

2019 v1.0



ACTION NETBALL RULE BOOK 7-A-SIDE



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This version of the rules for Action Netball South Africa was revised in June 2018 and will be applicable at all arena leagues, league finals, Inter-provincial Tournaments, Club Championships, Provincial Tournaments, Superleague and any other event designated as a prestigious event.

Each arena and tournament organiser may create bye-laws to these rules that will satisfy their local needs and requirements.





Common Variations

The following points are the most common variations from the official rule book, which occur at Arena, Superleague and IPT levels respectively:

Arena:

- 1.4** Matching uniform is not compulsory, but 2 bonus points are awarded per game that the team wears matching uniform.
- 2.3** c) During finals, if a draw results, then sudden death will be played and the first team to lead by 2 goals will win the match. The same players that ended the game must be the same players in the sudden death period. A toss-up must be taken by any member of the two opposing teams. The player that wins the toss-up, wins the right to the next centre pass.
- 4.1** The game shall consist of 2 x 15 minute halves, with a 2 minute interval at half time.

Super League:

- 1.4** Matching uniform is compulsory, and 2 bonus points are awarded per game for completing the registration form.
- 2.3** c) During finals, if a draw results, then sudden death will be played and the first team to lead by 2 goals will win the match. The same players that ended the game must be the same players in the sudden death period. A toss-up must be taken by any member of the two opposing teams. The player that wins the toss-up, wins the right to the next centre pass.
- 4.1** The game shall consist of 4 x 10 minute quarters, with two 1 minute intervals at quarter times and a 2 minute interval at half time.

IPT:

- 4.1** The game shall consist of 4 x 10 minute quarters, with two 1 minute intervals at quarter times and a 2 minute interval at half time.





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1: Equipment

1.1 The Court

- a) The court shall be rectangular in shape and shall measure between 28 to 30 metres in length and 10 to 12 metres in width being no less than 4 metres and no more than 4.5 metres in height. The court shall be fully enclosed by netting.
- b) The long lines shall be called 'side lines' and the short lines, 'End lines'. Two transverse lines parallel to the End Lines shall divide the court into a 'centre third' and two 'goal thirds'.
- c) There shall be a circle (0.9 metres in diameter) in the exact centre of the court. This shall be the 'centre circle'.
- d) In each goal third a semi circle (3.66 metres in radius) shall be drawn with its centre the mid-point of the End line. These shall be called the 'goal circles'.
- e) The width of all court markings (i.e. transverse lines, goal circles and centre circle) shall be between 50-60mm.

NOTE: These are the minimum and maximum measurements.

1.2 Goal Rings

- a) A steel ring 380mm in diameter shall be attached to a post or other wall mounting outside the court. The top part of the 'goal rings' must be 3.05 metres above the floor and shall project horizontally onto the court at the central point of each End line.
- b) The attachment shall not allow more than 152mm between the end net and the near side of the goal rings. The ring shall be fitted with a net which shall be open at each end, and shall be classed as part of the goal rings.
- c) Any post used to support the goal rings must be inserted into a socket in the floor outside the nets or may be supported by a metal base which shall not protrude onto the court.

1.3 Ball

The ball shall be a universally accepted Netball or Association Netball size 5 and shall be supplied by the Centre/Host Country.





1: Equipment

1.4 Players

- a) Players must wear a form of rubber-soled sport shoe or boot which shall be non-marking for Indoor competition and acceptable to the netball coordinator.
- b) Teams must wear a uniform which must be registered with the Arena/IPT /Superleague or National Competition. It shall consist of matching tops and matching skirts. International Uniform (playing kit) must be sent to WINA for approval three months before tournament.
- c) All players must wear bibs identifying their court position. Playing initials are to be included on both the front and back of the bibs. The initials must be a minimum of 200mm in height and clearly visible above the waist when the bibs are worn. In the event of two teams having similar or identical uniforms, including bibs, team captains shall determine by toss which team shall wear the neutral bibs supplied by the arena/centre by means of a toss up, before the game commences. International matches, the host team will change their bibs.
- d) No jewellery shall be worn with the exception of a wedding band or medical bracelet which must be taped to the satisfaction of the umpire. Piercings worn by players that are sighted by officials will not be permitted at any time on court or during the game.
- e) Fingernails shall be cut short or taped (band-aids and the likes of electrical tape excluded) to the satisfaction of the umpire. The umpire may, at any time, request a player to re-tape their nails. (Gloves may be worn with the umpire's/Netball coordinators approval).
- f) **SKINS:** Skins are permitted to be worn under the playing uniform in conjunction with Provincial/State competition bylaws/match rules and or National competition by-laws/match rules.
- g) **CHEWING GUM:** Chewing gum is NOT permitted on the court at any time by officials or players.

PENALTY: Players in breach of proceeding requirements (Rule 1.4) shall be penalised in conjunction with Centre/Superleague/Provincial/State competition by-laws/match rules and National competition by-laws/match rules.

The offending player may be removed from the court until the situation has been rectified.



2: Officials

2 Officials

The officials are Umpires, Scorers and Timekeepers who are appointed by the Centre. Team officials are Coaches, Managers and Team Captains.

2.1 Umpire

- a) There shall be at least one appointed umpire who shall have control of the game and give decisions and shall umpire according to the rules and decide on any matter not covered by the rules. The decisions of the umpire shall be FINAL and shall be given without appeal.
- b) The umpire shall wear a uniform distinct from the players, preferably white or any uniform as designated by the arena/centre management.
- c) In the event of two (2) umpires on court, the umpire in whose half the direction of the Centre Pass is to be played will blow the whistle to commence play.
- d) The umpire/s who half the centre pass is going in shall re-start the game after each goal is scored and after interval or stoppage.
- e) The umpire/s who half the centre pass is going in shall re-start the game after each goal is scored and after interval or stoppage.
- f) The Umpire/s shall officiate within the court and endeavour to move into position to see play and make decisions without interfering with play. However the umpire is permitted to move into the playing area to indicate where a penalty is to be taken, or take a toss-up or to gain an uninterrupted view of play. If the ball strikes the umpire or the umpire interferes with the progress of play, play will not cease unless either of the teams has been unduly penalised.

PENALTY: Free pass to the team, or if two opposing players have been unduly penalised the decision shall be a toss-up between the players concerned.

- g) The umpire shall call advantage to indicate that an infringement has been noted whenever possible, to ensure that play is continuous and to avoid unduly penalising the non-offending team. If the whistle is blown for any infringement the penalty must be taken.
- h) The umpire shall ensure that players remain inside the court during a stoppage for injury or illness.
- i) Coaching during such stoppages is allowed. However, coaching can only occur from outside the court with players remaining on court unless team changes are applied.





2: Officials

- j) The umpire will state the infringement and penalty and it is required that the umpire use hand signals to clarify the decisions.
- k) The umpire shall not criticise or coach any team while a match is in progress.

2.2 Scorer

The appointed scorer shall:

- a) Operate the electronic score-board and/or keep a written record of the score.
- b) Record each goal as it is scored unless the goal is disallowed by the umpire. Where both methods of scoring are kept, the written record shall be the official score of the game.
- c) If a written score is kept a written record of centre passes should be kept, and advise the umpire of centre passes when approached by the umpire.

2.3 Timekeeper

The appointed timekeeper shall Start the time clock by the umpire's whistle and shall signal the end

- a) of each quarter/half to the umpire. The game will also finish on the umpire's whistle, and NOT the hooter or siren.
- b) The Timekeeper will time two (2) minutes injury/illness, indicating to the Umpire when 30 seconds remain. At the recommencement of the last quarter, the Timekeeper time both playing time, and illness/iinjury. This time will commence on either start of hooter/siren or when not available on the Umpires whistle. If during the last quarter, injury/illness occurs, the Timekeeper will stop the playing clock and start injury/illness clock. On completion of the said injury/illness, injury/illness time will be stopped and the Timkeeper will recommence the playing time. At no time will time be lost during the last quarter.
- c) During finals, if a draw results, then extra time shall be played. No team changes will be made except for injury/illess. After one (1) minute break the teams shall change ends and the centre pass shall continue to alternate. Two x Five minute halves shall be played with a no break at half time for teams to change ends. If the result at the end of this extra time is still a draw play continues uninterrupted until one team has a two (2) goal clear advantage.





2: Officials

- d) Stoppage is two (2) minutes per team, per quarter, thereafter any stoppage for injury or illness can be appealed to the umpire by the captain and a thirty (30) injury period second shall be given.

2.4 Captains

The captains shall:

- a) Toss for the first centre pass. This will be done prior to the commencement of the match with the winning captain notifying the umpires of the result of the toss.
- b) With each Province / State / National team, the manager will complete in full, the Team sheet which must be handed to the Tournament Director of said tournament prior to the divisions first game. No alterations will be made to this document after the submission of the said sheet.
- c) Registration for Ladies / Mens' will be 12 players, Mixed will be 13 players. All of which will be available to play in the game.
- d) Notify the umpire and the opposing captain of any changes in position or substitution of players which may take place during any interval or after any stoppage for injury or illness.
- e) Have the right to approach the Umpire before, during an interval or after the game for clarification of any Rule or interpretation.

PENALTY: The penalty for a breach to (refer Rule 2.4 d) will be a free pass to the opposing team immediately any player enters an area that was offside prior to that player being changed or substituted. This is the responsibility of the controlling umpire in that area of the court.

