

## **NETBALL RULES**

### **Social Netball - Rules and Information**

In this competition the emphasis is on enjoyment and skill development/maintenance. While competitiveness is not discouraged, it should be remembered that novice players need some encouragement and the "win at all costs" philosophy is not appropriate. The normal rules of netball shall apply except to the extent that they are negated or modified by these rules. All rules are open to the interpretation of the umpire and their decision is final.

What follows are the rules for the Shellharbour City Stadium Netball Competition. If you don't understand any of these rules, please ask the Sports Coordinator or a Staff Member to explain them either before the game starts or during any breaks.

### **Please Respect the Umpires**

Umpiring is a very difficult job and requires a great deal of focus during the game. Please do not question a call or even seek an explanation of a call during the game itself. Instead, you should save your question until the break.

If approached during breaks, most umpires will be very happy to explain the infringement and why they ruled the way they did. Also note that umpires will not argue about whether or not an infringement actually occurred. As an example, if an umpire calls contact or obstruction there is no argument to be had. The umpire's decision is final.

**FORFEITS** Any team that has to forfeit a game must notify the STADIUM on 4257-3468 as soon as possible. ONE (1) POINT WILL BE TAKEN OFF ANY TEAM WHO FORFEITS.

If a team has not taken the court after the clock reaches 5 minutes, 1 point every minute will be put on the score sheet, If the team has not arrived by half time then it will be deemed a forfeit and the score will read 15 – 0.

**FORFEITS** during Semi, Finals and Grand Finals: If your team forfeits in any of the final series that team will not advance, **your team will be eliminated from the finals**. The team that did not forfeit will automatically advance to the next appropriate level.

For example: If a team forfeits in the Major semi-final the team that did not forfeit will automatically advance to the Grand Final and the winner of the Minor Semi Final will also advance to the Grand Final.

## 1. Location

All games will be played on the indoor netball courts at Shellharbour City Stadium, Croome Road, Albion Park Rail.

## 2. Game Length

**Senior:** The game will consist of two (2) 16-minute halves with a 2-minute break at half time.

**Junior:** The game will consist of 4 (4) 8-minute quarters with a 2-minute break at quarter time.

**Junior:** Age: 6 years – 15 years  
*Children can be 5 turning 6 during the competition, and 15 years, however they can't be turning 16 years old during the competition.*

## 3. Starting the Game

The game commences and is restarted after each goal is scored and at the beginning of each half by a centre pass taken alternatively by the two centres, irrespective of who scores the goal. Except for Netta Games, where the next centre pass is taken by the team not scoring the last goal (junior comp only).

When the whistle is blown the Centre in possession of the ball shall throw it within three seconds obeying the footwork rule.

The Centre Pass must be caught or touched by any player who:

- (a) is standing in the centre third,
- (b) lands with the first landed foot or both feet wholly within the centre third or
- (c) jumps from a stance wholly within the centre third.

The Umpire's whistle indicates the beginning and end of each half. The games will commence on the designated time slot. If a team is particularly slow taking the court after 'break time', the umpire may penalize the team by giving the centre pass to the opposing team if they are ready.

#### **4. Number of Players**

- (a) Teams are allowed seven (7) players on the court at any one time.
- (b) Teams are allowed up to three reserves each week.
- (c) A team fielding 4 or less registered players for that team, will automatically forfeit and the game fee has to be paid (if enough fill-in players are available the game may still be played with points being awarded to the non-forfeiting team). If a team fields 5 or 6 players, one player must assume the Centre position.
- (d) For Mixed divisions there must be a maximum of three (3) males on the court at any one time.
- (e) Male players must be in three different positions on the court (Defending, Centre Positions and Attacking Positions):
  - 1 Goal Keeper or Goal Defence (Defending Positions);
  - 2 Wing Attack, Wing Defence or Centre (Centre Positions)
  - 3 Goal Attack or Goal shooter (Attacking Positions).

As an example, a team cannot have a male Centre and another male playing on the Wing.

#### **5. Position Changes and Substitutions**

Provided that rule no. 4 is abided, a team may make any number of substitutions at half time (senior) or quarter breaks (junior) as well as during a stoppage due to injury or illness. Netta teams have unlimited substitutions during play, as long as these substitutions don't interfere with the flow of the game. (Junior Comp only)

If a substitution or position change is made due to injury or illness, the injured or ill player must be involved in the change and the injured or ill player has 30 seconds to leave the court. All team changes must also be made within this same 30 second injury time.

#### **6. Scoring a Goal**

A goal is scored when a Goal Shooter or Goal Attack with no contact with the ground outside the circle throws the ball completely through the goal ring. The raise of the umpires hand signals the goal is scored.

Note that if the Umpires whistle to end a quarter is blown before or at the precise moment the ball is released, then no goal is scored regardless of whether the ball goes in the goal ring or not.

