

Match Rules 6 Aside

Playing Indoor Netball

- **THE TEAM**
Each team consists of six (6) players. Teams may have a maximum of eight players and a minimum of four players to take the court. A team is comprised of: Two (2) Attack Players, Two (2) Defence Players, and Two (2) Centre Players.
- **MIXED TEAMS**
Each team consists of a maximum of three (3) males on court at any time. A male player must take up a one of each position. i.e. If you have three males: One male plays = Attack. One male plays = Defence, and one male plays = Centre
- **THE GAME**
The game is played in two halves or four quarters with a break at halftime.
- **PLAYING AREAS**
The playing area for the attack players is entirely within the attack half for that quarter and includes the goal circle.
The playing area for the defence players is entirely within the defence half for that quarter and includes the goal circle.
The playing area for the centre players is the entire court with the exception of both goal circles.
- **OFFICIALS**
The Stadium shall provide the referee who shall control the game, operate the scoreboard and act as a timekeeper. The referee's interpretation of the rules shall be final and teams have no choice in referees.
- **UNIFORMS**
Uniforms are optional. Hats must be turned around and correct sport shoes must be worn at all times.
- **GAME FEES**
It is the captain's responsibility to ensure that complete game fees are paid before the game, otherwise the game cannot commence. The correct procedure is for the captain (or representative) to pay the game fee, place a tick on the team sheet next to the players participating in the game.
- **COMPETITION POINTS**
The position of each team in the competition shall be determined by the accumulated points awarded, based on the results of the games. The competition points shall be awarded as follows:

4	competition points for a win
2	competition points for a draw
0	competition point for a loss

1 bonus point is awarded for every quarter that is won
- **TEAM LATE ON COURT**
If a team does not have at least four (4) players on court, a penalty of one goal for every minute late shall apply. Late arriving players may not enter the court while the game is in progress but only after notifying the umpire may take the court - after a goal has been scored - in this case, they must play in the position left vacant by the team - at half / quarter time - after a stoppage for injury or illness. If eight minutes have elapsed the game is then defaulted. For this reason that we recommend teams to arrive, and be ready to play at least ten minutes prior to the scheduled game time.

In the event of a team entering late into the competition they shall be awarded average points for those games missed and those games will then be denoted as byes on the appropriate divisional ladder.

- **DEFAULTS**
Teams failing to play a fixtured game may at the Stadium's discretion be REMOVED FROM COMPETITION.
- **FINALS**
At the end of the competition there will be a finals series. To qualify for the finals each player must have played at least 4 minor round games. Any drawn Semis or Finals, there will be 5 minutes of extra time played if game is still tied there will be a golden goal period where a toss between the centres will be used to start the game and the first team to score will win.
- **BEHAVIOUR**
For the enjoyment of all, games are expected to be played in a sportsmanlike manner. The Stadium reserves the right to dismiss any team or member thereof for threatening, offensive or abusive behaviour. The team shall be held responsible for the action of its members and spectators both on and off the court.

Rules of Indoor Netball

- **OFFSIDE**
 - (A) A player either with or without the ball shall be deemed offside if they step outside their designated playing areas.
 - (B) On the line is not offside
 - (C) A player may reach over and take the ball from an offside area (or may lean on the ball) provided no body contact is made with the ground or net.
- **START OF PLAY**
A free pass will be given to the team playing from right to left in the circle in the middle of the court to start the game at each quarter. They must be positioned in their defence halves when the pass is taken. All other players must be in their correct positions.
A defence player will restart the game from within the goal circle after each goal is scored at the top of the circle.
- **PLAYING THE BALL**
 - A A Player may -**
 - (A) Catch the ball with one or both hands.
 - (B) Gain or regain control of the ball if it rebounds from the goal.
 - (C) Fall while holding the ball but regain footing and throw the ball within three (3) seconds of receiving it and observe the footwork rule.
 - (D) Lean on the ball either against the net or floor to stop going offside.
 - (E) Throw the ball to the net for another player to gain possession.
 - B A Player may not -**
 - (A) Contact the ball with their legs or feet at any time in a controlled action.
 - (B) Strike the ball with a fist.
 - (C) Deliberately fall on the ball to gain possession.
 - (D) Attempt to gain possession of the ball while sitting, kneeling or lying on the ground.
 - (E) Use the goal as a means of gaining balance or in any way.
 - (F) Pass the ball while leaning against the net.
 - (H) Guard a loose ball to prevent players from gaining possession of the ball.
- **HELD BALL**
A player who has either caught or held the ball must play it or shoot for goal within three (3) seconds of receiving the ball.
- **REPLAYED BALL**
A player who has either caught or held the ball may not -
 - (A) Roll the ball
 - (B) Toss the ball and touch it again before another player has touched it.
 - (C) Drop or bounce the ball and then replay it.
 - (D) Replay the ball after an unsuccessful shot missed the goal ring.
- **SHORT PASS**
On the court at the moment the ball is passed there must be room for a third player to move between the hands of the thrower and the hands of the receiver.