The free pass shall be taken:

- (i) From the place in the offside area where the player was first deemed to be offside.
- (ii) By any player allowed in that area.
- (iii) After the opposition captain has been given the opportunity to re-arrange her/his team if desired. The offending player is allowed to remain in the position now being played.





3: Area of Play/Playing Positions

3.1 Positions

A team shall consist of seven (7) players and their positions and areas of play are as follows:

3.2 Minimum Players

Teams must have a minimum of five (5) registered players present on the court for the duration of the game. Mixed are required to have a minimum of 2 Males on court at all times

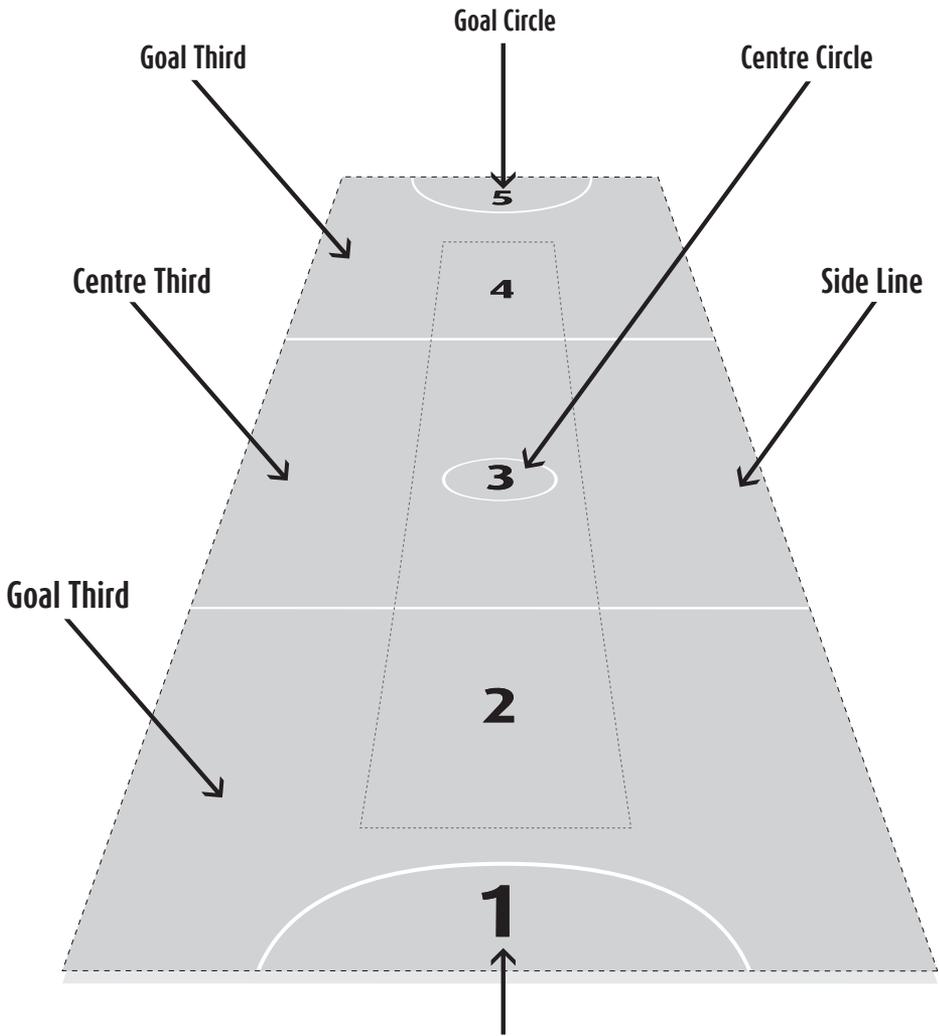
3.3 Boundary

The transverse lines bounding each area are included as part of that playing area.

Player Position	Bib	Areas allowed (refer to diagrams)
Goal Shooter	G S	1,2
Goal Attack	G A	1,2,3
Wing Attack	W A	2,3
Centre	C	2,3,4
Wing Defence	W D	3,4
Goal Defence	G D	3,4,5
Goal Keeper	G K	4,5



3: Area of Play/Playing Positions





3: Area of Play/Playing Positions



- 1
- 2
- 3
- 4
- 5





4: Duration of Game

4.1 Duration

The game shall consist of four (4) x twelve (12) minute quarters with two (2) minutes interval at quarter times and three (3) minutes at half time.

4.2 End of Quarter

Teams shall change ends at the commencement of each quarter.

4.3 Stoppages

Time shall NOT be added to compensate for any time lost because of an accident or injury/illness or any other cause except in finals matches when the time lost for a stoppage shall be added to the quarter in which it occurs refer to (2.3 b).

4.4 Penalty Shot

Extra time shall be allowed to take a penalty shot in any game if a penalty has been awarded just prior to the whistle indicating the end of the period or game.

5: Late Arrivals

5.1 Game Entry

Late comers may not enter the court after the game has started unless:

- (i) after a goal has just been scored, OR
- (ii) immediately after the interval, OR
- (iii) play is stopped for injury/illness.

5.2 Positions

No latecomer may take up a position on court already occupied by an existing player.

5.3 Notification

The late comer must notify the umpire and the opposing captain before entering the court.





5: Late Arrivals

PENALTY: If any of the above conditions are infringed there will be a free pass to the opposing team where the infringer entered the court unless this is a disadvantage to the non-offending team in which case the free pass shall be taken where the ball was at the time of the infringement.

5.4 Conditions

The infringer shall leave the court until able to comply with Rule 5.1 and 5.3

6: Player Interchange/Substitution

6.1 Player Interchange

- a) Player interchange is the action of alternating players on and off the court.
- b) A maximum of five interchange players are permitted to be used by any team at any game and for the mixed , a maximum of six interchanges.
- c) Interchanges will be allowed at any interval.
- d) Included in these interchange players shall be any player who is utilised as a substitute in the event of an injury/illness.
- e) A player coming onto the court as an interchange player must first report to the umpire who shall check the player's jewellery, nails and uniform and conform to the rules. This applies only if the player is late, as all players involved in the game should have been checked, prior to the game.

6.2 Player Substitution

- a) A substitute player is one who joins the game after the game has officially commenced to replace an existing player who is incapable of completing the games due to injury or illness. This may occur on the approval of the umpire. A maximum of two (2) minutes (per quarter) can be taken in order to determine whether a player is fit to continue and to deal with the injury or illness. If further time is required, the captain may appeal to the umpire for additional time (See Rule 2.3)

6: Player Interchange/Substitution



- b) An injured player may leave the court and be replaced by another player. The injured player must remain off court until the commencement of the next quarter whereby the interchange rule can be applied. Changes are offered to the opposing team when injured player is replaced during the quarter in which the injury/illness occurred.
- c) If a substitution has NOT been made for a player who leaves the court due to injury/illness, that player may return to the vacant position at any time later in the match, abiding by the following rules:
 - (i) Play must be stopped for injury or illness OR following the scoring of a goal or at any interval.
 - (ii) **Removed**
- d) Included in these interchange players shall be any player who is utilised as a substitute in the event of an injury/illness.
- e) A maximum of 2 minutes can be taken in order to determine whether a player is fit to continue and to deal with the injury/illness. Any subsequent injury time within that quarter will be 30 seconds. Discretion will be applied regarding injury/illness by the umpire/s.

6.3 Blood Bin

- a) Play must be stopped if the umpire notices or is made aware of any player who is bleeding. The player **MUST** immediately leave the court to be treated.
- b) The wound must be securely covered and any blood stained clothing or footwear replaced to the satisfaction of the umpire.
- c) The player may be substituted as per Rule 6.2.b.
- d) If the team elects not to utilise a substitute, neither team may make positional changes. If the player concerned is the centre (C), one (1) positional change is permitted by that team. When the centre (C) returns to the court, all players must return to the playing position they occupied prior to the injury unless there has been an interval or another stoppage for injury or illness.
- e) Before play can re-commence the umpire must ensure that there is no blood on the ball, the court or any other player.

6.4 Position Changes

Player positions may be changed at any interval or at any stoppage for injury or illness. The injured or ill player, who is not removed from court, may change





6: Player Interchange/Substitution

positions with another team member. In the event of this happening, the umpire must ensure that both teams are given the option of changing positions. If team changes occur, due to injury/illness, the injured/ill player must be involved in the team player changes.

PENALTY: Free pass to the opposing team immediately any player enters an area that was offside prior to that player being changed or substituted. The free pass shall be taken from the place where the player was first deemed to be offside by any player allowed in that area, and after the opposing captain has been given the opportunity to make positional changes if desired. The offending player is now allowed to remain in the new position.

6.5 Removed

6.6 Leaving the Court

Any player who voluntarily leaves the court without permission of the umpire shall be **UNABLE TO TAKE ANY FURTHER PART IN THE GAME.**

No substitute shall be permitted. In the event of a player voluntarily leaving the court due to illness/injury they may return to the game at the discretion of the umpire.

7: Stoppages

7.1 Finals

During Semi-Finals or Finals, play may be stopped for injury or illness. A time limit of two (2) minutes will be allowed while team officials decide whether the player is fit to continue, and to deal with the injury, keeping in mind that coaching is permitted during at this time. Also See Rule 2.3 (d).

7.2 Causes

Play may be stopped for any emergency relating to the equipment, court, nets and openings or interference by outside agencies, a players' person or clothing or officials in charge of the match.