If however, the ball is released, then the whistle is blown and then the ball goes in the goal ring, a goal is awarded.

## 7. Contact

A player cannot accidentally or deliberately come into contact with another player in a way that impedes their play.

For example, pushing, charging, tripping, scratching, biting, throwing the body against an opponent or using the ball to push or contact an opponent.

Players must not push, trip, hold or lean on an opponent, nor keep their elbows against another player.

## 8. Obstruction

A player with arms extended cannot defend closer than 0.9m (3 feet). This distance is measured from the first landed foot of the attacking player to the nearer foot of the defending player.

A player may stand closer to an opponent provided their arms are not extended and provided they do not restrict the natural arm movements of the opponent.

If the attacking player lessens the distance in their throwing or shooting action, then the defending player is not considered to be obstructing because it was the attacking player and not the defending player who shortened the distance.

A player may not use intimidating actions against an opponent with or without the ball. What constitutes 'intimidating' shall be at the sole discretion of the umpire.

## 9. Held Ball

A player must pass the ball or shoot for goal within 3 seconds.

## 10. Over a Third

The ball cannot be thrown over a complete third (over 2 lines) without being touched by a player in that third.

The pass is taken from the third where the player gained possession. It does not matter if they step into an adjacent third to throw, it's judged based on the grounded foot.

A free pass is taken where the ball crossed the second transverse line.

## 11. Offside

Players must stay within their designated playing areas.

A player may reach over and take the ball from an offside area provided that no part of their body touches the ground in that area.

When two opposing players go offside but neither touches the ball, they are not penalised.

If one or both players are in possession of the ball when they go offside, a toss-up (see rule 16) is given in their area of play.

## **12. Out of Court**

When the ball goes out of court the umpire will rule what team touched the ball last, the opposing team shall throw the ball in from where the ball crossed to go out of court. The player taking the throw in must be able to be in the designated third to take the throw in.

The player taking the throw in should place one or both feet within 6 inches (15cms) of the line, at the point where the ball crossed the line and make sure all other players are on the court before throwing the ball. An off court player must not delay returning to the court and must enter at the closest point to where they stand, or the Umpire can deem this delaying play and the delay of play sanction will be given.

If a player has no contact with the ball they may stand or move out of the court but must stay within the court surrounds and make contact with the playing area and have no other contact with anything outside the court before attempting to touch the ball again.

## **13. Footwork (Stepping)**

### ***A. One Foot Landing***

When a player lands on one foot they may step with the other foot, lift the landing foot, but must throw before re-grounding it.

They may use the landing foot as a pivoting foot, stepping in any direction with the other foot as many times as they wish. Once the pivoting foot is lifted they must pass or shoot before re-grounding this foot.

A player may jump from the landing foot onto the other foot and jump again, providing they throw the ball before re-grounding either foot.

A player cannot: drag or slide the landing foot or hop on either foot.

### ***B. Two Foot Landing***

If a player catches the ball and lands on both feet simultaneously, they may step in any direction with one foot, lift the other foot but must throw or shoot before re-grounding the foot.

They may pivot on one foot, stepping in any direction with the other foot as often as they wish. Once the pivot foot is lifted they must throw the ball before re-grounding this foot.

They may jump from both feet onto either foot, or step and jump but must throw or shoot before re-grounding either foot.

#### 14. Playing the Ball (or replay)

A player who has **possession** of the ball may not bounce the ball and regain possession. They may however bounce or bat the ball towards a team mate.

If a player does not catch the ball cleanly, it may be bounced or batted in an **uncontrolled** action once or more than once to either gain possession or to pass the ball to another team mate.

Note that a controlled bat (or deliberately striking the ball with a fist) will result in a free pass to the other team.

After throwing the ball, a player cannot play it again until it is touched by another player, or rebounds off the goal post.

#### 15. Short Pass

There must always be room for a third player to move between the hands of the thrower and those of the receiver when passing. Passes that do not have this room are called short passes.

A player cannot:

- Punch, roll the ball to another player, kick or fall on the ball;
- Pass the ball in any way while lying, sitting or kneeling on the ground;
- Use the goal post as a way to regain balance or as a support while stopping the ball from going out of court.

#### 16. The Toss Up

A toss up is used to put the ball into play when:

- Opposing players simultaneously knock the ball out of court;
- Opposing players contact each other simultaneously;
- Opposing players simultaneously gain possession of the ball;
- The umpire is unable to decide who last touched the ball out of court;
- Opposing players are simultaneously offside with one in possession of the ball.

The two players stand 0.9m apart, facing each other and their own goal ends. Their arms should be straight with hands by their sides. Once in position, they must not move until the umpire has tossed the ball up from just below shoulder height of the shorter player and blown the whistle.

The ball may be caught or batted as long as it is not done directly at an opponent. A goal shooter or goal attack may shoot for goal from a successful possession at a toss up.

