



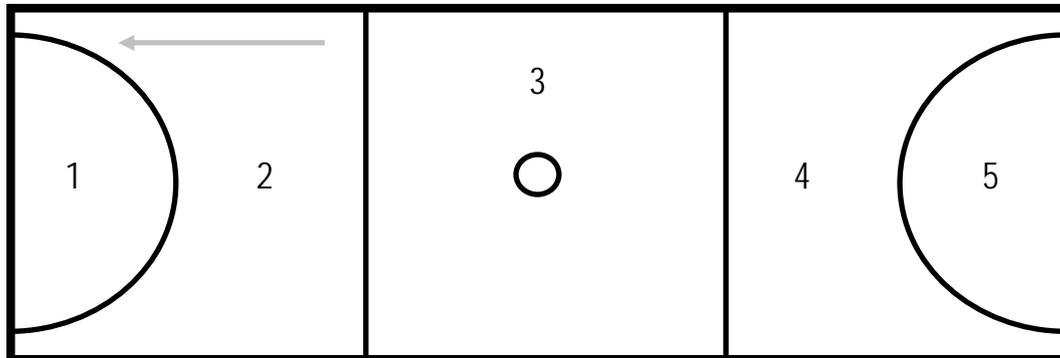
The game shall be played according to the rules published in the current Box Hill Indoor Sports Centre rule book. The following is a guide to the difference between "indoor netball" and traditional outdoor netball.

## PLAYING AREA

The court shall be divided into equal thirds, with a goal circle of 4.2m radius marked at each end. A 0.9m centre circle shall also be marked. The side and roof nets shall be considered part of the playing area. The goal nets shall be considered as part of the playing area except when shooting for goal.

## THE TEAM

A team shall consist of seven players for Action 7s. The positions of these players and the areas in which they can move are as follows:



PLAYER	INITIALS	AREA OF PLAY
Goal Shooter	GS	1, 2
Goal Attack	GA	1, 2, 3
Wing Attack	WA	2, 3
Centre	C	2, 3, 4
Wing Defence	WD	3, 4
Goal Defence	GD	3, 4, 5
Goal Keeper	GK	4, 5

In a mixed netball side, there shall be no more than 3 players in either the 7-a-side format. Only one male is permitted to play in one third at a time. For example two males cannot play GK and GD. The male players shall play as the Goal Shooter (GS) or Goal Attack (GA); the Goal Keeper (GK) or Goal Defence (GD); and Wing Attack (WA), Wing Defence (WD) or Centre (C). There may only be one male player in any third as grouped above.

Player substitution will be allowed at the end of each quarter or in the event of a player being injured in the course of play. Any player unable to continue the game shall leave the field of play. Any injured player who leaves the playing area but is not replaced by a substitute may return to the game after a goal has been scored or at quarter or half time.

## SCORING

In a game of 7-a-side netball GS and GA are the only players who are able to score a goal for their team. Any goal scored within the goal circle will be awarded one (1) point on the proviso that the ball did not come off the back net without prior contact of the goal ring. Two (2) points will be awarded if a successful goal was shot outside of the goal circle by either the GS or GA ONLY again on the proviso that the ball does not come off the back net first.

## UMPIRES

The Centre shall provide the umpires for the game. There will be at least one umpire provided per game. They shall control the game, operate the scoreboard and act as the timekeeper. The umpires' interpretation of the rules shall be final.

## DRESS

Players are to wear non-marking rubber soled sports shoes on court. Players are to wear individual position/identification bibs over their uniforms (these will be supplied by the Centre). Players may wear tracksuit pants, shorts or sports skirts. No player will be allowed on court in non-sporting footwear or attire.

Fingernails must be cut short, taped effectively with brown elastoplast sports tape, or gloves may be worn.

## DURATION OF THE GAME

A game shall consist of four nine (9) minute quarters, with a one (1) minute break at half time. All teams are to be ready to play at least ten minutes prior to their scheduled start time.

## TEAMS LATE ON COURT

Any team failing to field a side within eighteen (18) minutes (half time) of scheduled start time of the match shall forfeit the game. Any team late on court shall be penalised one goal per minute that they are late onto the court. No team shall be allowed on court until their game fees have been paid.

No extra time will be allowed for injury.

No time outs will be allowed.

## COMPETITION POINTS

The position of each team in the competition shall be determined by the accumulated points awarded - these are based on the results of all games played.

4 Competition points for a Win

2 Competition points for a Draw

3 Points for a Bye.

1 Competition point for every 10 goals scored (Max 2 bonus points awarded per team, per game)

In the event of a forfeit, the non-forfeiting team shall receive 6 competition points.

4 points for a Win

2 points in lieu of 20 goals

## FINALS

Finals are held the week directly following the final game of the season.



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