7: Stoppages

7.3 Signalling

To stop play the umpire shall blow the whistle and, in the event of the match being a semi-final or final, instruct the timekeeper to hold time whilst using the agreed hand signal.

7.4 Re-starting

Play will be re-started when the umpire blows the whistle after first notifying the timekeeper of the intention to do. The umpire who blew the whistle to stop play or time, will be responsible to re-start the play.

7.5 Positioning

Play is continued with the same player and from the position where the ball was when play was stopped, except:

- a) When the umpire is unable to say who was in possession of the ball, or the ball was on the ground or in flight when play was stopped.
Decision: A toss-up between any two (2) opposing players allowed in that area and as near as possible to where the ball was when the play was stopped.
- b) When the stoppage was due to an infringement in which case the infringement shall be penalised and play continued.

7.6 Coaches

During any stoppage for injury or illness players must remain inside the court.

NOTE: This means that team managers and/or team physicians must determine the fitness of any player, NOT the coach.

PENALTY: If the coach contravenes Rule 7.6 a free pass will be awarded to the opposing team immediately as the coach enters the court or starts coaching. The free pass to the opposing team shall be taken from the place where the coach was first deemed to be in violation, unless it is to the disadvantage of the opposing team.

7.7 Substitutes

After stoppage for injury or illness, when no substitute has been made for a player unable to continue when play resume, that player may return to





7 : Stoppages

the vacant position at any time later in the match, abiding by all the substitution rules 6.2, and after notifying the umpire.

7.8 Emergencies

Any player who wishes to leave the court for an emergency:

- a) Must get the umpire's permission
- b) May only re-enter the court as per Rule 5.1

8: Offside

8.1 Areas

A player shall be offside if they enter any area other than their designated playing area whether they are in possession of the ball or not. (refer Rule 3.3)

8.2 Notifications

A player shall be offside, despite the positional bib worn, if the captain fails to notify officials of positional changes or substitution. That player is deemed to be still in the original playing position.

8.3 Boundaries

A player may take the ball from an offside area or lean on the ball to gain balance but shall not be deemed offside unless body contact is made with the floor or net in the offside area. If the player illegally uses the net, the net abuse rule shall be applied.

Net Abuse rule:

Penalty pass or Penalty Shot, to the opposing team where the infringer was standing. The infringer must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instruction, except where this places the non-offending team at a disadvantage, in which case the penalty will be taken where the contacted player was standing. If the ball is released or a goal is scored, then the advantage rule shall apply.



8: Offside

PENALTY: Free pass to the opposing team where the offside occurred.

8.4 Simultaneous offside

When two (2) opposing players are simultaneously offside:

- (i) If neither is in contact with the ball and no advantage is gained by either side play will continue with no penalty.
- (ii) If one or both is in possession of the ball or touches it, a toss-up is taken between the two players in their own area.
- (iii) If in different areas and either is in contact with the ball, a toss-up between any two opposing players will be taken where the infringement occurred.

9: Nets

The side line, End line and ceiling nets shall form part of the court and the ball shall be in play off any net.

9.1 Use of Nets

- a) Players may use the nets to direct the ball to another player. They may bounce the ball off any of the side nets or the ceiling net obeying the 'over a third' rule. See Rule 10.6
- b) The one exception is the centre pass:
The pass must be directed to a player allowed in the centre third. It may not be bounced off the nets or in any circumstances touch any of the nets before being touched by a player.

PENALTY: Free pass to the opposing team where the infringement occurred.

NOTE: The nets must NOT be construed as another player.

9.2 Net Abuse

- a) A player may not deliberately hold the nets or use the nets to 'push off' to gain an advantage.
- b) A player may not step, land or jump into the nets.





9: Nets

- c) The nets may not be used to 'pin' a player in such a manner as to prevent movement by said player. This shall be called "Pinning".
- d) A player may not deliberately hold the ball into the net or push off with the ball to gain an advantage.

PENALTY: The infringer that has caused the Net Abuse will now be placed out of play against the net and must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions. If the ball was released or a goal was scored, the advantage rule shall apply.

10: Game Conduct

10.1 Positioning of players to commence game

- a) The attacking centre, the rule was that the player must stand wholly in the centre circle and the other foot must travel through the cylinder. The change is now that the player is permitted to place one foot ONLY, completely in the centre circle before passing the ball for the centre pass. This will allow the game to flow and alleviate any grey area with players who play outdoor netball. If the foot is on the line, that is still okay as the line forms part of the playing area. If the foot is out of the circle area i.e. over the line in the centre circle, that will be deemed as an incorrect centre pass as the player is not wholly within the circle and a free pass will be awarded to the opposing team where the foot was out of the circle.
- b) The opposing centre shall be in the centre third and shall be permitted to move freely.
- c) All other players shall be in whichever goal third is part of their playing area and shall be permitted to move freely within it.
- d) No other player shall enter the centre third until the whistle has been blown to start or re-start the game.
- e) The usual defensive distance must be kept from the player with the ball.





10: Game Conduct

PENALTY: Free pass to the opposing team where the player entered the centre third. The call shall be for “breaking.” If two opposing players simultaneously enter the centre third before the whistle and either player is in contact with the ball, the offside rule applies. If neither player is in contact with the ball, no infringement has occurred and play continues.

10.2 Start of Play

- (i) The umpire shall blow the whistle to start and re-start play.
- (ii) The pass made by the centre is the 'centre pass'.
- (iii) Play shall be re-started after the scoring of every goal and after each interval and shall be taken alternately by the opposing centre players throughout the game.
- (iv) The centre pass is not deemed to have been taken until the ball is released from the centre players hands.
- (v) Any team not ready for play, provided that the opposition team is on court and ready for play, shall be penalised at the rate of one (1) goal per minute for up to twelve (12) minutes, when the game shall be awarded to the non-offending team. The match will then be regarded as a forfeited match.
- (vi) If a player/s delay in taking their position in their playing area prior to the commencement of the centre pass the umpire may penalise.

PENALTY: Free pass shall be awarded to the opposing team after the commencement of the centre pass.

10.3 Centre Pass

- a) When the whistle is blown the centre player will throw the ball within three (3) seconds, obeying the footwork rule.
- b) The centre pass must be caught or touched by a member of an attacking team who lands wholly in the centre third.
- c) A player who lands with the first foot or on both feet simultaneously wholly in the centre third is deemed to have received the ball in the centre third.
- d) An attacking player who lands both feet simultaneously astride the transverse line shall be deemed to have taken the ball in the goal third.





10: Game Conduct

PENALTY: Free pass shall be awarded to the opposing team, to be taken in the goal third close to the point where the player grounded across the transverse line.

- e) If a member of the opposing team touches or catches the centre pass in the centre third play continues or if a member of the opposing team touches or catches the ball in the goal third with feet astride the transverse line, the advantage rule shall apply. If the ball touches the net after first being touched by a member of the opposing team, play continues.

10.4 Playing the Ball (Including Replay)

- a) A player may:
- (i) Catch the ball with one or two hands.
 - (ii) Catch the ball if it rebounds from the goal rings or net attached.
 - (iii) Bat or bounce the ball to another player.
 - (iv) Tip the ball in an uncontrolled manner any number of times in an effort to gain control or to direct it to another player.
 - (v) Bat the ball once and then catch it or direct it to another player.
 - (vi) Bounce the ball in an uncontrolled manner then catch it or direct it to another player.
 - (vii) Roll the ball to oneself to gain possession.
 - (viii) Fall while holding the ball but must keep the grounded foot on the ground before regaining their footing and dispose of the ball in a legitimate manner within 3 seconds.
 - (ix) Lean on the ball to gain possession including an offside area.
 - (xi) Bounce the ball off any of the nets to another player.
- b) A player may not:
- (i) Deliberately kick the ball or deliberately use the leg to influence the direction of the ball.
 - (ii) Punch the ball.
 - (iii) Fall on the ball.
 - (iv) Attempt to gain possession of the ball whilst lying, sitting, kneeling or in contact with the nets.



10: Game Conduct

- (v) Throw the ball whilst lying, sitting, kneeling or using the nets to gain advantage.
- (vi) Regain possession of the ball after it has rebounded from the nets unless it has been touched by another player or make contact with the goal ring or net attached either before or after striking the net.

Held Ball Rule:

- c) A player in possession of the ball must dispose of it in a legitimate manner within three (3) seconds.
- d) A player in possession of the ball may not:
 - (i) Roll the ball to another player.
 - (ii) Throw the ball and replay the ball before it has been touched by another player or some part of the goal ring or net attached.
 - (iii) Toss the ball in the air and replay it.
 - (iv) Drop or bounce the ball and replay it.
 - (v) Replay the ball after an unsuccessful shot at goal unless it is touched by another player or some part of the goal ring or net attached.
 - (vi) Replay the ball after it has rebounded from the net.

PENALTY: for Rule 10.4 b, c and d: Free pass to the opposing team where the infringement occurred.

10.5 Short Pass

When the ball is released there must be room for a third player to move between **THE HANDS** of the thrower and the receiver.

NOTE: This includes the use of a bounce pass.

PENALTY: Free pass to the opposing team where the infringement occurred.

10.6 Over a Third

- a) The ball may not be thrown completely over a third of the court without being touched or caught by a player who is deemed to be in that third. The player must be wholly in that third or must land in that third to be deemed correctly in that third.





10: Game Conduct

- b) A ball thrown from the centre third which hits the End net of the goal third shall be deemed to be over a third if it is untouched by any player deemed to be in the goal third. If the ball hits the goal ring or net attached, this is not deemed to be over a third, and play continues.