## 17. Penalties

There are three types of penalties in netball, a 'penalty pass' a 'penalty pass or shot or (most commonly) a 'free pass',

### A. Penalty Pass

A penalty pass is awarded for contact, intimidation and obstruction infringements. The pass is taken where the infringer was standing, except if it places the non-offending team at a disadvantage. i.e.; The defence obstructs from behind the shooter, the defender moves forward to the shooters position, if the shooters current position is closest to the goal post.

Any player who is allowed in the area can take the pass.

The penalised player must stand 'out of play'. That is, beside and away from the player taking the pass and make no attempt to take part in play, this includes speaking, until the ball has left the throwers hands. The non-offending player can choose to wait for the offending player to stand out of play, or immediately pass the ball without waiting for the offending player to stand in the out of play position. The offending player must still attempt to move to the out of play position and not make any attempt to interfere with play whilst doing so. Once the non-offending player releases the ball, the offending player may then re-join the game.

### B. Penalty Pass or Shot

If a penalty is given to a Goal Attack or Goal Shooter in the goal circle; they are awarded a 'penalty pass or shot.' They may take the shot whilst the offending player moves to the out of play position, but in doing so miss their attempt of goal, they do not get to have another attempt with the offending player in the out of play position. Their Penalty Pass or Shot is deemed taken and play will continue.

### C. Free Pass

A free pass is awarded for all other infringements on court.

The pass is taken where the infringement occurred indicated by the umpire, by any player who is allowed in the area. The player must obey the footwork rules when taking the free pass.

The offending player does not have to stand beside the thrower taking the pass.

If a free pass is awarded in the goal circle, the players may only pass the ball - not shoot for goal.

## 18. The Draw

It is the responsibility of the team captain and individual team members to read the draw. All correspondence will be displayed on the white board in the foyer of the stadium.

A copy will also be posted on the Shellharbour City Stadium website:  
[www.shellharbour.nsw.gov.au/stadium](http://www.shellharbour.nsw.gov.au/stadium)

## 19. Trial Games

The first round games in all netball competitions are classified as trial games. No wins / losses, scores or points will be recorded on any of the netball competition ladders. All netball competitive games will officially start from round two. From this point, game scores, points and win / losses will be recorded on the competition ladders.

## 20. Points

Two points will be awarded for a win, nil points for a loss and one point for a draw. Teams that have called in a forfeit they will receive negative one points and their opposition will receive two points plus 0 - 15 score. Teams, who cannot field a team within five minutes of the umpire blowing their whistle for the commencement of the game, will lose by forfeit.

## 21. Hard Brimmed Caps, Nails, Piercings and Jewellery

Prior to players taking the court the umpire will inspect for hard brimmed caps (what constitutes 'hard' will be at the discretion of the match umpires), sharp adornments, jewellery and the correct length of fingernails. Players will be asked to remove hard brimmed caps before taking the court.

If nails are found to be too long they will have to be cut before the player can take the court. Alternatively, the player may wear gloves of a type approved by the match umpires. Gloves will be available for purchase at the Stadium Kiosk. (Please see Stadium Staff)

Players must remove all piercings and jewellery before taking the court. Wedding rings and medical alert bracelets may be worn, but must be taped securely to last the whole game. The Stadium is not required to provide tape to do this, this is the responsibility of the individual player. They must be taped to the Umpires satisfaction before the player can take the court.

## 22. Injury

The Umpire may stop the game at any time; the clock will not be stopped during injury time. A player may call for "time" due to an injury or illness the player MUST leave the court within 30 seconds, a substitution can be made and the game will continue to be played. The player may return to the game after a goal has been scored. If that player wants to be replaced the injured player cannot return to the court until half time. **If a player is injured, it is their or their team-mates responsibility to immediately inform the umpire.**

**For a minor injury, the umpire should send the injured player or a bystander to the Stadium Attendant for first aid treatment and to collect an Injury Report Form** (this must be completed by the injured or another responsible person). If a player has a minor injury (or blood on their clothing or their person), they are to be treated and remove all signs of blood. The Umpire can stop a game for any period of time to deal with a blood injury.

For a medical emergency, **the Umpire is to remain with the injured player** and send somebody else to inform the Stadium Attendant of the emergency.

Should a medical emergency result in less than half the game being played, both teams will receive 2 points each.

During time for injury, all players must remain on the court unless involved in a substitution. In the event that a player is bleeding, they must leave the court and not return until the wound has been cleaned and all blood and blood stained items have been removed and covered. If necessary, the ball and court shall be cleaned before play resumes.

During (Semis, Finals and Grand Finals) the above injury rules apply with the clock being stopped for the 30 seconds injury time, this includes any time taken for an emergency.