- **THROUGH A HALF**
When a player passes a ball from one half it must be touched in the next half before it touches the back net.
- **SCORING A GOAL**
 - (A) When the ball is thrown over and completely through the goal ring by a player from within the goal circle, a goal is scored.
 - (B) When the ball is thrown over and completely through the goal ring by either an attack or centre player from the outside the goal circle two goals are scored. If an attacker's feet are positioned on the line marking the circle at the time of shooting the ball one goal will be scored.
 - (C) If a defending player deflects a shot for goal and the ball passes over and completely through the goal ring, a goal is scored.
 - (D) If the whistle is blown ending any period of play after a penalty pass or shot has been awarded, the penalty shot is to be completed.
 - (E) In taking a shot for goal, a player must
 - Shoot within three (3) seconds of receiving the ball
 - Obey the rules of footwork
 - (F) If a defending player causes the goal post to move so as to interfere with the shot at goal, a penalty shot will be awarded from where the infringer was standing, unless this disadvantages the non-offending team.
 - (G) If a defence player attempts to deflect a ball away from the goal ring whether it's in its upwards or downwards flight, and in doing so touches the goal ring, or goal net, a penalty shot will be awarded where the infringer was standing.
 - (H) If a ball hits the goal post then hits the back or top net and then passes completely through the goal ring, a goal is scored.
 - (I) If the ball hits the back net without hitting the goal post or goal ring and passes completely the goal ring, NO goal is scored and play continues.
 - (J) If a successful shot at goal is attempted just prior to the end of a period of play, the goal will be counted if the ball had left the players hands prior to the final whistle being blown.
- **FOOTWORK**
A player may receive the ball with one foot grounded or jump to catch and land on one foot and then either -
 - (A) Step with the other in any direction, and pivot on landed or grounded foot.
 - (B) Jump from grounded foot to other foot and jump again but must pass before landing.

A player may receive the ball while both feet are grounded or jump to catch the ball and land on both feet simultaneously and either -

 - (A) Step with either foot in any direction, lift the other foot and throw or shoot the ball before the foot is regrounded.
 - (B) Step with either foot in any direction any number of times while pivoting on the other. The pivoting foot may be lifted but the player must throw or shoot the ball before regrounding it.

A player in possession of the ball may not -

 - (A) Drag or slide the landing foot
 - (B) Hop on either foot
 - (C) A player cannot jump shoot
- **SUBSTITUTION**
 - (A) A player substitution may only take place at half or quarter time.
 - (B) A maximum of two (2) substitutions may be made by each team.
 - (C) In case of an injury, the player may be replaced and only one (1) change by each team is allowed (depending on the sex of the sub).
- **OBSTRUCTION**
To defend a player who is in possession of the ball you must be 0.9m. This distance is measured as follows -
 - (A) The distance is taken from the players landing, grounded or pivoting foot, even if it has been lifted to the nearest foot of the defending player.
 - (B) If the player is standing or lands on both feet simultaneously and remains grounded on both feet, the distance is measured from which ever is the nearest foot of that player to the nearest foot of the defending player.

