

RULES AND REGULATIONS OF THE GAME

Shellharbour City Stadium netball is a social netball competition.

Players

All players MUST be registered and financial prior to taking the court. In the event of team numbers decreasing, there will be NO player registration transfers, all new players must register and pay the registration fee.

Playing of unregistered players is against Shellharbour City Stadium Rules and Regulations. Games where unregistered players are found to have taken the court will be forfeited.

Timing of Games

Games will be played in 2 x 16 minute halves with a 2 minute half time break. Scores will be kept on the iPad, but will not be displayed on the electronic scoreboard. In the event of multiple courts being used for the competition, 1 central clock will be used to control the games.

In the event of a draw, there will be NO extra time played.

Players Taking the Court

A team consists of 7 players taking the court. To commence a game, only 5 players need to be present. However, the Centre position must be filled.

If a team fails to produce 5 players to commence the game, a penalty goal will be awarded to the opposition at the rate of one goal per minute. Once 8 minutes has expired, the game will be declared a forfeit and the win awarded to the opposing team.

Late Players

Late players may only enter the court, after advising the umpire, and may only take a vacant position in the next break in play.

Borrowing Players

Division 1:

Borrowing of players is only allowable if the borrowed player plays in a lower grade than your team and must be registered in the competition. In the event of only 5 team players, you may only borrow 2 players to make up 7 players. These players cannot play GA, GS or C positions. If you do not have 5 players of your own team, the game will be declared a forfeit.

Borrowed players cannot participate in more than 1 additional game per night.

Division 2:

Borrowing of players is allowable within the Division 2 player pool and must be registered in the competition. In the event of only 5 team players, you may only borrow 2 players to make up 7 players. These players cannot play GA, GS or C positions.

Borrowed players cannot participate in more than 1 additional game per night.

Borrowing a player from Division 1 will result in your game being forfeited.

Centre Pass

The first centre pass is decided by the two team captains, usually through a coin toss. Before the umpire blows their whistle, all players must start in their goal thirds except the two Centres. The Centre will then start the game by placing one foot in the centre circle and passing the ball to one their players. Players must receive the ball from the Centre in the centre third of the court only. Failure to pass in the centre third results in a free pass given to the opposing team.

Footwork

A player must always have one foot on the ground when they catch the ball. They can then pivot on that foot, but they cannot hop or take any additional steps.

Players cannot move with the ball. To prevent being called for footwork, the player who receives the ball can either land by planting both feet on the ground and selecting one foot to be their leading foot – this foot you can pivot but the other must stay planted until the ball is released. Players can also receive the ball by landing with one foot at a time, the first foot you land on is the foot you cannot move but can pivot with the other foot.

Offside

Players must stay in their designated third of the court, with the exception of the centre who is allowed in all thirds. If a player goes offside, a free pass is awarded to the opposing team. All players, whether they have the ball or not, cannot move into an area of the court which their position is not allowed to enter. If any players do go offside, the umpire will blow their whistle and the opposing team receive a free pass. The Umpire will explain the netball rules and regulations to players if they don't understand.

Held Ball

The umpire will call held ball if a player has possession of the ball longer than 3 seconds. When this happens the opposing team will be given a free pass.

Replayed Ball

This rule specifically means that if you lose control of the ball and pick it back up again, the umpire will call this a replayed ball and the opposing team receive a free pass. If a player taps or deflects the ball and then takes possession this would not be classed as replayed as the player did not have full control of the ball.

Obstruction

Players are not allowed to obstruct the movement of another player. If a player obstructs another player, a free pass is awarded to the opposing team.

A player who is within 3 feet of an opponent, whether attacking or defending, may not use movements that take the arms away from the body so as to limit the possible movements of an opponent. If the opposition does not have the ball, the 3 feet rule does not apply but arms must still be kept by your side.

Contact and Contest

Players are not allowed to make contact with other players on the court. If contact is made, a free pass is awarded to the opposing team.

When attacking, defending or playing the ball, opposing players may come into physical contact with each other. Provided the players do not interfere with each other's play or use their bodies to gain an unfair advantage over their opponent, it is deemed to be 'contest' and play continues. 'Contact' occurs when a player's actions interfere with an opponent's play whether these are accidental or deliberate.

Out of Court

If the ball goes out of court, the opposing team is awarded a throw-in from where the ball went out.

Over a Third

The ball cannot be thrown over a complete third of the court without being touched or caught by a player (i.e., it cannot cross two transverse lines). If this happens, a free pass will be given to the opposing team.