If a player who has already had injury time (e.g. to have a Band-Aid fitted) injures the same body part (or loses the Band-Aid) then this is not classed as a new injury. Therefore, game will continue to play while the player gets fixed up or another player may take their place immediately. 30 second injury time still permitted, injured or ill player MUST leave the court again

## 23. Finals

### ***Prior to the finals***

If there is a draw on points and any finals position has to be decided via a season goal count; this will be done on the goals scored. The team with most goals gain the higher position.

### ***During the Finals***

In the event that a game is drawn during the finals series, teams will change ends and play for a further five minutes each end (with 2-minute interval). If the games are still a draw, play will continue until a team reaches two goals ahead. This team is declared the winner.

## 24. Inappropriate Player Conduct

This competition is social. Any rough play, abusive language, bickering or challenge to the umpire's authority will not be tolerated.

Rough play includes any act or omission that, in the umpire's opinion, places the safety of players at risk.

In most instances the following procedure will apply for the above infringements. Note however that the umpire is perfectly entitled to send off any player at any stage for any reason for any period of time if they feel it necessary to do so for player safety or their ability to effectively control the game. There will be no substitute player allowed on the court in this instance. Should the player sent off be a Centre, another player on the court will have to change position:

### ***First offence (Warning)***

A warning for an infringement of rough play, abusive language, bickering, delay or dissent with an umpire.

### ***Second offence (Suspension)***

2 minutes in the sin bin for a second infringement or a single incident that the umpire feels is sufficiently dangerous to warrant its award. No substitute player is allowed to replace a player who is sent off. If the player is a Centre, a player on court can move to the centre position and once the 2 minutes are up, that player can move back to their original position, letting the suspended player return to the Centre position. This must take place without delaying or interfering in the game.

### ***Third Offence (Ordering Off)***

The player is sent off for the entire game and must entirely remove themselves from the Netball Courts and Side Lines until the conclusion of the game. Should the player choose not to leave, their team will lose the game 0-20. This is awarded for a third infringement or a single incident that the umpire feels is sufficiently dangerous to warrant its award. Again no substitute player is allowed to replace a player who is sent off.

## **25. Rules of the Game**

Games shall be played according to the rules accepted by the Australian Netball Association except where this contravenes any of the rules listed above.

## **Codes of Conduct**

### ***Players***

1. Understand and play by the rules
2. Respect umpires and other officials
3. Control your temper
4. Work equally hard for yourself and for your team
5. Be a good sport
6. Treat all players as you would like to be treated
7. Play for the “enjoyment of the game” and not just to please parents and coaches
8. Respect the rights, dignity and worth of every person
9. Be prepared to lose sometimes
10. Listen to the advice of your coach and try to apply it at practice and in games
11. Always respect the use of facilities and equipment provided

### ***Coaches, Parents & Spectators***

1. Encourage your children to participate for their own interest and enjoyment, not yours
2. Encourage children to always play by the rules
3. Teach children that an honest effort is always as important as a victory
4. Focus on developing skills and playing the game. Reduce the emphasis on winning
5. A child learns best by example. Applaud good play by all teams
6. Do not criticise your child or others’ children
7. Accept decisions of all umpires as being fair and called to the best of their ability
8. Set a good example by your own conduct, behaviour and appearance
9. Support all efforts to remove verbal and physical abuse from sporting activities
10. Respect the rights, dignity and worth of every person
11. Show appreciation for volunteer coaches, officials and administrators
12. Keep children in your care under control
13. Always respect the use of facilities and equipment provided
14. Remember that most people play sport for enjoyment
15. Always be positive in your support for players
16. Respect your team’s opponents, officials and spectators

### **SHELLHARBOUR CITY STADIUM CONDITIONS OF USE**

1. Please consider the comfort and safety of others while using these facilities.
2. Persons use the facilities at their own risk. Council will not accept liability for any loss or damage associated with use of the facilities.
3. Applications for use and booking approvals do not guarantee availability of facilities. Council reserves the right to amend or cancel bookings for any reason.
4. Council reserves the right to amend fees and charges without notice.
5. Applicants must pay for any extra court use / room hire use outside of their agreed Booking times.
6. Persons using the facilities cannot conduct commercial activities without the written Council Approval. Applicants must provide full details of any proposed commercial Activities with their application.
7. Persons using facilities must at all times obey directions from Council staff.
8. Applicants are responsible for ensuring their members take care not to damage or rubbish Facilities.
9. Applicants must reimburse Council for any loss or damage to facilities and pay Cleaning costs associated with use of the facility.
10. Smoking is not allowed in these facilities.
11. Speeding (40 km/hr speed limit) or reckless driving is not allowed on the access roads or car parks.
12. To help keep the stadium clean and tidy we request that chewing gum be restricted to outside of the stadium.
13. No Alcohol allowed on venue
14. Adequate parent supervision to be provided for children.