

Official Rule Book

7+ Action Netball



BOX HILL
ACTION INDOOR
SPORTS

C O N T E N T S

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FOREWORD

Dear player,

This is your guide to the rules of indoor netball; a fast, skillful and exciting game for women and men of all ages at Box Hill Indoor Sports Centre.

The game of indoor netball is based on outdoor netball, with 7 players and up to 3 interchange players. The added attraction of interchange players and the nets, which keep the ball in play, creates a fast and most exciting game.

As with most sports the majority of the rules are easy to follow but some need interpretation and expert adjudication. That's where the umpire comes in.

Remember that each rule is framed with a spirit of intent and should be read with this in mind.

Your umpire is well versed in these rules and their application. Remember the umpire is in sole control of your game and while even the umpires are human and may make an error, their decision is final.

If you have a question or require a ruling, your team captain should speak for the team at all times. At the same time you should know the rules and standards of on court behaviour expected in competitions.

A sound knowledge of the rules will improve your enjoyment of the game. Remember the most important thing is to enjoy yourself.

GOOD LUCK & HAVE FUN!

From the Staff and Management at Box Hill Indoor Sports Centre

ACTION... and plenty of it!

BOX HILL INDOOR SPORTS CENTRE - STADIUM

POLICY 1: Forfeits/Game Change

Once the competition has begun with all courts fully allocated, no reschedules will be allowed. Any team forfeiting a game may be removed from the competition at the centre's discretion.

If less than 48 hours notice is given that a team is unable to fill a team for a fixture game, a \$84 forfeit fine will be imposed, and the team will be penalised 4 competition points. The team has an option of playing a fill in game within two weeks of forfeiting in order to avoid being penalised any points if there is a game available.

In order to avoid a forfeit, teams may vary the composition of their team from week to week. Additionally, the centre maintains a register of individual players who are available to "fill-in" or take up a permanent position in a team.

Any team withdrawing from competition will incur a fine equivalent to their next competition game.

POLICY 2: Game Fees

All teams are expected to pay **FULL GAME FEES** each week regardless of the number of players playing. Teams will not be allowed to take the court if they have not paid their game fee.

In special circumstances, whereby approved by management, teams not paying the full game will have until their next game to pay the money owing. If failing to pay at their next game, teams will be penalised two competition points per week until they become financial.

POLICY 3: Registration Fees

Registration fees for all sports are \$20 per player per season. If playing for more than one team in a season, players need only pay the fee once. It is however the player's responsibility to notify the centre of multiple teams.

Teams failing to pay the minimum number of registration fees by the third game of the season will be penalised two competitions points per week until doing so.

Games played by players while unregistered DO NOT count as qualifying games for finals. Players need to play 5 "qualified" games to be eligible for finals.

Players must ensure that their personal details have been provided to the centre at the beginning of the season.

POLICY 4: Officials

The center shall provide the official/s who shall control the game, operate the scoreboard and act as a timekeeper. The official's interpretation of the rules shall be final and teams have no choice in officials. The result on the scoreboard at the end of the game will stand and no further discussion will be entered into.

POLICY 5: Uniforms

Teams must be in matching coloured shirts by the third competition game. Players are not permitted to wear jeans or any footwear that is not deemed to be a sports shoe.

Teams may combine shirt styles with different printing as long as the shirts are predominantly the same colour ie 80% rule (including shade). Extreme differences in shade (eg light blue vs dark blue) will be penalised. Variation in colour through wash and wear will be tolerated as long as the colour has not varied too significantly. The umpire/referee will judge whether a uniform is correct. If there is a dispute, the Duty Manager will make the final decision.

Teams failing to have matching coloured shirts by the required game will incur the following penalty: Netball – 1 Goal per incorrect shirt (Max. Of 3 Goals)

POLICY 6: Finals

Players must play 5 games during the season after paying their registration fee in order to qualify for finals. Teams who join the competition during the season must ensure players play one third of the games to qualify.

Ladder positions are decided on total points. If any teams are level on points, the team with the higher number of wins shall be deemed the higher place getter. If wins are also equal, percentage shall be the deciding factor.

In the event of a drawn final, 5 additional minutes shall be played. During this time there are to be no changes of positions or players and play resets to the next centre pass. If a team gets a 2 point lead within this time the game will cease and they will be awarded the win. If a game is still tied at the conclusion of the additional time, play will continue without any changes/delays and the next team to score a goal shall be awarded the win. Extra time will apply for all sports in grand finals.

POLICY 7: Fill-in Players

Any player registering for a team after Re-grade must have approval from management. If it is felt that this player affects the grading of the team involved to the disadvantage of other teams in the grade, approval may not be given.

A player registered to a team may not play for any other team within their teams division. Players may play for teams in divisions higher than their own

Teams may not at any point in the season have more than one player from a higher grade fill in. A team found breaching this rule will automatically lose the game on forfeit.

POLICY 8: Re-Grading Teams

A team which in the opinion of management is graded incorrectly shall be moved after Round 5 of a season or at any other time up to Round 10 if necessary at the discretion of management.

A team which is regraded will maintain the same number of points they had earned in the previous grade but no more than the top team and no less than the bottom team in their new grade.