Leaving the Court

If a player needs to leave the court, for whatever reason, can do so by calling time. The umpire will then let the player leave the court but cannot come back on until the next centre pass. Players must wait for the umpire to signal them to come back on court.

Taking a Free Pass or Penalty

If your team have been given a free pass you have three seconds from setting up the free pass to throwing the ball to a player. Failure to do so will result in the opposing team being given the free pass. If your free pass is off court, make sure your foot does not touch or go over the court line, if it does you will be called for foot fault and the pass will be given to the opposing team.

Scoring

A goal is scored when the ball is thrown or batted above and completely through the ring by a Goal Shooter or a Goal Attack from any point within the goal circle including the lines bounding the goal circle.

Jewellery & Chewing Gum

Players must remove all jewellery before their game, jewellery cannot be taped unless it's a wedding band. If you do not remove your jewellery you cannot play.

Chewing gum is not permitted in the stadium, or on any of the courts of play.

Nails

All nails must be short and smooth. As a guideline, nails should be no longer than 1mm long and should not be seen from the underside of the finger. This is to protect other players from injury. Nails will be checked by umpires before match play. If you're told your nails are too long you will be asked to file them down, or wear gloves, otherwise you cannot play.

Playing whilst Pregnant

Shellharbour City Stadium strongly encourages women who are over 12 weeks pregnant to not continue playing until they are ready to return post-pregnancy. Players who are pregnant can stay registered with their team and return to play after their pregnancy.

Sanctions and Action

During a match the umpires may penalise an infringement and award either a sanction or action to the non-infringing team.

	TYPE	AWARDED FOR	POSITION AWARDED
Sanction	Free Pass	Minor Infringements	Where the infringement occurred
	Penalty Pass	Major Infringements	Where the infringer was standing (unless this places the non-infringing team at a disadvantage, in which case the penalty will be taken where the infringing player was standing)
Action	Throw In	Out of Court	Where the ball went out
	Possession	Simultaneous Infringements, Mutual infringements	Where the ball was when play stopped

Player Behaviour

All players must conduct themselves appropriately towards players, umpires, scoring officials and Stadium staff. Abuse, verbal or physical will be dealt with by Stadium staff and may result in your removal from the game, stadium or competition.

Poor conduct towards players, umpires, scoring official's or stadium staff will be recorded and may be taken into consideration for further disciplinary action.

Unsporting Behaviour

A player must not act in any way that may add hostility to a match or is contrary to accepted standards of good sporting conduct and the integrity or image of the game.

Warnings and suspensions

If a player does not change their behaviour following proactive advice from an umpire or an advance and/or escalated sanction, the umpire will issue a warning to the player. This

behaviour includes, but is not limited to unfair play, unsporting behaviour or behaviour that may result in player injury. Only one warning will be issued to a player.

A suspension may occur if the player continues to engage in behaviour for which they have been warned. The umpire **MUST** suspend a player for instances of dangerous play unless the action concerned involves intentional or highly reckless acts of dangerous play that endanger player safety and are sufficiently serious to warrant immediate send-off.

General

Any spectator, or accompanying children are the responsibility of the player and must remain seated during the playing of the game.

Netball Players and Positions

A netball team is made up of seven players who each have their specific position and roles on the court. Let's break it down:

- **Goal Shooter (GS):** This player is responsible for scoring the majority of the team's goals. They are positioned close to the goalpost and must have excellent shooting skills, accuracy, and coordination to score points for their team.
- **Goal Attack (GA):** The goal attack works alongside the goal shooter and supports them by scoring goals and helping to create opportunities to shoot. They also help to transition the ball from the centre third to the goal circle.
- **Wing Attack (WA):** The wing attack is responsible for setting up the attacking plays and helping to move the ball forward. They work closely with the centre player to ensure that the ball is moved quickly and efficiently up the court.
- **Centre (C):** The centre player is like the quarterback of the team. They are responsible for directing the play and making sure that the ball is moved from one end of the court to the other. They also play a key role in both the attack and defence.
- **Wing Defence (WD):** The wing defence player is responsible for marking the opposition's wing attack and preventing them from getting the ball. They must be agile, quick, and have excellent anticipation skills.
- **Goal Defence (GD):** The goal defence player works to prevent the opposition's goal attack from scoring. They must be quick, agile, and have excellent timing to deflect shots and intercept passes.
- **Goal Keeper (GK):** The goalkeeper is the last line of defence and must prevent the opposition's goal shooter from scoring. They must be tall, agile, and have excellent jumping ability to contest shots and rebound missed shots.

Each player on the team has a crucial role to play in achieving the overall objective of winning the game. They must work together, communicate effectively, and support one another to ensure that they play to the best of their ability.