PENALTY: Free pass to the opposing team just beyond the second transverse line that the ball has crossed except when the ball thrown from the centre third hits the end net of the goal third where a free pass shall be taken. (On court adjacent to where the ball hits the net)

10.7 Footwork

- a) A player may:
- Catch the ball with one foot grounded or jump to catch and land on one foot - this is the landed foot.
 - The pivoting foot may be lifted but the player must throw or shoot the ball before re-grounding the foot.
 - Step with the other foot, lifting the landing foot, but must release the ball before either foot is re-grounded.
 - A player may pivot completely on their grounded foot, allowing the player to shorten their distance between the attacking player and the defensive player.
- b) A player who catches the ball with both feet grounded or who lands after receiving the ball simultaneously on both feet may:
- Step with the other foot in any direction and lift the grounded foot but must release the ball before either foot is re-grounded.
 - Step with either foot any number of times whilst pivoting on the landed foot.
 - Jump from both feet landing on either foot but must release the ball before re-grounding the other foot.
 - Step with either foot, then jump releasing the ball before either foot is re-grounded.
- c) The player in possession of the ball may not:
- Drag the landed foot.
 - Hop.
 - Jump from both feet and land on both unless the ball is released whilst the player is still in the air.





10: Game Conduct

PENALTY: Free pass to the opposing team where the infringement occurred. The call may be either for “Stepping” or “Footwork.”

10.8 Scoring a Goal

- a) A goal is scored when the ball is thrown or batted or rebounded completely through the goal ring and net attached by either the GA or GS who must be wholly within the goal circle. The GA or GS may shoot for the goal after winning the ball in a toss-up in the goal circle. When taking the shot for goal a player shall shoot within three (3) seconds of receiving the ball and obeying all footwork rules. GA or GS must have no personal contact with the ground outside the goal circle whilst receiving the ball or in the action of shooting for goal.

PENALTY: Free pass to the opposing team where the infringement occurred.

During the motion of the shooting for goal or after the shooting of the goal, the GA/GS may not come into contact with the goal ring or goal net attached. The GA/GS may not net abuse during the shooting and completion of a goal.

PENALTY: Goal is disallowed and GA/GS must stand aside and away and take no further part until the ball is released including any forward movement or verbal direction or instructions.

- b) A goal will not be scored when:
- A player other than the GA or GS throws or bats the ball and it passes completely through the goal ring in which instance play shall continue uninterrupted.
 - The whistle for time or an interval has sounded before the ball has passed completely through the goal ring and net attached.
 - An infringement occurs by a player from the attacking team before the ball passes completely through the goal ring and net attached.
- c) No player may cause the goal ring and net attached, to interfere with the shot at goal.





10: Game Conduct

PENALTY: A penalty pass or penalty shot will be awarded if the ball has been released from the GS/GA hands, and the GD/GK put their hand/s through the bottom of the net attached to the goal ring. If the ball is passing through the goal ring and net attached, an advantage goal will be awarded.

10.9 Obstruction

- a) A defending player must not be within 0.9 metres of the player with the ball when an attempt to intercept or defend is made. The distance is measured from the closest landing foot or in the case of a simultaneous landing, from the closest foot of the attacker to the closest point of the nearer foot of the defender.
- b) From the correct distance a player may maintain position if the player with the ball steps towards the defending player.
- c) A player may be within 0.9 metres of the player with the ball if no attempt is made to defend or intercept the ball and no interference is made to the throwing of the ball, or the movement of the player with the ball.
- d) A defending player may not shorten the correct distance of 0.9 metres in an attempt to intercept or defend the throw.
- e) Obstruction of a player not in possession of the ball occurs:
 - When a player makes any movement which may take the arms away from the body, except as an attempt to catch or intercept, to gain a rebound, or to momentarily signal for a pass.
 - When a player makes an intimidating movements or sounds, this includes inside/outside the goal circle during the release of the ball whilst taking a shot for goal.
 - When a player 'pins' an opponent against the net or in the corner of the court in such a manner as to prevent the opponent from moving in any direction without causing contact.
 - A defensive player may not lift another player to defend a goal being taken.
- f) When a player with or without the ball intimidates an opponent it is obstruction.



10: Game Conduct

PENALTY: Pass or penalty shot where the defending player was standing . The infringer must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions. Unless this places the non-offending team at a disadvantage, in which case the penalty will be taken where the contacted player was standing. If the ball is released cleanly or a goal is scored then the advantage rule shall apply.

10.10 Contact

a) Personal contact

- No personal contact with an opponent shall be allowed, deliberately, or accidentally if it interferes with an opponent's movement.
- No player shall hold an opponent, feel for an opponent or charge an opponent.
- No player shall deliberately move into the path of an already moving opponent. A player may not move into the natural landing area of an airborne player after that player has left the floor.

b) Contact with the ball

- No player shall push the ball into an opponent or touch an opponent with the ball in order to interfere with that opponent's position or movement.
- A player shall not either accidentally or deliberately, place a hand or hands on, or remove from an opponent's possession, a ball held by an opposing player in such a manner as to interfere with that opponent's position or movement.
- Where simultaneous contact occurs, a toss-up is taken between those two players.

PENALTY: for infringement of all contact rules: Penalty pass or penalty shot to the opposing team where the infringer was standing except where this places the non-offending team at a disadvantage, in which case the penalty will be taken where the contacted player was standing. The infringer must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions except where if the ball is released cleanly or a goal is scored the the advantage rule shall apply.





11: Penalties

11.1 Penalties

The penalties awarded are:

- **Free Pass**
- **Penalty Pass**
- **Penalty Pass or Shot**
- **Advance Penalty**

- (i) Penalties are taken where the infringement occurred, for a free pass where the infringer was standing for a penalty, penalty pass or shot unless the advantage rule is applied: (where the advantage rule applies, i.e. the umpires shall refrain from blowing the whistle to penalise the infringement when by so doing the offending team would be placed at a disadvantage.) The footwork rule still applies whilst taking a penalty pass or shot.
- (ii) All penalties are awarded to the team, except for the toss-up.

11.2 Free Pass

- (iii) Free pass is awarded for all infringements except obstruction, contact and 'net abuse'.

NOTE: Where an infringement occurs simultaneously from both teams a toss-up will occur.

11.2 Penalty Pass

- (iv) Penalty pass is awarded for all obstruction, contact and 'net abuse' offences.

11.3 Penalty Pass or Shot

- (v) Penalty pass or shot is awarded to the attacking team when obstruction, contact and 'net abuse' occur in the goal circle.
- (vi) A player penalised for obstruction, contact and 'net abuse' must stand beside and away from the player taking the penalty and shall have no further part in play until the ball has been released, including any movement or verbal direction or instruction prior to or on the release of the ball.
- (vii) Advance Penalty can be applied for Disciplinary issues or Misconduct. Advance penalty can only be advanced to the next traverse line or to an area of play chosen by the umpire in their controlling half.



11: Penalties



PENALTY: Penalty Pass or Shot is awarded in the circumstances described in Rule 4.4.

11.4.1 Toss-Up

(viii) A toss-up is necessary when:

- two opposing players gain possession simultaneously.
- opposing players are simultaneously offside, and one of the players is in possession of the ball or touches it.
- opposing players make simultaneous contact only when either or both players are disadvantaged.
- after a stoppage and the umpire is unable to say where the ball was prior to the stoppage.
- when the umpire interferes with two opposing players striving for the ball.

11.4.2 Toss-Up Procedure

(ix) The toss-up is taken between two opposing players who shall stand facing each other and their own goal line with arms straight and at their sides, there shall be a distance of 0.9 metres between the nearer foot of one player and that of their opponent, they shall not move until the whistle is blown. The umpire shall release the ball midway between the two players from just below the shoulder level of the shorter player's normal stance, momentarily the umpire shall be stationary and hold the ball and flick it vertically not more than 600mm in the air as the whistle is blown. A goal shooter or goal attack may shoot directly for a goal after winning a toss-up inside the goal circle.

PENALTY: Free pass to the opposing team where the infringement at the toss-up occurred.

11.5 Announcing a penalty

(x) After blowing the whistle, the umpire shall announce the infringement, penalised player and the penalty awarded. This shall be done by setting the penalty clearly by indicating the infringement as well as the direction of play.





11: Penalties

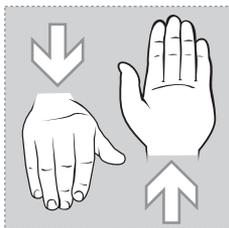
11.6 Hand Signals

Hand signals may be used to clarify decisions:

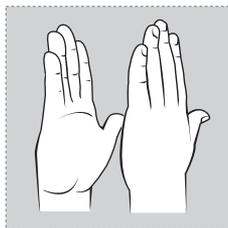
Infringement	Hand Signal
Contact	One hand indicates the body part or shows motion.
Ball held	3 Fingers apart, held up in air.
Direction of penalty/play	Arm pointed towards one end line.
Toss-up	Palm of hand moved vertically upward.
Stoppages & Time	Make a 'T' with the fingers of one hand on other palm.
Net Abuse	Fingers interlaced.
Blood Bin	Both hands in front, palms facing player, call stop and blow whistle.
Advance Penalty	Move arm with a sweeping motion.

Umpires shall show signal when making a decision to assist with clarification of decisions.