- (C) If the player is standing or lands simultaneously and either foot is lifted the other foot is considered to be the grounded foot from which the distance is measured.
- (D) From correct distance, a defending player may not attempt to intercept or defend a ball by jumping or stepping towards the player with the ball if they land or step within the 0.9, distance between them.
- (E) A player may attempt to intercept or defend the ball when the player with the ball steps forward to lessen the 0.9m distance between.
- (F) A player may be within 0.9m of an opponent in possession of the ball providing no effort is made to defend and there is no interference with the opponents throwing or shooting action.

A player marking their opponent within 0.9m when they don't have possession of the ball cannot take their arms away from their body unless

- (A) Catch, deflect or intercept a pass or fake pass.
- (B) Obtain a rebound from an unsuccessful shot at goal.
- (C) Momentarily signal for a pass or to indicate their intended direction of movement.
- (D) A player may attempt to block or reject a shot at goal at any one time once the ball has left the throwers hands regardless of whether the ball is on an upward or downward flight. As long as they obey the obstruction rules.
- (E) A player must not obstruct an opponent's face or eyes at any time.
- (F) A penalty pass or shot will be awarded to the opposing team when a player is penalised under any of the rules of obstruction.

- **CONTACT**

A Personal Contact

No player shall come into personal contact with an opponent in such a manner as to interfere with the opponents play regardless of whether it was deliberate or accidental action.

In an effort to get free a player shall not -

- (A) Push an opponent in any way.
- (B) Trip or knock an opponent in any way.
- (C) In an effort to contact the ball a player must not push or bump an opponent.

In an effort to defend an opponent, a player shall not -

- (A) Keep an elbow against an opponent.
- (B) Hold an opponent. This includes feeling to keep near an opponent.
- (C) Charge an opponent. That is when jumping or bumping an opponent.
- (D) Whether attempting to get free; or to defend, a player is responsible for any personal contact.
- (E) If taking up a position so near an opponent that contact is inevitable.
- (F) If moving so quickly into the path of a moving player that contact is unavoidable.

B Contact with the Ball

(A) While holding the ball a player shall not touch or push an opposing player in such a manner as to interfere with an opponents play.

A player shall not either accidentally or deliberately -

- (B) Place a hand or hands on the ball when held by another player.
- (C) Remove the ball from an opposing player when the ball is being held by that player. Where the above occurs simultaneously a toss-up will be taken between those two players.

C Net Abuse

- (A) The nets surrounding the court are all part of the playing area.
- (B) A player may not jump or stand into the net in any way that may cause damage to the net.
- (C) A player may not hold any part of the net to maintain balance while defending an opponent.
- (D) A player may not climb any nets to try and avoid a contact or to stop themselves from going offside.
- (E) The nets may be used to regain balance only. A player with the ball may not pass the ball while leaning on the net. The player must re-establish balance before making a pass.

- **PENALTIES**

There are three (3) types of penalties that can be awarded when any of the rules of Indoor Netball are broken.

- Free Pass
- Penalty Pass or Shot
- Toss-Up

(A) The penalty must be taken from where the infringement occurred except where this places the non-offending team at a disadvantage. In this situation the penalty will be taken where the non-offending player was standing at a place on the court indicated by the umpire.

(B) Any member of the non-offending team may take the penalty if allowed in the area where the penalty is awarded.

(C) The player taking the penalty must throw the ball within three (3) seconds after taking position at the correct place and being in possession of the ball.

(D) When taking either a free pass, penalty pass or penalty shot the footwork rule applies as though the foot placed at the point indicated were equivalent to the landing foot in a one-foot landing.

(E) A free pass will be awarded to the opposing team if a player is penalised for any infringement when in the process of taking a free pass, penalty pass or shot.

- **FREE PASS**

(A) A free pass is awarded for infringements of these rules with the exception of the rules of - obstruction, contact: personal and with the ball, net abuse, simultaneous offences by two (2) opposing players.

(B) A free pass is awarded to the non-offending team and any member of the team may take the free pass if allowed in the area in which it was awarded.