A new team entering a grade will be awarded bye points for games missed, but no more points than the 5th (top four finals), 6th (top five finals) or 9th (top eight finals) placed team. Any team entering a grade after the halfway point will be awarded the same number of points as the bottom team. A new team to a grade must however play a minimum of five games to be eligible for finals.

Teams may not at any point in the season have more than one player from a higher grade fill in. A team found breaching this rule will automatically lose the game on forfeit.

No player can join a team after the halfway point of the season if they already play for a team in a higher grade.

POLICY 9: Safety/Insurance

As all the sports we offer are active in nature with moving equipment, participants need to be aware that injuries may occur and players play at their own risk.

Please note that there is no personal accident insurance. All patrons are strongly advised to have their own private health insurance and ambulance cover.

POLICY 10: Teams Late On Court

Penalties apply for teams that are late on court. Refer to individual sport rulebook for penalties. If both teams are running late, neither team will be penalised until one of the teams has the minimum amount of players required on court.

POLICY 11: Incomplete Matches

In the event of an incomplete match, the result will stand if the game has passed the half way mark for soccer and netball, and the halfway mark of the second innings for cricket. If the game is abandoned before the this point, the match will be re-scheduled. The only exception being matches terminated at the official's discretion.

POLICY 12: Behaviour

For the enjoyment of all, games are expected to be played in a sportsmanlike manner. The centre reserves the right to dismiss any team or member thereof for threatening, offensive or abusive behaviour. The team shall be held responsible for the actions of its members and spectators both on and off the court.



SECTION 1: EQUIPMENT

1.1 THE COURT

- a. The court is rectangular in shape and measures between 28 to 30 metres in length and 10 to 12 metres in width being no less than 4 metres in height. The court is fully enclosed by netting.
- b. The long lines are 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 is a circle (0.9 metres in diameter) in the exact centre of the court. This is called the "Centre Circle".
- d. In each Goal Third a semi circle (3.66 metres in radius) is drawn with its centre mid-point of the End Line. These shall be the "Goal Circles".
- e. The width of the court markings (ie. Transverse Lines, Goal Circles and Centre Circle) is between 50-60mm.

1.2 GOAL RINGS

- a. A steel ring 380mm in diameter is 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 projects 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 is fitted with a net, which shall be open at each end.
- 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.
- d. The goal ring forms part of the court and any ball rebounding off the ring at anytime is considered in play and play continues. (If ball thrown from centre court it is still play on, as the ring is not considered a boundary and the ball has therefore not travelled over a third).

1.3 THE BALL

- a. The ball is a universally accepted netball, Size 5 and is supplied by the centre.

1.4 PLAYERS & UNIFORM

- a. Players are not permitted to wear jeans or footwear that is not deemed to be a sport shoe.
- b. Teams must be in matching coloured shirts by the third competition game. Teams may combine shirt styles with different printing as long as the shirts are predominantly the same colour (including shade). Variation in colour through wash and wear will be tolerated as long as the colour has not varied too significantly. The umpire/referee will judge whether a uniform is correct. If there is a dispute, the Duty Manager will make the final decision.
- c. For player and umpire safety, general sporting attire is to be worn on the netball courts AT ALL TIMES. No belt loops or belts, string singlets, cargo pants, jeans, jewellery, hair bands around wrist etc are to be worn.
- d. No jewellery is to be worn with the exception of a wedding ring or medical bracelet, which must be taped to the satisfaction of the umpire.
- e. Fingernails shall be cut short or taped. Only BROWN Elastoplast is to be used to tape fingernails and placed in the set way, in accordance with centre regulations, and to the satisfaction of the umpire. A player may at any time be asked to leave the court and replace and/or redo the taping should it not meet the umpire's approval. Tape must go over the top of your fingernail and then around the fingernail holding the original piece in place.
- f. Netball gloves may be worn (deemed appropriate by the Centre) and are available for purchase at the kiosk.

PENALTY:

Players in breach of the above shall be penalised. A one goal penalty will be awarded to the non offending team (with a maximum of three goals to be enforced) for players breaching uniform penalties. Or the offending player shall be removed from the court. A captain may approach the umpires if they believe the opposing team is in breach of any of the above.

SECTION 2: OFFICIALS

The officials are the umpires appointed by the Centre. The team official is the Captain.

2.1 UMPIRE

- a. There shall be at least one appointed Umpire who shall have control of the game, make/ finalise decisions and 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's whistle shall stop and start the game.
- c. The Umpire shall re-start the game after each goal is scored and after each interval or stoppage.
- d. The Umpire shall have control of both the score and the time. The score appearing on the scoreboard at the end of the game remains final. If any discrepancy occurs during the game, the team captain may approach the umpire "at the time" or no further discussion will be entered into.
- e. The Umpire shall officiate within the court and endeavour to move into position without interfering with play. However, it may be necessary to move onto the playing area to indicate where a penalty is to be taken, or to 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 have been unduly penalised.
- f. 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.
- g. The Umpire will ensure that players remain inside the court during a stoppage for injury or illness and will ensure that there is no coaching during such stoppage.
- h. The Umpire will state the infringement and penalty and it is preferable that the Umpire uses hand signals to clarify the decisions.
- i. The Umpire will not criticise or coach any team while a match is in progress.