Some pictograms not shown.



Stepping

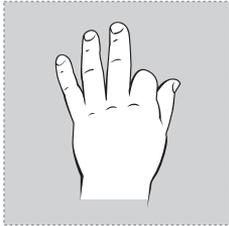


Obstruction

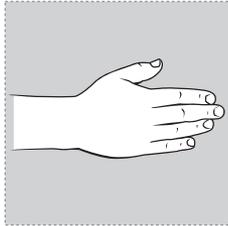


Contact

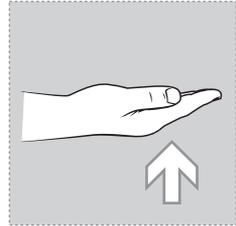
11: Penalties



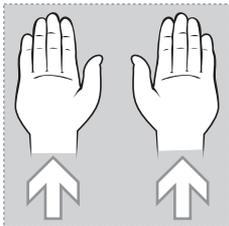
Ball Held



Direction of
Penalty/Play



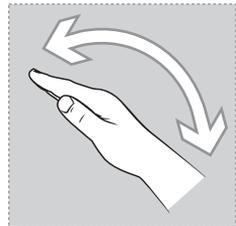
Toss-Up



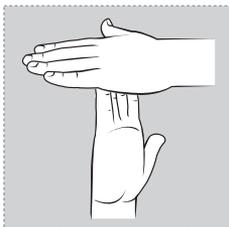
Blood Bin



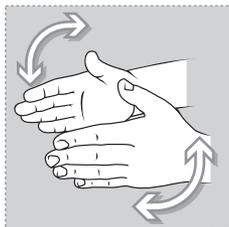
Advance



Offside



Time/Stoppage



Handling/Replay



Net Abuse



12: Discipline

12.1 Breaking Rules

The breaking of rules and/or the employment of any action not covered in the rules which is contrary to the spirit of the game is not permitted.

This includes:

- (i) The breaking of rules between the scoring of a goal and the restart of play and between the awarding and taking of any penalty on court.
- (ii) Deliberate delaying of play.

An umpire may send a player from the court - but only when the Umpire/s are sure the original penalty is insufficient, except in extreme cases. A warning should be given in minor cases.

PENALTY:

- (i) Warning to the infringing player.
- (ii) 'Penalty pass' or 'Penalty pass or shot' or advancement of penalty up court within that third, from where the infringer was standing - unless this places the non-offending team at a disadvantage.
- (iii) Offending player removed from the court for a period of time or number of goals scored.

When a player is sent from the court:

- No replacement is permitted
- No team changes are permitted, unless the player is in the centre position, in which case one on court player only may be moved to the center position.

12.2 Coaching

Coaching will be permitted only in the designated area allocated. Derogatory comments or directions to officials, players or spectators will not be permitted. The umpire has the authority to warn and further award a penalty against that team if these actions continue.

12.3 Supporters

Supporters of a team will not be permitted to heckle or intimidate the opposing team's players or the umpire in anyway whatsoever. The umpire will warn the supporters and may penalise the team if this action is deemed necessary.





12: Discipline

PENALTY: Free pass to the opposing team where the infringement at the occurred. Goals or penalty pass can be awarded to the opposing team is this keeps occurring.

13: Rules Particular to Mixed Games

To be read in conjunction with rules 1-13.

13. The Team

For the duration of the game:

- a) There will be a minimum of three (3) females and a maximum of three (3) males. A team may play a minimum of two (2) males even if three are available to play, but still following by the rule 13 b.
- b) the male players **MUST** play in the following positions:
 - One (1) Goal Shooter OR Goal Attack.
 - One (1) Centre court player (either Centre, Wing Attack OR Wing Defence).
 - One (1) Goal Defence OR Goal Keeper.
- c) Six (6) interchange/substitute players are permitted in any game.

These players may be made up in any ratio of male and female players, but can only be used in conjunction with 13 (a) and (b) and Rule 6.

14: Application of Age Categories Rules

14.1 All Under's Categories

Players competing in any under's categories, may not turn above the age of that category, in the year of the tournament. (i.e. players competing in the 18 and under category may not turn 19 in the year of the tournament)





14: Application of Age Categories Rules

14.2 All Over's Categories

Players competing in any Over's categories, the player must be the age or older than the category age before the first day of the year . (i.e. players competing in the 30 and over category must be 30 years of age or older by 1 January of the year of the tournament)

15: Points

	Win	Draw	Goal Bonus	T's/Bibs	Reg.	N./ Fees
Arena	4	2	0.5 for every 5 goals Maximum of 5points	2	2	10
Superleague	4	2	0.5 for every 5 goals Maximum of 5points	2	2	
IPT	4	2	0.5 for every 5 goals Maximum of 5points			

16: Log Standings

16. Log Standings

If, during a competition, teams finish on equal points, place finishing will be determined as follows:

- (i) The team with the highest amount of wins in the competition, if equal.
- (ii) The result of the match between the two teams during the round robin, if equal.
- (iii) The team with the highest goal average, calculated by dividing the goal for by the goals against, if equal.
- iv) The team scoring the most goals, if equal.
- v) The team with the least goals against, if equal.
- vi) Disciplinary record of the two teams.
- vii) The toss of a coin.



17: Player Qualifications

- 17.1** Players can only play for one team during the course of a tournament.
- 17.2** Players competing in the 21 and Under grades must still be 21 at the end of the current year. This will also apply to all ages in the tournament.
- 17.3** All players competing in the Mixed grades must be of the age respectively, or older, as at the start of the tournament.
All players competing in any age restricted grade must be able to produce either an original birth certificate, driver license or passport if required by a tournament official.
- 17.5 Transgender Player Policy**
Any person that was born as one gender wishing to play as/under another gender that differentiates to what they were born must supply World Indoor Netball Association with the following:
- Birth Certificate (Confirming the sex they wish to play as) A certified copy must be provided and an original must be provided upon request.
 - Passport/Driver's License or other suitable photographic identification.
- Once this information is supplied and accepted by World Indoor Netball Association it shall be accepted as a true and correct by all affiliated Indoor Netball Centres and that player shall be able to play under the sex they have disclosed.
World Indoor Netball Association acknowledges the importance of embracing change and encouraging participation at all levels whilst treating participants with the utmost respect.
- 17.6 Residential Status**
Any player wishing to participate in a WINA Tournament for particular country other than the one they reside in must be capable of producing the following documentation upon request:
- a) A birth certificate identifying their country of birth and/or their birth parents' place of birth, being the same country they wish to play for; or
 - b) A valid passport in their name issued by the country they wish to play for.
In respect to the documentation referred to above only originals or certified copies of originals will be accepted.
- 17.7** Any player wishing to participate for a country other than the last country they most recently represented, will be subjected to a 24 month 'stand down' period before being eligible to play for another country.
- a) The 'stand down' period referred to above will commence from the last day of the last WINA Tournament participated in.
 - b) A player wishing to participate for a different country must be capable of providing (upon request) written proof from their most recent playing country that they are financial in all respects.





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ACTION NETBALL

RULE

BOOK

6-A-SIDE





This rulebook contains all the rules for South African Indoor Netball. All rules have been made with the knowledge and acceptance of the South African Indoor Sports Incorporated (our governing body) and must be played at all competitions and tournaments sanctioned by the South African Indoor Netball Federation.

As with all sports, it is the participants (players/umpires/officials) responsibility to learn the rules. Included in this book are notes to umpires. These are to state interpretations that will produce understanding and consistency for everyone. Rules are made not to hinder players, but to allow a fair and equal opportunity for either team to win a game regardless of their size, shape or gender.



Easy Reference Guide



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RULE 1: THE TEAM

- 1.1** A game of Indoor Netball is played between two teams with each team consisting of a maximum of twelve players in Ladies & Men's and thirteen in Mixed grades with a minimum of five players, one of whom shall be the team captain.
- 1.2** A team is comprised of; Two Attack Players/Two Defence Players/Two Link/Centre Players.
- 1.3** Substitutions may be made at quarter, half or three-quarter time, and in the event of injury, illness or blood bin, only the injured, ill or blood-binned player(s) may be substituted.

RULE 2: MIXED TEAMS

- 2.1** No more than six/seven male players or six/seven female players may participate in any one game. With only 3 males & 3 females permitted at any one time.
- 2.2** Each of the three court positions must be filled by a male player and a female player. If due to injury/illness there is no male player available to fill the position the team will have to play with only five players. A female cannot take up the vacant position i.e. Four Females/ Two Males.

RULE 3: DURATION OF THE GAME

- 3.1** Round Robin games shall consist of four quarters of ten minutes each. Quarter-finals, semi-finals and grand-finals shall consist of four quarters of ten minutes each.
 - Quarter-time interval 1 minute
 - Half-time interval 2 minutes
 - Three-quarter time interval 1 minute.
- 3.2** A quarter may be stopped by an umpire to deal with an emergency, injury/illness. During this stoppage Coaching is allowed from outside or inside the court.





RULE 4: PLAYING EQUIPMENT

- 4.1 The court is divided into two halves, an attack half and a defence half. The nets surrounding the court are all considered part of the playing area.
- 4.2 A team is comprised of; Two Attack Players/Two Defence Players/Two Link/Centre Players.
- 4.3 Players must wear non-marking soft soled court shoes.
- 4.4 Each team will be provided with a set of six bibs that indicate which position each player is holding on court.
- 4.5 Players are to ensure their fingernails are cut short and no jewellery is worn, except a flat wedding band that must be taped.
- 4.6 No peaked caps or hats are permitted on court.
- 4.7 All openly visible piercing that cannot be removed must be fully taped.
- 4.8 Necklaces that cannot be removed for cultural or religious reasons must be taped to the body under a playing shirt.

