

## NETBALL RULES

### Game Play:

- Games will consist of two 14-minute halves with 1-minute half time and 1 minute to exit the court after the game.
- Games will be played 7 aside.
- Maximum of 3 males on court at any one time, with the following position restricted to only one male:
  - 1 Male in GS or GA
  - 1 Male in WD, C or WA and
  - 1 male in GK or GD
- Teams must have a minimum of 5 players to start, if they do not the other team will 'Win by Default.'
- Changes in position can be made throughout the halves, rolling subs.

### Points:

- 1 point for a goal scored inside the circle.
- 2 points for a goal scored outside the circle ONLY by the GA or GS.

### Dress Code:

- You do not need to bring your own bibs. They're provided on the night.
- We recommend teams wear uniform/same coloured shirts.
- Active wear and soft soled shoes are required.
- No jewellery, hats or long nails are permitted. If you have long nails, you will be asked to cut them or to be removed off the court till so.

### Deductive Points:

- If your team fails to let me know by Wednesday that you cannot play on Thursday night - 3 points will be deducted from your overall points on the leaderboard.
- If your team fails to turn up on the night - 5 points will be deducted from your overall score on the leaderboard.

### Umpire Whistle:

- If an infringement is caused by a defender while the shooter is taking a shot, the whistle will blow.
- If the ball goes in the hoop before/as the whistle is blown the goal will count.

- If an infringement occurs throughout the game and the whistle is blown, all play (except the point above) will stop.

### General Game Rules:

- **Free Pass:** A free pass is awarded when an obstruction or any form of contact happens. The player causing the infringement is asked to stand beside and opposition takes the free pass.
- **Advantage:** A call that is made by refs (without use of a whistle) to let players know that an infringement has occurred but allows the play to continue. If in the same phase the ball is turned over, the play will move back to where the advantage call was made.
- **After a goal is scored:** The ball is thrown in from out of court. One of the defenders will take the throw in, standing beside the goal (centre passes only occur at the beginning of each half).
- **Ball touched:** The ball must be touched in every third of the netball court, otherwise the ball will be handed over.

### Infringements:

- **Stepping:** You may take a step forward while in possession of the ball if one foot remains on the ground. Hopping or dragging the foot is not allowed.
- **Off-side:** Each position has an area on the court that they're not allowed to enter. If this occurs the ball will be handed to the other team with a free pass.
- **Replay Ball:** You must be in control of the ball when it is in your possession. Any form of controlled bouncing will be a handover.
- **Obstruction:** When defending you must stand 3 feet or more away from the person with the ball. You cannot touch the ball.
- **Contact:** You cannot contact another player, either accidentally or deliberately.
- **Held Ball:** You can hold the ball for a maximum of 3 seconds.

### Leader board points:

<b>Win:</b>	4 points
<b>Draw:</b>	2 points
<b>Loss:</b>	0 point