2.2 CAPTAINS

The Captains shall:

- a. Choose for the first centre pass or direction of play at the commencement of the match (during regular season games the centre pass is taken by the home team and the captain of the away team shall choose their starting end).
- b. Ensure you sign the score sheet to acknowledge the correct score.
- c. Notify the Umpire and the opposing captain of any changes in position or substitution if players which may take place during any injury or illness.
- d. Have the right to approach the Umpire before, during an interval or after the game for clarification of any rule interpretation.
- e. Have the right to approach the umpire in relation to a score discrepancy 'at the time' or no further discussion will be entered into.

PENALTY FOR FAILURE TO COMPLY WITH (c):

Free pass to the opposing team immediately once any player enters an area that was offside prior to that player being changed or substituted.

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 the area.

iii. After the opposition Captain has been given the opportunity to re-arrange her/his team is desired.

The offending player is allowed to remain in the position now being played.

SECTION 3: AREA OF PLAY

A team shall consist of seven players and their position and area of play are as follows:

GOAL SHOOTER (G.S) - 1, 2

WING DEFENCE (WD) - 3, 4

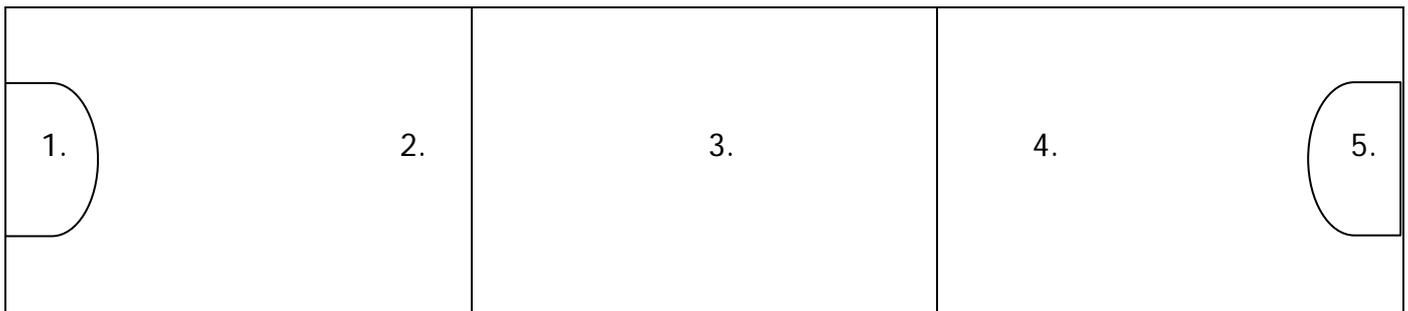
GOAL ATTACK (GA) - 1, 2, 3

GOAL DEFENCE (GD) - 3, 4, 5

WING ATTACK (WA) - 2, 3

GOAL KEEPER (GK) - 4, 5

CENTRE (C) - 2, 3, 4



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

SECTION 4: DURATION OF THE GAME

4.1 The game shall consist of four nine minute quarters. A one minute break will be allowed at half time.

4.2 Teams shall change ends at the commencement of each quarter.

4.3 Time shall not be added to compensate for any time lost because of an accident or any other cause except in the case of finals (see Section 15)

4.4 Extra time shall be allowed to take a penalty shot in any game.

4.5 Time will not be held to wait for teams not prepared to take the court at the fixture time.

PENALTY (for 4.5)

One (1) goal per minute (maximum ten (10) goals) will be applied to the opposing team. Goals will only be applied if the opposing team is on court and ready to play (bibs on). This also applies after the 1 minute interval at half time, if a team is not back on court once the quarter has commenced and the opposing team is on court and ready to play.

SECTION 5: LATE ARRIVALS

5.1 Latecomers may only enter the court if:

- i. A goal has been scored
- ii. Immediately after an interval
- iii. Play is stopped for injury or illness

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

5.3 The latecomer must notify the umpire before entering the court.

5.4 No new player may enter the court after the third quarter has commenced unless a registered player of the team and/or approval by management is required.

PENALTY FOR INFRINGEMENT OF ANY OF THE ABOVE:

Free pass to the opposing team where the player 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.

SECTION 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 three interchange players are permitted to be used by any team in any game.
- c. Interchanges will be allowed at any interval except in the case of Finals (see Section 15).
- d. Included in these three changes shall be any player which is utilised as a substitute in the event of injury or illness. (see 6.2 Player Substitution)
- e. A player coming onto the court as an interchange must first report to the umpires who shall check the player's jewelry, nails and uniform and conform with the rules.
- f. No new player may enter the court after the third quarter has commenced unless a registered player of the team and/or approved by management.

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 game due to injury or illness. This may occur on the approval of the umpires. A maximum of two minutes can be taken in order to determine whether a player is fit to continue and deal with their injury or illness (in line with rule 4.3). Time is not stopped for injuries or illness except in finals.
- b. Once an injured player has had their position replaced, this player shall have no further part in the game until the next quarter, which then the injured player can resume playing in any position if cleared by the umpires/management.
- c. If a substitution has not been made for a player who leaves the court due to injury, that player may return to the same vacant position at any time later in the match after a goal has been scored or during an interval (abiding by the rules of section 5).
- d. Playing positions may be changed at the interval. An injured player who is not removed from the court may change positions with another team member. In the event of this happening, the umpire must ensure that both teams are given the options of changing positions.

