions occur.
- There is no limit to the number of substitutions per match.

Starting & Restarting Play:

- First centre pass will be determined by “rock paper scissors”.
- Play continues from the determination of centre pass (umpire whistle does not start match).
- For the rest of the game, the team which does not score takes the next centre pass.

Match length:

- Matches consist of two 6-minute halves with a 2-minute half time break.

Scoring:

- All players can shoot for goal.
- Goals can be shot in the “goal zone” for 1 point.
- Goals shot from the “3 pointer zone” (area between the closest transverse line and the outside of the goal zone) are 3 points.
- The umpire will indicate a 1-point goal with one hand raised; a 3-point goal with two hands raised.

Stepping:

- Standard netball rules apply with exception of Dropped Ball & Diving as above.

Beach Netball

Here are the rules:

Dropped Ball & Diving:

- A player may dive on the sand to catch a ball on the full or claim possession of a ball on the sand (from either team) and then play the ball from the ground or stand up and play the ball. Stepping will not be called in this instance.
- Players catching the ball face down on the ground will be allowed to roll onto their backs to pass the ball.
- The three second rule applies to both instances.

Out of court:

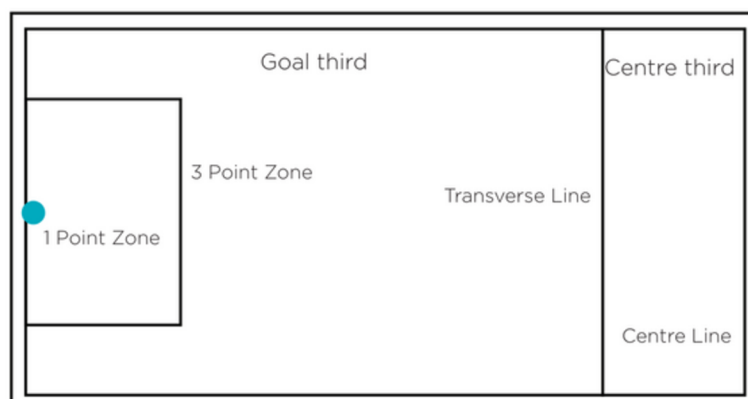
- Standard out of court rules apply.
- The ball must be thrown in from behind the line where it went out of court including behind the transverse line at far end of court.

Turnovers:

- When possession of the ball is turned over the team in possession shall play the ball back over the transverse line.
- A team member must catch or land with the ball with both feet on the ground past the transverse line before continuing to play the ball back towards the goal.
- There will be no stop in play; the team having completed the crossing of the transverse line may immediately continue playing the ball.
- If a defending player tips or deflects the ball it is not a turnover unless the other team gets possession.

Court dimensions:

- The court size is 12m x 15m (12m Goal third, 3m Centre third) with regulation goal post height of 3.05 metres.



Booking

What's included in the price?

- Airport Transfers
- 4 nights at the 4* **Perdépera Resort**
 - Breakfast included
 - Lunches included
 - Evening meals included
- Tournament entry
 - Match umpires
 - **Minimum 5 games per team**
- Tournament prizes
- Post tournament beach cocktail evening
- Sardinian dinner
- Trip to Grotte su Marmuri Caves
- Padel surf or Mountain Biking

**Flights not included*



Perdépera Resort



Play time:
min 5 games/team

Price:

£549 pp

**10% booking*

Booking

Payment Plan

Step 1

Initial Deposit: Secure your spot

- **Amount:** 10% of the total cost
- **Due Date:** Upon registration
- This payment confirms your participation and allows us to finalize arrangements.

Step 2

Second Payment: Continue your journey with us

- **Amount:** 30% of the total cost
- **Due Date:** 31st October 2024
- This step helps to manage the financial commitment comfortably.

Step 3

Third Payment:

- **Amount:** 30% of the total cost
- **Due Date:** 31st January 2025

Step 4

Final Payment: Complete your payment plan

- **Amount:** 30% of the total cost:
- **Due Date:** 30th April 2025
- This ensures all costs are covered well in advance of the event, allowing you to focus on preparation and participation.

Booking

Payment Plan

Benefits of Our Payment Plan:

- **Flexibility:** Spread your payments over four manageable instalments.
- **Budget-Friendly:** Avoid large one-time payments and better manage your finances.
- **Peace of Mind:** Secure your spot early and pay the balance gradually.

How to Enrol:

- Choose the 4-step payment plan option during the registration process.
- Follow the prompts to make your initial deposit.
- We will send reminders and instructions for the subsequent payments.
- We're committed to making participation accessible and stress-free. If you have any questions or need assistance with the payment plan, please don't hesitate to contact our support team at play@levelupsportstours.com.
- Feel free to customize the amounts, due dates, and any additional details to suit your specific needs and policies.



Important Information

Our Packages

We would like to highlight that we **NEVER** take commission from you or overprice the accommodation (as can be a common misconception).

Our commissions come from all of the local services we use (hotels, restaurants, excursions etc). Due to strong relationships with providers and vendors, we get access to exclusive discounted group prices and can bring you the package for cheaper.

We do all the work - it costs you no extra, you just have to turn up and enjoy some footie and a great time away!

Tournament Entry Only?

We no longer offer just the tournament entry for 2 reasons:

1) We are a fairly new business and we are constantly learning and improving. We want to ensure a sustainable business that can provide women with sports tournaments and great experiences, year in year out.

2) It enables you to have an unforgettable experience without the unnecessary expenses of meals out, excursions, transport, hotel costs etc. and it saves you a lot of hassle trying to organize the whole group (we feel you and we've got you!)

Important Information

Bespoke Travel

We would like to highlight that we are aware that one size doesn't always fit all and we don't want to be a cookie cutter sports travel business, so if there is something on the itinerary you would like to change just let us know.

Returning Team?

As a big thank you for your support we would like to offer returning teams a 5% discount for this trip!

Want to extend your stay?

Some of our Level Up guests come from further afield, so if you prefer to make a week out of it, let us know and we can provide you with quotes for a longer stay - no problem.

Who is the tournament for?

We have two categories:

- Over 18s
- Over 40s

The teams are allowed one player outside of the age category - if you have an over 40s team, and one player is under the age limit (or viceversa), that is absolutely fine.

This parameter helps us ensure competitive fairness throughout the tournament.

Why choose us?

Empowering Women in Sports

At Level Up Sports Tours, our mission is clear: to empower and involve women in sports as much as possible. We are a company founded by (sports mad!) women, run by women, and dedicated to women. Our goal is to break down barriers and create opportunities for women in the sports world. We love that female football is massively on the up and we are super passionate about creating sporting event opportunities for you.

Women for Women

Being a female run company gives us a unique perspective to understand and address the specific needs and challenges faced by female athletes.

Inclusive and Diverse Environment

While our primary focus is on women, we also believe in the importance of inclusivity. We organize mixed netball and padel tournaments to ensure a diverse sporting environment where everyone can participate and enjoy (it's only fair in netball where men are the minority) but yes, we do love men too! and encourage them to participate in certain tournaments.

Bespoke Experiences

We provide tailored experiences designed to inspire and motivate our athletes.

We don't want to be a sports tour company who give you a minute by minute tour. We will always offer an exciting itinerary but please do let us know if there is anything specifically that you would like to do and we will always try our utmost to provide this for you.

Contact



CONTACT US



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