

## ***Indoor Netball Rules***

The Controller reserves the right to change any of the draws at any time. All games are to be played under the current international rules. Possible Rule changes will be announced at the start of the Tournament.

### **Duration:**

Round Robin: 2 x 10 minute halves with a 2-minute break between halves

Finals: 2 x 15 minute halves with a 2-minute break between halves

### **General Rules:**

- A toss is taken at centre court between two centre players at the beginning of each game.
- The ball is always alive and players may pass off the nets. Players in possession of the ball may not have any part of their body touching the net.
- However, leaning on the ball against the net is allowed.
- A player may defend another player with the ball but must be 3 feet away from that player's grounded foot.
- After a goal is scored, a defensive player must pass the ball off on the square inside the circle. One foot must be grounded on the square until the ball has been released. The pass must be touched or received before it goes over halfway. The attacks and opposing centres must be 3 feet away from the person passing the ball. The other defence may be in the goal area. The ball must be caught outside the goal circle and within the half.

### **Scoring:**

- 1 point for goals scored by the attacks inside the goal area.
- 2 points for goals scored outside the goal circle by either attacks or centres.
- If a player catches the ball in the goal circle and steps outside the line on the ungrounded foot, only one point is awarded.
- If a player catches the ball outside the goal circle and steps in the goal on the ungrounded foot, only one point is awarded.

### **Penalties:**

A penalty pass or shot will be awarded when the following infringements occur:

- Obstruction
- Personal Contact

*NOTE: (players must stand down next to the person taking the penalty pass or shot. They must be beside and away from the player possession of the ball).*

### **Unsportsmanlike Behaviour:**

Players must not call out or distract a shooter. This will be classed as intimidation and a penalty pass or shot will be awarded. If a player continues to intimidate a shooter, they may be asked to leave the court.

### **Back Net Violation:**

When a player passes a ball from their defence half to a player in their attacking half, the ball must be either touched or caught by any player prior to the ball hitting the net behind the goal post.

### **Team Ratios:**

A mixed team must have not more than three males on the court at one time. For a team, only 1 male is allowed per position, 2 females are able to play the same position.

**Infringements: Obstruction**

- To defend the player with the ball, you must be 3 feet from the player's grounded foot.
- If a player steps back or to the side, you must still be 3 feet from the player's grounded foot.

A person may be within 3 feet of a player without the ball as long as you assume a natural body stance, (i.e. do not have your arms away from your body or knees).

**Personal Contact:**

No player may come into contact with an opponent in order to interfere with the opponent's play, either accidentally or deliberately.

**Free Pass:**

A free pass will be awarded when the following infringements occur (player do not have to stand down when a free pass is given):

- Stepping
- Offside
- Replayed ball
- Short Pass
- Rolling, kicking or playing the ball while on the ground

**Simultaneous Contact:**

In an umpire decides that 2 players have infringed simultaneously, a toss up will be held between those 2 players.

**Toss Up:**

- Players will stand 3 feet apart, upright with arms by their sides; the umpire will toss the ball and blow the whistle. Only when the whistle blows can the players move.
- A player must catch the ball. A player may not bat the ball nor move their hands before the whistle is blown. If this happens, a pass is awarded to the other team.

**Landing:**

- Players in possession of the ball must be given landing spaces by players from the opposition.
- Players without the ball cannot move into a person's landing space causing inevitable contact.
- A penalty pass or shot is awarded in these situations.

**Umpire's Whistle:**

The sounding of the umpire's whistle whilst the ball is in play constitutes a dead ball and the play will cease immediately awaiting judgement from the umpire. The umpire will announce the call and play will restart. The whistle ends play, not the shooter. If the person has the shot before the umpire has blown the whistle, the goal will count. The on court umpires decision is final.

**Advantage:**

The umpire may keep the game flowing by playing advantage in which case 'advantage' is said by the umpire and a raised arm in the direction of the play will be signalled.

**Jump shots:**

When shooting for goal, players must have at least 1 foot on the ground.

**Stepping:**

- A player in possession of the ball cannot slide or drag the grounded foot but can step onto the other foot and cannot re-ground the landing foot before releasing the ball.
- A player who catches the ball and land on the right foot, steps on the left foot, must pass the ball before the re-grounding of the right foot (and vice versa).

**Offside:**

- If a player enters an area of the court they are not allowed in, a free pass will be given to the opposition.
- Your foot on the line is offside.

**Replayed Ball:**

Replayed ball is when a player:

- Has control of the ball in 1 or 2 hands, drops the ball and then takes possession again before someone else touched the ball.
- Bats the ball twice and takes possession.
- Catches the ball, drops it, and then bats it.
- Passes the ball, which hits the net and then regains possession.

A player may bat or bounce the ball once without having possession and pass or direct it to another player.

**Short Pass:**

A short pass between 2 players occurs when there is insufficient room for another player to come through between the hands of the receiver and the passer.

**Kicking the Ball:**

No kicking or striking the ball with the foot is allowed.

**Player on the Ground:**

The ball cannot be passed from a player on the ground.