PENALTY FOR FAILURE TO COMPLY:

Free pass to the opposing team immediately once any player enters an area that was offside prior to the change/ substitution. The free pass shall be taken from the place where the offending player was first deemed to be offside, and after the offending player was first deemed to be

offside, 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.

6.3 BLOOD RULE

- a. Play must be stopped if the umpires notice, or are made aware, of any player who is bleeding. This player **MUST** leave the court immediately to be treated. Play will continue on once umpires have ensured there is no blood on the ball, the court or on any other player.
- b. If the team elects to make substitution for that player, same rulings apply as per substitution (see 6.2).
- c. If the team elects not to utilise a substitute, neither team may make positional changes. If the player concerned is the center player, one positional change will be permitted for that team.
- d. The player may retake the court after notifying the umpire of their intention to resume. The wound must be securely covered and any blood stained clothing replaced to the satisfaction of the umpires. They may take the court at anytime during the match, after a goal has been scored or during an interval.

If the player returning to the court was the centre player before injury, then all players must assume original positions.

- e. Time will not be stopped except for in Finals (see Section 15).

6.4 LEAVING THE COURT WITHOUT NOTIFICATION

Any player who leaves the court without permission of the umpires shall be **UNABLE TO TAKE ANY FURTHER PART IN THE GAME** (except at the discretion of the umpires). No substitution shall be permitted, except if the departure is due to injury or illness.

6.5 RED CARD / BLUE CARD

If a player is asked to leave the court from the result of being awarded a Red or Blue card, no substitution may be made. (See Section 12).

SECTION 7: STOPPAGES

7.1 Play may be stopped for injury or illness. A time limit of two minutes will be allowed while umpires decide whether the player is fit to continue, and to deal with injury, keeping in mind that coaching is not permitted at this time. Time is not stopped (except during finals)

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

7.3 To stop play the umpire shall blow the whistle, and in the event of the match being a final, hold time.

7.4 Play will be re-started when the umpire blows the whistle, with the clock being restarted.

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

- i. 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.

PENALTY:

A toss up between any two opposing players allowed in that area and as near as possible to where the ball was when play was stopped.

ii. When the stoppage is due to an infringement, the infringement shall be penalised and play continued.

7.6 During any stoppage for injury or illness players must remain inside the court and no coaching is permitted.

7.7 After stoppage for illness or injury, when no substitute has been made for a player unable to resume when play resumes, that player may return to the vacant position at any time later in the match, abiding by all the substitution rules, and after notifying the umpires and once a goal has been scored or during an interval.

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

- a) Must first get the umpire's permission
- b) May only re-enter the court as per section 5

SECTION 8: OFFSIDE

8.1 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 to rule 3.1).

8.2 A player shall be offside, despite the positional bib worn, if the captain fails to notify umpires of positional changes or substitutions made during a quarter (due to the player still being deemed to be in their original playing position). Positional changes are only to be made at intervals or when deemed appropriate by the umpire in relations to injury/illness (see rule 6.2)

8.3 A player may take the ball from an offside area or lean on the ball to gain possession or balance while they will not be deemed offside unless body contact is made with the floor or net in the offside area.

PENALTY:

Free pass to the opposing team where the offside occurred.

When two opposing players are simultaneously offside:

- i. If neither is in contact with the ball and no advantage is gained by either side, play continues with no penalty.*
 - 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.*
 - If in different areas and either is in contact with the ball, a toss-up between the two opposing players will be taken where the infringement occurred.*

SECTION 9: THE NET

The sideline, end line and ceiling nets shall form part of the court and the ball shall be in off any net. A goal may not be scored off any net (ceiling included).

9.1: USE OF THE NETS

- i. 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 nets, while obeying the over a third rule (see rule 10.6).*
- ii. The one exception is the centre pass: The pass must be directed to a player allowed in the center third. It may not be bounced off the nets before being touched by a player.*

PENALTY:

Free pass to the opposing team where the infringement occurred.

9.2 PHYSICAL USE OF THE NETS

- i. A player may not deliberately hold the nets or use the nets to 'push off' to gain advantage.
- ii. A player may not step, touch, land or jump into the nets. A player will not be penalized for a slight 'brush' of the net. This is applied at umpires' discretion.
- iii. A player may not use the nets to 'pin' a player in such a manner as to prevent movement.
- iv. A player may not hold the ball into the net or push off with the ball to gain advantage.

PENALTY:

Penalty pass or shot on court close to the point from where the infringer was standing. Infringing player must stand out of play in a position that does not disadvantage the player taking the pass or shot.

SECTION 10: CONDUCT OF THE GAME

10.1 POSITIONING OF THE PLAYERS FOR THE START OF THE GAME

- a. The attacking centre, shall stand with at least ONE foot wholly in the centre circle, obeying footwork ruling (see Section 10.7)
- b. The opposing center shall be in the centre third and is permitted to move freely abiding by the rules regarding Obstruction and Contact (see Sections 10.9 and 10.10)
- c. All other players shall be in their permitting goal third until the whistle has been blown to start the game.
- d. For rules regarding male player positions in mixed games see Section 13.

PENALTY:

Free pass to the opposing team where the player entered the center third.

