



INDOOR NETBALL RULES

1) The Court, Ball & Positions

- a) The court is made up of the light blue basketball court. The 'scoring circle' will be indicated by the basketball key, not including the half-circle above the free throw line.
- b) Regulation size 5 netballs will be used in all matches
- c) There are 3 playing positions; Defender (D), Center (C), Attacker (A)
- d) Defenders are permitted to play within their own defending half, including inside the 'scoring circle'.
- e) Centers are permitted to play in either half of the court, but not within either 'scoring circle'
- f) Attackers are permitted to play inside their attacking half, including inside the attacking 'scoring circle'.
- g) Only music from the UniRec sound system can be played in the sports hall during Social Sport competition.

2) Teams, Players & Substitutions

- a) Teams must have a minimum of **five players** to allow play to start, and may have no more than six players on court at any one time.
- b) Teams may have up to 10 players, including substitutes.
- c) Teams may have a **maximum of three males on court**, one per playing position
- d) There must be a minimum of one male on court.
- e) Unlimited substitutions can be made, at any time during the game.
- f) All players are expected to wear **appropriate, non-marking athletic footwear**. No sharp jewellery or adornments should be worn while playing. Fingernails should be cut short, and will be checked by umpires before the game commences. Positional bibs/uniforms are provided by Social Sport.

3) Match Duration

- a) Monday night matches will consist of 4 x 9 minute quarters, with a 1 minute break at each quarter, and 2 minutes at half time.
- b) Thursday night matches will consist of 2 x 13 minute halves, with a 2 minute break for half time.

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4) Start & Restart of Play

- a) The start of each half will be decided by a tossed ball at halfway. Quarter & three-quarter time will be restarted by the team who did not win the toss at half-way.
- b) In the instance a ball goes out of play, play will be restarted from the area the ball went out with a pass.
- c) When a goal is scored, the defending team will gain possession on their base line, and restart play with a pass.
- d) When restarting play, the ball must be touched by a player in your own half before proceeding down-court. This will be called as over-a-half, and a free pass awarded.
- e) A player must shoot or pass the ball within 3 seconds of gaining possession inside the court.

5) Offsides

- a) A player is deemed offside when any part of their body touches an area which their position is not permitted to play in. Players may touch the lines their position is bound by, but not exceed them e.g. foot is touching the line, but not over the line.
- b) A player may lean on or touch a ball that is in an offside position, as long as no part of their body touches that playing surface.
- c) A free pass or shot will be awarded by the umpire at the point the offside play took place.

6) Out of Bounds & the Post

- a) A ball is out of bounds when it touches any person, object or surface that is not in or part of the playing area. This includes the sports hall walls, basketball hoops (net included), and the net that separates the two courts. The netball goal post, net and court lines are not considered out of bounds.
- b) Players may not use the post in any way to assist them in gaining possession. This includes leaning on, hanging from or pushing off goal post. A free pass or shot will be awarded in this instance.



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- c) Players may not, in any instance, interfere with the rim or net on the netball post. If either a defensive or offensive player is deemed to have touched either of these on a scoring play, a free pass or shot will be awarded.

7) Scoring

- a) All players may shoot for goal, as long as they are onside.
- b) 1 point will be awarded for any shot taken within the 'shooting circle'. This includes the light blue line which marks the 'shooting circle'.
- c) 2 points will be awarded for any shot taken beyond the 'shooting circle', marked by the light blue line. This includes if a player lands within the 'shooting circle', but legally manoeuvres themselves so no body part is within the circle.

8) Contact

- a) Contact will be called when a player contacts any part of the ball and/or person who is deemed to have had possession of the ball in the first instance, or when a player is committed to a particular landing space.
- b) Contact will also be called in the instance the defender has positioned so closely the attacker may not move without making contact.
- c) Offensive players may be called for contact should the defender have followed the rules above prior to the contact, and is also not breaching any obstruction rules e.g. enough room permitted, and the offensive player chooses to step into the defender.
- d) Umpires may adjust their calls regarding contact depending on matchups e.g. male-on-male contact will be called less, male-on-female contact more
- e) A free pass or shot will be awarded to the non-offending team from where the infringement took place. The offending player must stand beside the passer/shooter until the ball has left their hands.

9) Stepping

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- a) When a player gains control of the ball, the first foot to touch the ground will be deemed their 'pivot' foot. The player may use this foot to pivot on, without it leaving its original position.
- b) A player may lift this 'pivot' foot, but may not replant it once lifted. If this occurs, stepping will be called by the umpire.
- c) Should a player plant both feet simultaneously, they may 'choose' their 'pivot' foot, by moving their other foot.
- d) Stepping will be called if a pivot foot is deemed to have slid or shuffled from its original spot.
- e) Players may not hop on either foot, or jump with both feet while in possession.
- f) A free pass will be awarded to the non-offending team from the point the infringement took place.

10) Obstruction

- a) A defender must position and set themselves 3 feet (0.9 metres) from an attacking player once they are in possession of the ball.
- b) This distance is judged by the position of the defending and attacking players' feet.
- c) A defender may remain in position if an attacker has stepped inside this distance, as long as the defender was set before the step took place.
- d) A defender may breach this distance when a player is without possession, but cannot have out-stretched arms unless they are attempting to intercept a pass.
- e) A free pass or shot will be awarded at the point the infringement took place if the distance is breached. The offending player must stand beside the person passing/shooting until the ball has left their hands.

11) Replayed Ball

- a) Once in possession (or in control), a player may not re-gather possession (or control) without it having touched another player.
- b) This includes; losing control on a pass from a team-mate, losing control on an attempted intercept, tossing/bouncing/batting the ball to yourself e.g. 2 attempts to gain possession then a catch.

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- c) This does not include attempts to intercept or catch the ball when a player has not caught or had control of the ball e.g. batted down a pass, and then gathered possession on the first attempt. The umpire will determine what is deemed as possession in each case.
- d) A free pass will be awarded in this instance from the point the infringement occurred

12) Short Pass

- a) When a ball is passed between players, there must be room for a 'third player' between them.
- b) When this distance is breached, a free pass will be awarded.

13) Toss Ball

- a) Referees may choose to use a toss ball when an infringement is unclear/neither team is deemed to have infringed.
- b) Examples of this are; simultaneous contact with the ball before going out of bounds, simultaneous attempt to gain possession (with no prior contact).

14) The Umpire

- a) Umpires have the right to warn, ask to leave or eject from the UniRec Sports Hall any player or spectator whom they deemed to have bring the game in to disrepute.
- b) The umpire has the ability to play an advantage when a non-offending team has not been negatively impacted by an offence. Advantages will be played at the umpire's discretion.
- c) The umpire's decision is final.

15) The Competition

- a) A default will be recorded as 20-0 win to the non-offending team. Teams that repetitively default will be warned, and subsequently removed for on-going defaults without refund.
- b) In the event a team cannot meet the requirements to play e.g. incorrect player requirements, the non-offending team will be offered two options;



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- i) The game recorded as a default win.
- ii) The game to be played under new parameters that are agreed upon by both teams **prior to the game commencing.**
- c) If a game is drawn, it will be recorded as such unless the game is a major semi-final / final
- d) In the case a major semi-final / final is drawn, teams will proceed to a shootout.
- e) Teams will nominate five different players to take shots from the nominated spot (the umpire will demonstrate the spot). All of the players' feet must remain behind the line when taking the shot.
- f) The team with the most goals scored from five shots will win the shootout. If the scores are drawn at the end of five shots, teams will move to a sudden death format. The first team to score while their opponent misses will win.