

Social League Netball Rules Semester 1 2015



- 1) A team must consist of:
 - 2 attackers (minimum one female) - allowed anywhere inside a team's attacking half
 - 2 defenders (minimum one female) - allowed anywhere inside a team's defending half
 - 2 centres (minimum one female) - allowed anywhere on the court except inside the shooting circles.

NB: If you go offside its hand over to the other team
- 2) No team can take the court with fewer than four players.
- 3) The umpire may at any stage retire a player or take any action deemed necessary if such occasion arises.
- 4) A team may substitute one or more players at any time during the game, provided that there are no more than 6 players per team.
- 5) All games consist of two 15 minute halves, with a 1-2 minute half time break.
- 6) No stepping - hand over to other team if occurs.
- 7) No contact such as physically touching another player or knocking the ball out of a player's hand. This will result in a stand down and hand over to other team.
- 8) When defending you must be 3 feet away from the other player. This will result in a stand down and hand over to other team.
- 9) If the ball goes out of court, team loses possession and the other team gets the throw in.
- 10) Any throw in must be taken from behind the line.
- 11) When a goal is scored, the ball must be taken from behind the base line.
- 12) Goals may be scored from outside the circle line by any attacking player which is worth 2 points; or from inside the circle line which is worth 1 point.
- 13) There must be at least 2 girls on the court for each team at all times.
- 14) The game is started by the ball being tossed up in the middle of the court.
- 15) If you turn up later than 5 minutes from the scheduled start time, the team defaults and the opposition take the default win. Teams can still play a friendly game until the start of the next scheduled game.
- 16) You cannot bounce the ball on the floor or within your hands multiple times – replayed ball as per outdoor rules.