10.2 START OF PLAY

- a. The umpire shall blow the whistle to start and re-start the match.
- b. Play shall be re-started after the scoring of every goal and after each interval, and shall be taken alternatively by the opposing center players throughout the game.
- c. An attacking player who lands with both feet simultaneously astride the transverse line shall be deemed to have taken the ball in the goal third.
- d. Any team not ready for play (provided that the opposition team is on court with at least 5 players with their bibs on ready for play) shall be penalized one goal per minute (maximum 10 goals), although the game will remain active until half-time. After half time, centre management shall be notified, and in most cases the game shall be awarded to the non-offending team. The match shall be considered as a forfeited match and the forfeit rules shall apply.

PENALTY:

A free pass shall be awarded to the opposing team, to be taken in the goal third close to the point where the ball crossed the transverse line.

10.3 THE CENTRE PASS

- a. When the whistle is blown the center player will throw the ball within three seconds, obeying the footwork rule.
- b. The player who takes the centre pass must have at least one foot wholly in the centre circle before the whistle is blown (this must be their first foot to enter the centre circle).
- c. The center pass must be caught or touched within the center third by either team; the ball must be touched before it hits the side net.
- d. A player who lands with the first foot or on both feet simultaneously wholly in the center third is deemed to have received the ball in the center third.
- e. An attacking player whose feet land simultaneously astride the transverse line shall be deemed to have taken the ball in the goal third.
- f. If a member of the opposing team touches or catches the center pass in the goal third or with feet astride the transverse line, the advantage rule shall apply.
- g. If the ball touches the net after first being touched by a member of the opposing team, play shall continue.

PENALTY:

A free pass shall be awarded to the opposing team, to be taken in the goal third close to the point where the ball crossed the transverse line.

10.4 PLAYING THE BALL

a. A player may:

- Catch the ball with one or two hands.
- Catch the ball if it rebounds from the goal ring.
- Bat or bounce the ball to another player.
- Tap the ball in an uncontrolled manner any number of times in an effort to gain control or to direct it to another player (Umpires discretion)
- When receiving the ball, bat the ball once and then catch it or direct it to another player.
- When receiving the ball, bounce the ball once and then catch it or direct it to another player.
- Roll the ball to oneself to gain possession.
- Fall while holding the ball but must regain footing and dispose of the ball in a legitimate manner within three seconds.
- Lean on the ball to gain possession.
- Lean on the ball in an offside area.
- Bounce the ball off any of the nets to another player.

b. **A player may not:**

- Deliberately kick the ball or deliberately use the leg to influence the direction of the ball.
- Bat / bounce the ball to oneself once having had possession.
- Punch the ball.
- Dive on the ball in attempt to gain possession.
- Attempt to gain possession of the ball whilst lying, sitting, kneeling or being in contact with the nets.
- Throw the ball whilst lying, sitting, kneeling or using the nets to gain advantage.
- Regain possession of the ball after it has rebounded from the nets unless it has been touched by another player or made contact with the goal ring either before or after striking the net.
- Regain possession after an unsuccessful shot that has not made contact with the goal ring or made contact with another person.

PENALTY:

Free pass to the opposing team where the infringement occurred except where net infringements. If net infringement, penalty pass or penalty pass or shot near here the infringement occurred.

HELD BALL

A player in possession of the ball must dispose of it in a legitimate manner within three seconds.

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.
- iii. Drop or bounce the ball and replay it.
- iv. Toss the ball in the air 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.
- vi. Replay the ball after it has rebounded from the net.

PENALTY:

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 hands of the receiver (this includes a bounce pass).

PENALTY:

Free pass to the opposing team where the infringement occurred.

10.6 OVER A THIRD

- a. A 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 (as per rules 10.3).
- b. A ball thrown from the center 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 is thrown from the center third to the back net although touches the goal ring before the back net, play shall continue as normal.

PENALTY:

Free pass to the opposing team just beyond the second transverse line that the ball has crossed, except when the ball is thrown from the center third hits the end net, the ball shall be taken on court (adjacent to where the ball hit the net). In this case the player taking the pass is considered on court and may throw the ball directly into the centre court.

10.7 FOOTWORK

- a. A player may:
 - i. Catch the ball with one foot grounded or jump to catch and land on one foot- this is the landed foot.
 - ii. The pivot foot may be lifted but the player must pass or shoot the ball before regrounding the foot.
 - iii. Step with the other foot, lifting the landed foot, but must release the ball before either foot is regrounded.
- b. A player who catches the ball with both feet grounded simultaneously may:
 - i. Step with the other foot in any direction and lift the grounded foot but must release the ball before either foot is regrounded.

- ii. Jump from both feet landing on either foot but must release the ball before regrounding the foot.
- iii. Step with either foot, then jump releasing the ball before either foot is regrounded.
- c. The player in possession of the ball may not:
 - i. Drag the landed foot;
 - ii. Hop
 - iii. Jump from both feet and land on both unless the ball is released whilst the player is still in the air.

PENALTY:

Free Pass to the opposing team where the infringement occurred.