(C) You may NOT shoot for goal from a free pass.

- **PENALTY PASS OR SHOT**

(A) A penalty pass or shot is awarded for the breaking of the rules of obstruction, contact: personal and with the ball and net abuse.

(B) A player penalised under these offences must stand beside and away from the player taking the penalty and must make no attempt to take part in the game until the ball has left the throwers hands. If the infringer moves before the ball had left the throwers hands the penalty shall be retaken unless the pass or shot is successful and the advantage rule shall apply.

(C) The penalty must be taken where the infringement occurred except where this places the non-offending team at a disadvantage. The penalty will be then taken where the non-offending player was standing.

(D) Any player from the non-offending team may take the penalty. If allowed in the area where the penalty was awarded

(E) Any player can defend a pass or shot with the exception of the penalised player.

(F) If an opponent contacts or obstructs the thrower during the taking of a penalty pass or shot, a second penalty will be awarded where the second infringer was standing unless this would place the non-offending team at a disadvantage. In this instance, both the original and second offenders must stand beside and away from the player taking the penalty.

(G) When two (2) or more members of a team simultaneously obstruct or contact a member of the opposing team, each offending player must stand beside and away from the player taking the penalty.

(H) The pass or shot is only for penalties inside the goal circle, other wise it is a penalty pass.

- **TOSS-UP**

(A) A toss-up is used in the following situations when two opposing players:

- Simultaneously gain possession of the ball with one or two hands.
- Simultaneously offside and one or both players were either in possession or contact with the ball.
- Make simultaneous contact with each other
- After a stoppage in play when the umpire is unable to determine who was in possession of the ball when play was stopped.

General Team and Referee Responsibilities

- **LATE TEAMS**

- The clock starts at game time. If a team is not ready within 1 minute then they will be penalised one goal per minute elapsed. A team is considered ready when there is a minimum of four players on court.

- **TEAM CAPTAIN'S DUTIES**

- After having paid, and have your team sheet ticked, the referee will allow the game to start.
- Under no circumstance will teams be allowed to pay part of the game fee on any one night. Unless the match fee is paid, the game will not commence.

- **DRESS**

- No players are permitted onto the court wearing jeans or non athletic type shoes.

- **RACISM**

- Racial abuse is a most serious offense under our rules and will subsequently be dealt with extreme severity. Any player heard racially abusing an opponent will be red-carded and possibly suspended.

- **BLOOD RULE**

- It is the responsibility of the referee to send off any player that is bleeding. Players will not be allow to treat themselves on court. Players will not be back on until the referee is satisfied that the bleeding has stopped. This rule will be strictly adhered to for health and safety reasons.
- The wound must be securely covered and any blood stained clothing replaced to the satisfaction of the referee.

- **JEWELLERY**

- No nose rings, earrings or any other type of jewellery shall be worn on the court under any circumstances.
- Wedding rings, if worn, must be taped to the umpire's satisfaction.
- If a player has new earrings they shall have four (4) games until the earrings must be taken out.

- **FINGERNAILS**

- Fingernails must be either:
- Cut Short
- Taped effectively
- Gloves must be worn.

- **MISCONDUCT**

- The breaking of rules or the employment of any actions not covered by the wording of the rules, in a manner contrary to the spirit of the game will not be tolerated.
- Any of the following may constitute misconduct: dangerous, deliberate or rough play, swearing or obscene gestures, unfair play, spitting, sledging, deliberate time wasting and arguing with the umpire.
- The umpire may award a 5m penalty gain in position and/or penalty pass or shot to the non-offending team depending on the severity.

- **REFEREE'S RESPONSIBILITIES**

- A referee shall under no circumstance start until given the all clear by management.
- All referees will start the clock at the specified game time regardless of whether teams are ready.
- This is no reason for the clock to be stopped during a game except in the event of a serious injury.
- The referee shall have control of both the score and the time. The score appearing on the scoreboard at the end of the game remains final. If any discrepancy occurs during a game, the captain may approach the referee at that time.