

INDOOR NETBALL

Game Time

4 x 8 minute quarters

The Team

A mixed team consists of six players plus substitutes if required. There is a maximum of 3 male players on the court for a team at any one time – and they have to be in different positions. There is no maximum number of female players (i.e. a team can have up to six female players). Substitutes can swap on court at the end of each quarter.

The Positions

Each team consists of two Defence players, two Attacks and two Links. The court is divided into two halves with the shooting circle at each end. The Defence and Attack players can use half the court up to the half way line of their respective end. The links can use the whole court with the exception of the shooting circles.

Scoring

One point is scored for a goal shot from inside the circle. A goal shot from outside the circle is worth two points. Both the Attacks and the Links may shoot two pointers from outside the circle.

Passing

Players may: catch/pass the ball with one or both hands; bat or bounce pass the ball to another player – this includes using the nets around the court.

Players may not: kick the ball or strike the ball with a fist, bounce the ball to yourself (as with dribbling in basketball), throw the ball while sitting, kneeling or lying on the ground.

Footwork

As a general rule, a player must keep one foot grounded while in possession of the ball. A player with the ball may not; drag or slide the landing foot, hop on either foot, jump from both feet and land on both feet unless the ball has been released before landing.

Contact/Obstruction

Players shall not come into contact with another player, whether accidental or deliberate. Players should remain more than 3 feet from each other or may fall under the obstruction rule. A player who consistently contacts another player or verbally/physically abuses another player or the umpire will be asked to leave the court for a period of time at the discretion of the umpire.

On Court

Runners or similar shoes are the best, as is ordinary exercise type clothing. No touch shoes, work boots, bare feet, jeans etc. Fingernails should be cut short before playing or player may wear the gloves provided. Jewellery should be removed. No player is to play under the influence of alcohol or drugs.