10.8A SCORING A 1 POINT GOAL

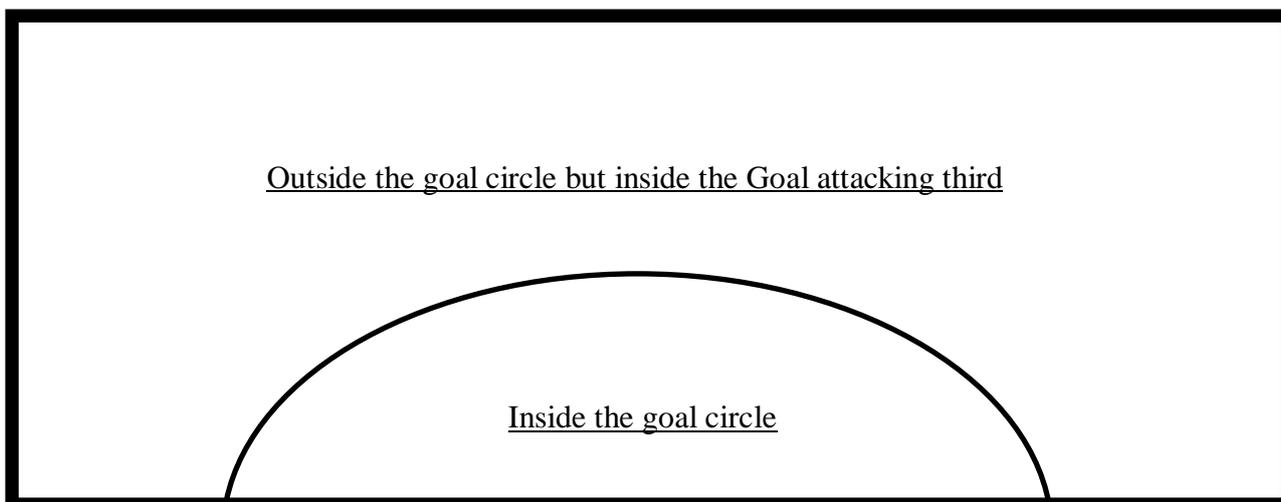
a. A goal is scored when the ball passes completely through the goal ring after being shot with a deliberate shooting action by either the G.A or G.S who must be wholly within the goal circle (inclusive of the line). The G.A or the G.S may shoot for a goal after winning the ball in a toss-up in the goal circle. When taking the shot for goal, a player shall shoot within three seconds of receiving the ball, obeying all footwork rules.

b. A goal will not be scored when:

- i. 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 (unless it is thrown or batted by the player in the C position from outside the goal circle, resulting in a 2 point goal).
- ii. The whistle for time or an interval has sounded before the ball has passed completely through the goal ring.
- iii. An infringement occurs by a player from the attacking team before the ball passes completely through the goal ring.
- iv. The ball touches the back net before making contact with the goal ring and then passing through the goal ring.

* If a player outside the goal circle passes the ball and it accidentally goes through the goal ring, play will continue uninterrupted.

10.8B SCORING A 2 POINT GOAL



- i. Only GA and GS can shoot 2 point goals.
- ii. The shooting player must be positioned outside the goal circle yet within the goal third
- iii. No part of the player's body can be in contact with the ground inside the goal circle at the time the ball is released. 2 points will still be awarded if contact is made with the goal circle line as long as no part of the players body is making contact with the ground inside of the goal circle. If the player with the ball is making contact with the ground inside of the goal circle when releasing the ball, 1 point will be awarded if the player shooting is GS or GA (See section 8).
- iv. Any major infringement occurring in the goal third, outside of the goal circle, may result in a 2 point shot if taken by GA or GS. (penalty pass or shot).
- v. Any major infringement occurring in the goal third, outside of the goal circle, will result in a pass only (free pass only) for players other than GA or GS.

10.8C USE OF THE BACK NET WHEN SCORING

When a player in a shooting position makes an attempt at scoring a goal, the ball must make contact with the goal ring BEFORE it hits the back net, for it to be counted as a goal and points awarded (this applies for both 1 point shots and 2 point shots).

If a player in a shooting position (GS or GA) does in fact shoot the ball and it hits the back net before hitting the ring and passes through the goal ring, no points will be awarded.

PENALTY:

Free Pass to the opposing team directly under the goal ring.

10.9 GOAL TENDING

Once a player in a shooting position (GS or GA) has released the ball in an attempt to score a goal and the ball is on a downward trajectory, a defender may not touch the ball or interfere with the shot.

PENALTY:

A penalty pass or a penalty shot where the infringement occurred.

10.10 OBSTRUCTION/INTIMIDATION

A player may be within 0.9 meters (3 feet) of the player with possession of the ball if no attempt is made to defend or intercept the ball and no interference is made to the throwing of the ball, obeying the intimidation rule (see rule). A defending player may not shorten the correct distance of 0.9 meters in an attempt to intercept or defend the pass or shot. Intimidation may be called should an umpire perceive a defender's action to be off-putting to the player in possession of the ball. A player may only direct their defense at the ball and may not defend/intimidate the player in any other way.

A defending player may not shorten the correct distance of 0.9 meters in an attempt to intercept or defend the throw or shot at any time or in an attempt to distract the attacker.

Obstruction of a player not in possession of the ball occurs-

- i. When a player makes any movements that may take the arms away from the body except as an attempt to catch or intercept the ball, to gain a rebound or momentarily signal a pass.

- ii. 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.

PENALTY:

A penalty pass or a penalty shot where the infringement occurred.