RULE 5: TEAM CAPTAINS

- 5.1 Only the team captain has the right to approach the umpire during an interval or at the conclusion of a game for clarification of any rule.

RULE 6: PLAYER QUALIFICATIONS

- 6.1 Players can only play for one team during the course of a tournament.
- 6.2 Players competing in the 21 and Under grades must still be 21 at the end of the current year. This will also apply to all ages at Juniors.
- 6.3 All players competing in the Overs Aged Mixed grades must be of the age respectively, or older, as at the start of the tournament.
- 6.4 All players competing in any age restricted grade must be able to produce either an original birth certificate, driver license or passport if required by a tournament official.





RULE 6: PLAYER QUALIFICATIONS

6.5 Transgender Player Policy – Any person that was born as one gender wishing to play as/under another gender that differentiates to what they were born must supply World Indoor Netball Association with the following:

- Birth Certificate (Confirming the sex they wish to play as) – A certified copy must be provided and an original must be provided upon request
- Passport/Driver's License or other suitable photographic identification

Once this information is supplied and accepted by World Indoor Netball Association it shall be accepted as a true and correct by all affiliated Indoor Netball Centres and that player shall be able to play under the sex they have disclosed.

World Indoor Netball Association acknowledges the importance of embracing change and encouraging participation at all levels whilst treating participants with the utmost respect.

6.6 Residential status – Any player wishing to participate in a WINA Tournament for particular country other than the one they reside in must be capable of producing the following documentation upon request:

- a) A birth certificate identifying their country of birth and/or their birth parents' place of birth, being the same country they wish to play for; or
 - b) A valid passport in their name issued by the country they wish to play for.
- In respect to the documentation referred to above only originals or certified copies of originals will be accepted.

6.7 Any player wishing to participate for a country other than the last country they most recently represented, will be subjected to a 24 month 'stand down' period before being eligible to play for another country.

- a) The 'stand down' period referred to above will commence from the last day of the last WINA Tournament participated in.
- b) A player wishing to participate for a different country must be capable of providing (upon request) written proof from their most recent playing country that they are financial in all respects.



RULE 7: UMPIRES

- 7.1** The Umpire(s) shall have control of the game and officiate in one complete half of the court.
- 7.2** The decision of the Umpire shall be final and shall be given without appeal.
- 7.3** The ball shall be played live if it comes into contact with an Umpire during play, but if such contact interferes with the course of the game, the Umpire may decide to have a toss ball between two opposing players in that area of play.
- 7.4** The Umpires whistle shall:
- Start and re-start the game at the beginning of each quarter.
 - End each period of play.
 - Indicate when a goal has been scored by raising 2 arms for a 2 goals scored or 11 arm for 1 goal scored.
 - Indicate when an infringement of the rules has occurred.
- 7.5** The Umpire shall;
- Not criticise or coach any team while a game is in progress.
 - State the infringement and penalty and may use hand signals to clarify decisions.
 - Answer questions regarding clarification of rules from team Captains **ONLY** and **ONLY** at quarter breaks or at the conclusion of the game.
 - Advise each team of the correct score at the end of each quarter break.
 - Adjudicate the rules contained in this book both consistently and without bias.
- 7.6** Advantage of play - the Umpire shall:
- Refrain from penalising an infringement of the rules when by doing so the non-offending team would be placed, at a disadvantage.
 - Shall indicate clearly with hand signals that an infringement has been observed.
 - If the pass or shot has been successful, call “advantage” to indicate an infringement has occurred and not been penalised.
 - If the pass or shot has not been successful, the umpire shall call the infringement from where it occurred.

Clarification – If a player attempts to defend and are obstructing or cause contact, the umpire would not call advantage until the ball has been delivered or a successful shot has been scored. If the pass or shot at goal was not successful the umpire would reset the penalty pass or shot and the infringer would stand out of play beside and away and take no further part in the game until the ball had be shot or delivered successfully.





RULE 8: SCORER/TIMEKEEPER

- 8.1** The Scorer(s)/Timekeeper(s) shall work in conjunction with the umpire.
- 8.2** The Scorer(s)/Timekeeper(s) shall be non-playing representative of each of the teams on court and shall sit together throughout the duration of the game, or be represented by umpires.
- 8.3** The umpire(s) will signal a score to the scorers(s) by way of one or two raised arms determining a 1 point or 2 point shot. The scorers(s) will acknowledge in the same manner.
- 8.4** The Scorers(s)/Timekeeper(s) are responsible for recording each goal as it is scored onto the scoreboard and scorecard. This constitutes the official score of the game. At all times the score on the scorecard shall be the correct one – where there is conflict between scorecard and scoreboard as to the correct score, they must advise the umpire and the game must be stopped until it is resolved. Should scoring issues not be resolved during the game the scorecard shall be the official result of the game.
- 8.5** The official time for the duration of the game will be kept by the Scorer(s)/Timekeeper(s) including injury/illness/blood bin.
- 8.6** The timekeeper will stop the clock and start the injury clock so that no time is lost for injury/illness/blood bin time outs and the full ten minute quarters are played.

RULE 9: PLAYING AREAS

- 9.1** The playing area for the two Attack players is entirely within their team's attack half for that quarter and includes the goal circle.
- 9.2** The playing area for the two Defence players is entirely within their team's defence half for that quarter and includes the goal circle.
- 9.3** The playing area for the two Link/Centre players is the entire court with the exception of both goal circles.



RULE 10: POSITIONING PLAYERS FOR START OF PLAY



- 10.1** Teams will change ends at the end of each quarter.
- 10.2** A Link/Centre player from each team will contest a toss ball at the centre line, centre court, to start the game and each quarter. If the player has made an attempt to grab the ball from a toss-up, and is unsuccessful in doing so, they may not attempt to retake the ball and the replay rule would apply. If such contact interferes with the course of the game, the Umpire may decide to have a toss ball between two opposing players in that area of play.
- 10.4** Both Link/Centre players from each team must be positioned in their defence halves when the toss ball is taken. All other players must be in their correct positions.

RULE 11: START OF PLAY AFTER A GOAL

- 11.1** A Defence player will restart the game from within the goal throw in circle after each goal is scored.
- 11.2** The throw-in circle will be marked at the top of, but within the goal circle. The throw-in circle shall be a minimum of 500mm in diameter with the top of the throw in circle also being the top of the goal circle.
- 11.3** If no throw in circle is available, the throw in must be taken directly behind the line at the top of the goal circle.
- 11.4** The Defence player must keep part of the grounded foot on the ground, within the marked area, until the ball is released. If the grounded foot is raised before the ball has left the defence player's hands, a Foot Fault would be called and a free pass to the opposing team would be taken.
- 11.5** From the throw in after a goal is scored, a player may use the net to pass to another player but the ball must be received in the defensive half of the court.





RULE 12: LATE ARRIVALS

- 12.1** Late arriving players may not enter the court while the game is in progress, but after notifying the Umpire may take the court;
- After a goal has been scored and in this case they must take up the position left vacant in the team.
 - Immediately following an interval.
 - After a stoppage for injury, illness.
- 12.2** If a late arriving player takes the court without notifying the Umpire a free pass will be awarded to the opposing team where the infringer was standing and the player shall leave the court until permitted to return.
- 12.3** Any team not ready to go on court by the end of the first quarter of play will record an automatic loss.
- 12.4** The non-offending team must be on court ready to play, the umpire will start the clock and the team on court will earn 1 penalty goal every completed 30 seconds until the opposition are ready to play.

RULE 13: STOPPAGES

- 13.1** Play may be stopped for injury, illness or blood bin, in which case the umpire will stop the clock for period of time (maximum 2 minutes) for the injured or ill player(s) to resume play or to be substituted. Play will continue from where the ball was when play was topped or a toss-up will be taken if the umpire is unable to determine.

An injured player may leave the court and be replaced by another player. The injured player must remain off court until the commencement of the next quarter whereby the interchange rule can be applied. Changes are offered to the opposing team when the injured player is replaced during the quarter in which the injury/illness/blood bin occurred.

If a substitution has NOT been made for a player who leaves the court due to injury/illness, that player may return to the vacant position at any time later in the match, abiding by the following rules:

- Play must be stopped for injury or illness OR following the scoring of a goal or at any interval.
- The player notifies the umpire of their intention to resume playing.



RULE 13: STOPPAGES

Included in these interchange players shall be any player who is utilised as a substitute in the event of an injury/illness/blood bin.

A maximum of 2 minutes can be taken in order to determine whether a player is fit to continue and to deal with the injury/illness/blood bin. Any subsequent injury time within that quarter will be 30 seconds. Discretion will be applied regarding injury/illness/blood bin by the umpire/s.

Play will continue from where the ball was when play was stopped or a toss-up will be taken if the umpire is unable to determine.

- a) Who was in possession of the ball or
- b) The ball was on the ground when play was stopped.

13.2 If a player left the court through injury or illness and no substitution was made, the injured or ill player may return to the game in accordance with rule 12.

13.3 If the stoppage is due to obstruction, contact or any penalty offence, the offending player, (or substituted player, due to injury) will be penalised and play will continue from where the offence occurred.