AND/ OR: *Any obstruction that is unnecessary or deliberate may result in play being advanced up to one-third of court and/ or the offending player being awarded a card (see Section 12).*

10.11 CONTACT

Personal:

- * No personal contact with an opponent shall be allowed, deliberately or accidentally if it interferes with an opponent's play.
- * 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.

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 opponents play.
- * 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 the opposing player in such a manner as to interfere with that opponent's play.
- * Where simultaneous contact occurs a toss-up is taken between those two players.

PENALTY:

Penalty pass or penalty pass or 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.

AND/ OR: *Any unnecessary or deliberate contact with the ball, another player being awarded a card at umpires discretion (see card system Section 12).*

SECTION 11: CONDUCTING PENALTIES

The Penalties awarded are:

FREE PASS, PENALTY PASS, PENALTY PASS OR SHOT, AND TOSS-UP

- i. The penalties are taken where the infringement occurred or where the infringer was standing unless the advantage rule is applied. (I.e. The umpire refrains from blowing the whistle to penalize an infringement when by doing so the non-offending team would be placed at a disadvantage).
- ii. All penalties are awarded to the team except in the case of a toss-up.
- iii. Free pass is awarded for all infringements except obstruction, contact and intimidation. (NOTE: Where two infringements occur simultaneously a toss-up will result).
- iv. Penalty pass is awarded for all obstruction, contact offences, intimidation offences and net offences.
- v. Penalty pass or shot is awarded to the attacking team when obstruction, contact, goal tending or a net offence occurs within the goal circle (or goal third if being taken by a player that is in a position that can score 2 point goals (GA, GS & C))

- vi. A player penalized for obstruction or contact must stand beside and away from the player taking the penalty and will have no further part in play (including no movement of the body and no verbal interactions) until the ball has been released. If the Player taking the Penalty pass decides to take the pass before the Player penalized is out of play correctly the play will be advantaged and continue on.
- vii. When a net offence occurs, the infringing player must stand adjacent to the net so the player taking the pass is not disadvantaged.

11.1 TOSS -UP

A toss-up is necessary when:

- i. Two opposing players gain possession simultaneously.
- ii. Opposing players are simultaneously offside, and one of the players is in possession of the ball. If not in possession, the advantage rule applies.
- iii. Opposing players make simultaneous contact.
- iv. After a stoppage, the umpire is unable to say where the ball was prior to the stoppage.
- v. When the umpire interferes with two opposing players striving for the ball.
- vi. When two opposing players are striving for the ball and it touches the umpire.

Players are required to attempt with two hands and ensure the ball is aimed in the opposite direction to the umpire. Should one or other of these guidelines not be followed then the ball is automatically turned over to the opposition. In either this case, or in the event of a player winning the toss-up, they are entitled to either a free-pass and/or shot.

In the case of a player breaking at the toss-up (moving arms towards the ball before the whistle is blown), a free pass shall be awarded to the opposing player.

The toss-up is taken between two opposing players who shall stand facing each other and their own goal line with arms straight and by their sides. There shall be a distance of 0.9 meters between the nearer foot of one player and that of their opponent, and they shall not move until the whistle is blown and the ball is tossed. The umpire shall release the ball midway between the two players from just below the shoulder level of the shorter player's normal stance and flick it vertically not more than 600mm in the air as the whistle is blown.

11.2 HAND SIGNALS

Hand Signals may be used to clarify decisions. For example:

INFRINGEMENT: HAND SIGNAL:

- | | |
|---------------------------|--|
| * Stepping | * Rolling hands or hands moving in an up and down motion. |
| * Distance in Obstruction | * Hands apart in front of body. |
| * Personal Contact | * One hand hits another. |
| * Held Ball | * Fingers apart held up. |
| * Direction of Pass | * Arm pointed towards one goal line |
| * Toss-up | * Palm facing up and moved vertically upward. |
| * Time | * Make a 'T' with the fingers of one hand against the palm of the other. |

SECTION 12: DISCIPLINE

PENALTY AND WARNING SYSTEM:

As a deterrent to misconduct during games, umpires are required to apply the following Blue, Yellow & Red Card penalty system: *Yellow Card*: This is issued by the umpire to any player committing an act of misconduct outside the spirit of the game as listed below. Presentation of this card is an indication to the offending player that if they continue to behave poorly, they will be sent from the court.

If a player unnecessarily or deliberately breaks any of the rules or commits an act of misconduct as listed below, the umpire may advance the play up to one-third of the court, AND/ OR award any of the following cards to that player depending on the seriousness of the offence (at umpires discretion).

Yellow Card: Is issued to any player as a **CAUTION** for inappropriate behaviour on court. A card would be issued for the following **Minor Cases**:

- Displays **unsporting** behaviour,
- **Disputing** the umpire's decisions,
- Persistently **infringes** the rules of the game,
- **Delays** the start of play

Presentation of this card is an indication to the offending player that if they continue to behave poorly, they will be sent from the court.

* Note: The captain of a side is entitled to query an umpire's decision in an appropriate manner at the half or full-time break. Once the umpire has replied, any further talking to, at or about the umpire, or their decision, may be penalised.

**if a player receives a 2nd Yellow card within the same game, they will automatically receive a Blue card.

Blue Card: A player is to be sent off court for a period of **5 Minutes**. A player may come on court after the time has elapsed at the next centre pass at the umpires instruction. A blue card can be **directly issued** if they feel a yellow card isn't warranted. A blue card is given for the **following Offences**:

- **Dangerous** play
- **Swearing** or making obscene gestures
- **Deliberate** Physical Contact
- **Sledging**
- Continuously displays **unsporting behaviour**
- Continuously **disputing or arguing** with umpire

*If a player receives a Blue card and within the same game is issued another card (Yellow or Blue) it is automatically upgraded to a Red card.

Red Card: This card is issued following a **yellow** or **blue** card to a **player** that **continues** to offend or **in the event of misconduct of an extreme nature in which umpire has the right to go directly to the Red** for offence such as:

- **Swearing or inappropriate language** directed at an Umpire or other patron/s
- Spitting **OR** Head butting any players
- Intentionally causing **dangerous contact**
- Serious **Violent conducts** committed on and off court

*Please note that if a player receives a Red card, it is a **Automatic MINIMUM one game suspension**. Extended suspensions will be decided by management.

**Players with two or more send-offs in any one season will have their registration with the centre revised and possible terminated upon management's discretion.

Examples of misconduct may include:

- Dangerous or unduly rough play.
- Swearing or making obscene gestures.
- Deliberate physical contact.

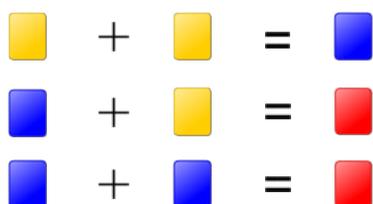
- Unfair play: Defined as actions taken outside the spirit of the rules of the game to create an unfair advantage over an opponent.
- Sledging (e.g. any baiting, harassment, gestures, words or actions which may interrupt the concentration of an opponent).
- Deliberate time wasting.
- Any player deliberately stepping on or jumping into the nets.
- Disputing or arguing with the umpire.

Note: The captain of a side is entitled to query an umpire's decision in an appropriate manner at the half or full-time break. Once the umpire has replied, any further talking to, at or about the umpire, or their decision, may be penalised.

Umpires will use their discretion when determining if the issuing of card penalties are warranted for misconduct. Players may be warned prior to being penalised, but this is not a pre-requisite.

Any game may be stopped and awarded to the opposition, or cancelled, should infringements of the above nature escalate to the point where the captains have lost control of their players. No game may be called off without consultation with the duty manager.

No coaching or inappropriate comments from spectators will be permitted from outside the court and the umpire has the authority to warn spectators and award penalty goals (if necessary) against that team if such behaviour continues. Management reserves the right to ask any member of a team, or a spectator to leave the centre at any time.



SECTION 13: MIXED RULES

To be read in conjunction with the rules from section 1 to 13.

13.1 THE TEAM

For the duration of the game, a team can have the following composition:

7 PLAYERS:

5 females/ 2 males OR 4 females/ 3 males OR 6 females/ 1 male OR 7 females

6 PLAYERS:

5 females/ 1 male OR 4 females/ 2 males OR 3 females/ 3 males OR 6 females

5 PLAYERS:

4 females/ 1 male OR 3 females/ 2 males OR 2 females/ 3 males OR 5 females

Male players must be spread over the court so that there is no more than one male shooting (GA or GS), one male defending (GD or GK) and one male playing in the centre court (WA or WD or C).

SECTION 14: PREMIERSHIP POINTS

Premiership points will be awarded as follows:

- a. Four (4) points for a win.
- b. In the event of a draw, both teams shall receive two (2) points.
- c. One (1) point for every ten (10) goals scored (regardless of whether the team wins, loses or draws). Maximum of 2 bonus points per game.

****Any team entering a grade after the halfway point will be awarded the same number of points as the bottom team. A new team to a grade must play a minimum of five games to be eligible for finals.

SECTION 15: FINALS

1. All players must have played 5 games after their registration fee is paid to be eligible for finals. Any player taking part in finals that is ineligible may be asked to leave the court and that team will lose on forfeit and be automatically removed from the finals series.
2. In the case of a draw, 5 minutes extra time will be played in the same direction of play. There will be no change of ends and no player substitution at this time.
 - a. First team to lead by 2 goals at any time during 5 minute period wins. If neither team in front by 2 goals, team ahead at end of 5 minute period wins
 - b. If draw at end of 5 minute period, play continues, first team to score will win the game (Golden Goal)
3. If a player is seriously injured during extra time they may be replaced and take no further part in the game. The opposing team are given the opportunity to change players in this instance.
4. During finals, a spectator from each team will be asked to score off court, if there are any issues they are encouraged to speak to the umpire at that time. The umpire will confirm that the score is correct at each interval although at the end of the game, if the scorer has not raised the issue with the umpire regarding the incorrect score before the end of the game, the final score on the scoreboard will be the final score and the decider of the game.

Box Hill Indoor Sports Centre aims to provide a healthy environment where friends, relatives, workmates and families can play social sport while enjoying the convenience of playing indoors and the benefits of professional competition management.

It is therefore the onus of each player to be familiar with the rules of Indoor Netball before participating in a game.

**Melbourne's
No. One
Sports Stadiums**



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