RULE 14: BLOOD BIN

14.1 Any player that is blood binned by the Umpire must leave the game immediately and may be substituted in the vacant position. At the time that a player is blood binned, the umpire will stop the clock, ensure any equipment blood marked is replaced **IMMEDIATELY**, restart the clock and let play continue. The blood-binned player may return to the game in their original position if the player has not been substituted. If the player is substituted they must return in the next quarter break – refer to Rule 13-1.





RULE 15: OFFSIDE

- 15.1** Any player with or without the ball shall be deemed offside if they step outside of their designated playing area as detailed in Rule 9.
- 15.2** On the line is ruled offside.
- 15.3** 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 the net.
- 15.4** A player without the ball may not use the net in an offside area to gain or regain balance. A free pass will be awarded to the opposing team if a player is penalised for breaking the rules of offside.
- 15.5** If two players are ruled offside at the same moment;
- If neither player makes any contact with the ball they are not penalised and play continues.
 - If one or both players are in possession of the ball and are playing in the same half, a toss-up is taken between those two players in their own half.
 - If one or both players are in possession of or touch the ball and are playing in opposing halves, a toss-up is taken between those two players at the centre line.
- 15.6** The non-controlling umpire may call offside at the halfway line should the offside infringement be unsighted by the controlling umpire.

RULE 16: PLAYING THE BALL

- 16.1** A player may;
- Catch the ball with one or both hands.
 - Gain or regain control of the ball if it rebounds from the goalpost or goal hoop.
 - Bat the ball to another player without first having possession of it.
 - Bounce the ball once to another player.
 - Roll the ball to oneself to gain possession but only if in doing so the players hand does not leave the ball.
 - Fall while holding the ball but must regain footing and throw the ball within 3 seconds of receiving it and observe the footwork rule.



RULE 16: PLAYING THE BALL



- g) Lean on the ball to prevent going offside.
- h) Lean on the ball to gain or regain balance against the floor or any perimeter net to stop going offside.
- i) Throw the ball to the net for another player to gain possession.
- j) Balance on the net and if in possession must not have any part of the body on the net while passing or shooting the ball. A free pass will be awarded if this is not the case.

16.2 A player may not:

- a) Contact the ball with their legs or feet at any time in a deliberate 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) Immediately after having possession of the ball, guard a loose ball to prevent other players from gaining possession of the ball. If a player guards a loose ball they have lost control of, the umpire will penalise the player guarding the ball and an obstruction call would be made against the player/s guarding the loose ball. If a player touches the loose ball originally in their possession, a replay call would be made.
- f) Have hands or feet on the net while in possession of the ball.
- g) Roll the ball to another player.

16.3 Held Ball

A player who has either caught or held the ball must play it or shoot for goal within three seconds of having received it. The player may pass or shoot the ball with either one or both hands in any direction.

16.4 Replayed Ball

If a player has touched the ball with one or both hands they may not touch the ball again with their hand/s until it has been touched by another player from either team. This also includes a deflection from a defender/attackers hand/s to the net and then regaining the ball.

16.5 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, including a pass from one players hands to the net and to the other players hands.





RULE 16: PLAYING THE BALL

16.6 Back Net Violation

When a player passes the ball from their one half to a player in their other half, the ball must be touched or caught by any player prior to the ball hitting the back net behind the goal hoop. If the ball hits the Goal Ring play continues. It will not be called over the half.

RULE 17: FOOTWORK

- 17.1** A player may receive the ball with one foot grounded, or jump to catch the ball and land on one foot and then either;
- Step with the other foot in any direction, lift the landing foot and throw or shoot the ball before this foot is re-grounded.
 - Step with the other foot in any direction any number of times, pivoting on the landing foot. The pivoting foot may be lifted but the player must throw or shoot the ball before re-grounding it.
 - Jump from the landing onto the other foot and jump again, but must throw or shoot the ball before re-grounding either foot.
 - Step with the other foot and jump but must throw or shoot the ball before re-grounding either foot.
- 17.2** A player in possession of the ball may not:
- Drag or slide the landing foot.
 - Hop on either foot.
 - Jump from both feet and land on both feet unless the ball has been released before landing.
- 17.3** The penalty for infringing the footwork rule is a free pass to the opposing team where the infringement occurred.
- 17.4** A player may jump shoot as long as the footwork and contact rule is observed.



RULE 18: SCORING A GOAL

- 18.1** When the ball is thrown over and completely through the goal ring by an Attack player from within the goal circle, one goal is scored.
- 18.2** When the ball is thrown over and completely through the goal ring by either an Attack or Link/Centre player from outside the goal circle two goals are scored.
- 18.3** If either of an Attack's feet, are positioned on the line marking the goal circle at the time of shooting the ball, one goal is scored. the ball from outside the circle.
- 18.4** If a defending player deflects a shot for goal and the ball then passes over and completely through the goal ring, a goal is scored according to where the shot at goal was taken.
- 18.5** An Attack or Link/Centre player may shoot for goal if the ball has been won in a toss-up within their attacking half.
- 18.6** If the whistle is blown ending any period of play after a penalty pass or shot has been awarded in the attacking half, the penalty shot is to be completed.
- 18.7** In taking a shot for goal, a player must;
- Shoot within three seconds of receiving the ball.
 - Obey the rules of footwork.
 - Attack players must not touch the goal ring in the action of shooting.
- 18.8** If a defending player causes the goal arm or goal ring 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. If the attempted shot was from outside the goal circle, the penalty may be taken from outside the circle.
- 18.9** If a Defence player attempts to deflect a ball away from the goal ring, and in doing so touches the goal ring or goal net, a penalty goal will be awarded to the opposing team in accordance with where the shot was taken.
A defensive player may not attempt to deflect a ball away from the goal ring whilst it is in a downward flight, or interfere with the goal ring or net attached. The penalty goal(s) will be awarded if the umpire deems the shot could have been successful, from where the shot was taken and the attacking team will be awarded an automatic goal.
- 18.10** If a ball hits the goal post then hits the back or top net before passing completely through the goal ring, a goal is scored according to where the shot was taken from.





RULE 18: SCORING A GOAL

- 18.11** If the ball hits the back net without first hitting the goal arm or goal ring and then passes completely through the goal ring, no goal is scored and a free pass to the non-offending team will be awarded, under the goal ring.
- 18.12** 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 player's hands prior to the final whistle being blown.

RULE 19: OBSTRUCTION

- 19.1** An attempt to intercept or defend the ball may be made by a player if the distance is not less than 0.9 metres from the player in possession of the ball. When the ball is received this distance is measured as follows;
- If a player's landing or grounded remains on the ground, the distance is measured from that foot to the nearest foot of the defending player.
 - If a player's landing, grounded or pivoting foot is lifted, the distance is measured from that foot to the nearest foot of the defending player.
 - If the player is standing or lands on both feet simultaneously and remains grounded on both feet, the distance is measured from whichever is the nearest foot to the defending player.
 - If the player is standing or lands on both feet simultaneously and either foot is lifted, the remaining foot is considered the ground foot from which the distance is measured.
- 19.2** A player may not be (within 0.9m) of the player in possession of the ball.

Penalty: Pass or Shot where the infringement occurred.

- 19.3** A player will be penalised for obstructing an opposing player that is not in possession of the ball if they are within 0.9 metres of that player and they employ any movements taking their arms or legs away from their body. Within this distance a player is not obstructing if their arms are outstretched to;
- Catch, deflect or intercept a pass or feint pass.





RULE 19: OBSTRUCTION

- b) Obtain a rebound from an unsuccessful shot at goal.
 - c) Momentarily signal for a pass or to indicate their intended direction of movement.
- 19.4** A player may attempt to defend the ball from the correct distance but must not defend an opponent's face or eyes at any time.
- 19.5** A player may not place their hand upon the net to brace themselves or hold the net in such a way that they impede the path of the opposition.
- 19.6** A penalty pass or shot will be awarded to the opposing team when a player is penalised under any of the rules of obstruction.

RULE 20: CONTACT

Personal Contact

- 20.1** 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 a deliberate or accidental action.
- 20.2** A player shall not:
- a) Push an opponent in any way with or without the ball. A player may not use the ball to push either.
 - b) Trip or knock an opponent in any way.
- 20.3** In an effort to catch or direct the ball a player must not push or bump an opponent.
- 20.4** 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. This is, when jumping, bump an opponent.
- 20.5** Whether attempting to get free, or to defend, a player is responsible for any personal contact.
- a) If taking up a position so near an opponent that contact is inevitable
 - b) If moving so quickly into the path of a moving player that contact is unavoidable.





RULE 20: CONTACT

- 20.6** Contact with the ball: while holding the ball, a player shall not touch or push an opposing player in such a manner as to interfere with that opponents play.
- 20.7** A player shall not either accidentally or deliberately:
- Place a hand or hands on the ball when held by another player
 - Remove the ball from an opposing player when the ball is being held by that player.

RULE 21: THROW-IN

- 21.1** A throw-in from within the restart circle shall be taken by a defence player to restart play after every goal has been scored.
- 21.2** The player taking the throw-in must;
- Keep one foot grounded within the restart circle or on the rear lines marking the throw-in circle. The other foot may be lifted off the ground or positioned outside the throw in area.
 - Keep their grounded foot from protruding into the court from the restart circle.
 - Throw the ball within three seconds of taking up their grounded position within the throw-in circle or on the rear lines marking the throw-in circle.
 - Keep their grounded foot grounded until they have released the ball.
 - Apply the footwork, replay and held ball rules from the moment of taking the grounded position either within the throw-in circle or on the rear lines marking the throw-in circle.
- 21.3** From the throw-in the ball must be touched or caught by any player before crossing the centre line. If the player plays the ball in the air, they must land in their defensive half.



RULE 22: NET USE

- 22.1** A player may not abuse any of the court equipment, this includes the nets.
- 22.2** a) A player may not climb any nets. The umpires call will be Net Abuse and a Penalty Pass shall be awarded to the non-offending team.
- b) A player may use the net to their advantage. They may not have their feet touching or hands holding the net whilst in possession of the ball. The player must be completely off the net prior to the ball being released. Should the ball be released when the player is still in contact with the net the umpire shall call Net Violation and shall award a Free Pass to the non-offending team.
- 22.3** A player may not hold any net while defending an opponent. This infringement will result in a Penalty being awarded to the non-offending team.
- 22.4** A player may use the net in their correct half to stop from going offside as long as both feet don't leave the floor.

RULE 23: PENALTIES

- 23.1** Penalties that can be awarded when any of the rules of Indoor Netball are broken;
- b) Penalty Pass or Shot
- 23.2** A 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 or at a place on the court indicated by the umpire.
- 23.3** With the exception of a toss-up, all penalties are awarded to the non-offending team. Any member of the non-offending team may take the penalty if allowed in the area where the penalty was awarded.
- 23.4** The player taking the penalty must throw the ball within three seconds after taking position at the correct place and being in possession of the ball.
- 23.5** When taking 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 or when a ball is received with one foot grounded.





RULE 23: PENALTIES

23.6 A penalty 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 penalty shot.

RULE 24: FREE PASS

24.1 A free pass is awarded for infringements of these rules with the exception of the rules of Obstruction, Personal Contact, Contact With or On the Ball, Net Abuse, or simultaneous offences by two opposing players.

24.2 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 the free pass was awarded.

24.3 A direct shot at goal may not be attempted from a free pass.

RULE 25: PENALTY PASS OR SHOT

25.1 A penalty pass or shot is awarded for the breaking of the rules of Obstruction, Personal Contact, or Contact With or On the Ball and Net Abuse.

25.2 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 penalised player moves before the ball has left the throwers hands the penalty shall be re-taken unless the pass or shot is successful and the advantage rule shall apply.

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

25.4 Any player from the non-offending team may take the penalty if allowed in the area where the penalty was awarded.

25.5 An attempt to defend a pass or shot may be made by any member of the opposing team with the exception of the penalised player.





RULE 25: PENALTY PASS OR SHOT

- 25.6** When two 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.
- 25.7** When two 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.
- 25.8** When a penalty is awarded in the non-offending teams attack half, an Attack or Link/Centre player may either pass the ball or shoot for goal.

RULE 26: TOSS BALL

- 26.1** A toss-ball is used to start each period of play and is taken at the middle point of the centre line by two opposing Link/Centre players.
- 26.2** A toss-ball is also used in the following situations;
- When two opposing players simultaneously gain possession of the ball with one or both hands.
 - When two opposing players are simultaneously offside and one or both players was either in possession of or touching the ball.
 - When two opposing players make simultaneous contact that interferes with play.
 - After a stoppage in play when the umpire is unable to determine who was in possession of the ball or the ball was on the ground when play was stopped.
- 26.3** The toss-ball must be taken on court between the two opposing players concerned as near as possible to where the infringement occurred.
- 26.4** The two players must stand facing each other and their own goal ends. The two players must hold their arms and hands straight down alongside their body but their feet may be positioned in any manner. There shall be a distance of not less than 0.9 metres between the nearest foot of each player and not move from that position until the whistle is blown. If a player moves too soon a free pass will be awarded to the opposing team.





RULE 26: TOSS BALL

- 26.5** The umpire shall toss the ball midway between the two players to a point no higher than the shortest opponent's shoulders when they are in their normal standing position. The umpire shall hold the ball in the palm of their hand and remain momentarily stationary prior to tossing the ball. At the time of releasing the ball upwards the umpire shall blow their whistle.
- 26.6** If a toss-ball has to be repeated more than three times between the two same players, the two players will be replaced by another member from each team. The two players chosen will be at the discretion of the umpire.
- 26.7** A player winning the toss-ball may then either pass the ball or shoot for goal.

RULE 27: PROFESSIONAL FOULS

- 27.1** A professional foul is any offence that the Umpire believes has been intentionally committed to affect the outcome of a game. Deliberate time wasting and deliberate breaking of the rules with the intention of placing the non-offending team at a disadvantage can result in a professional foul.
- 27.2** In the case of professional fouls, the Umpire will stop the clock and award the non-offending team a shooting opportunity anywhere they select to shoot from, **NOT** to be defended, either in or out of the circle.
- 27.3** When awarding a professional foul, the umpire will stop the clock. The professional foul shot will be taken and then the original infringement awarded to be taken from where the infringement occurred. The clock will restart just prior to the original infringement being played.
- 27.4** A Professional foul **CAN** be applied throughout the whole game. This rule should be used if discipline is required at any time during the game.



RULE 28: DISCIPLINE

- 28.1** The breaking of rules or the employment of any actions not covered by the wording of these rules, in a manner contrary to the spirit of the game will not be tolerated.
- 28.2** If a player breaks any of these rules either between the scoring of a goal and the re-start of play or between the awarding and taking of a penalty, the Umpire shall penalise the infringement immediately unless by doing so this would place the non-offending team at a disadvantage.
- 28.3** As well as the Professional Foul rule, the Umpire has the ability to award a forward gain in court position, and/or a penalty pass or shot to any non-offending team when any player(s) deliberately persist in non-sportsmanship behaviour.
- 28.4** In addition to all other penalties laid out in these rules, the Umpire may also;
- a) Order a player to leave the court but only when they are sure that any other penalty is insufficient and except in extreme cases, only after a warning has been given.
 - b) Stand a player off the court for a part of the game as specified by the Umpire at the time of sending off. The period of time is at the umpire's discretion and is determined by the degree of offence being penalised.
- 28.5** When a player is ordered off the court for any length of time, that player cannot be replaced by a substitute player and playing positions cannot be changed until the end of that period of play.

RULE 29: ETIQUETTE

- 29.1** Foul and abusive language or behaviour will not be tolerated under any circumstances at any time. Such behaviour will be penalised by the Umpire/s in charge of your game and repeated offences could result in a player or team being ejected from a competition or tournament and being further banned from any future participation. To gain full enjoyment out of any sport, regardless of your reasons for participating, the game must be played in good spirit and with a degree of self-control.





RULE 30: SCORING SYSTEM

30.1 The intention of this scoring system is to provide further strategy and interest to all matches regardless of the total team scores, and the following match points will be awarded under this system;

Win 4 Points

Draw 2 Points

Loss 0 Points

30.2 In addition to the above match points, the team scoring the most goals in each quarter will be awarded an additional point and this is known as a skins point.

30.3 One skins point is offered for each quarter, making a total of four skins points per game.

30.4 In the situation where the goals scored by each team in any quarter are equal, the skins point to be awarded for that quarter will jackpot forward to the next quarter or backwards in the case of the last quarter.

RULE 31: LADDER POSITION

When determining the order of teams at the end of all Round-Robin games, the positions will firstly be determined by points, secondly by the number of games won, and lastly by goal average. A goal average is calculated by dividing the goals for a team, by the goals against a team for a percentage result.

RULE 32: DRAWN ELIMINATION MATCHES

32.1 When a quarter final, semi-final or final is drawn, extra time shall be played. Substitutions CAN be made prior to the commencement of extra time. After one minute break the teams shall change ends and the centre toss will be taken and play continues. Two five minute halves shall be played with no break at half time for teams to change ends. If the teams are still deadlocked at this stage, a penalty shoot-out will take place.





RULE 32: DRAWN ELIMINATION MATCHES

- 32.2** For the purposes of a penalty shoot-out, each team will use the six players who are on the court at the end of the extra time period, who will shoot in turn from outside the goal circle. Each player may shoot from whatever angle they choose. The team scoring the most goals after all players have shot will be the winner. If the scores are still drawn at this stage, a sudden death shoot-out will be staged.
- 32.3** For sudden death shoot-out, each team once again uses the same six players on court during the extra time period. They can however shoot in any order they decide. The umpire will use a coin toss to decide who takes the first shot. Each player may shoot from whatever angle they choose outside the goal circle. The two teams then shoot one for one against each other and the first to score will be determined the winner (allowing both teams the equal amount of attempts at goal). In the instance where either a penalty shoot-out or sudden death shoot-out are required, both teams will shoot for goal at the same end of court.

RULE 33: COURT DIMENSIONS

- 33.1** The court must be no less than 27 metres and no more than 30 metres in length, no less than 10.0 metres and no more than 12 metres in width and the height being no less than 4 metres and no more than 4.5 metres.
- 33.2** The Centre line divides the court into Attack and Defence halves.
- 33.3** The goal circle must be no less than 3.6 metres and no more than 4.4 metres in radius or 7.2/8.8 metres in diameter.
- 33.4** The goal hoop must be positioned centrally in the goal circle with the back of the hoop no more than 400mm from the back net.
- 33.5** The goal hoop must be 3.05 metres high and 380mm in diameter.





NOTES

A series of horizontal dotted lines for writing notes, spanning the width of the page below the 'NOTES' header.



