

Players:

- 5 players on the field at one time

- Teams must field at least 4 players to constitute a game

- Players can compete for one team only

- All players must register before the commencement of the first game

Mixed Team:

- There must be a minimum of 1 female player on the field at any one time (not including the goal keeper)

- A goal scored by a female is worth 2 goals (penalty goals taken by a female is 1 point)

Substitutes:

- Interchange players may be made at any time but cannot take the field of play until the players being replaced have left the court.

- The goalkeeper can only be changed by notifying the referee when the ball is in their possession, after a goal is scored or at a stoppage in play.

Penalty Points:

- Teams must be ready to start play at the allocated game time

- For every 2 minutes a team is late the opposition will receive 1 goal

- A team will forfeit the match if they have not taken the field of play by 5 minutes

Duration:

- The game is played over 2x10 minute halves

Player Areas:

- The game is played on a netball court

- If the ball leaves the court boundary a kick-in will be taken by the opposing team. Goals cannot be scored directly off a kick-in. Opposing team must stay 3m away from ball during a kick-in. The ball must be stationary during a kick-in.

- The goalkeeper is the only player permitted inside the goal circle

Game Play:

- There are no off sides

- Players must shoot from outside the penalty circle at all times

- If the ball is played off the referee resulting in an unfair advantage, a drop ball will be brought into play between a player from each team. The ball must hit the ground before an attempt at it can be made.

- The ball must be kept below shoulder height (referee discretion) unless it is an attempted shot on goal or a deflection

After a goal has been scored, the ball is taken back to the center to restart play

Goalkeeper:

The goalie has a maximum of 4 seconds before releasing the ball; failure to do so will result in a direct free kick

In the event of a pass back the goalie can only kick the ball

The ball must bounce before going over halfway when the goalie takes a kick or throw.

The goalkeeper is not allowed to leave the penalty circle under any circumstances; failure to do so will result in a direct free kick

Professional Foul:

Professional fouls, slide tackles, over vigorous play and tackling from behind are regarded as “DANGEROUS” play and will not be permitted or tolerated.

Indirect Free Kick:

This is for minor infringement, i.e. High ball and hand on nets

The ball must be stationary and touched by another player before a goal can be scored.

The opposition must be 2 meters away from the ball. The ref will indicate an indirect free kick by holding up one of his arms.

Direct Free Kick:

This is for all other infringements, i.e. Dangerous play, intentional hand ball, goalie in possession for over 5 seconds, goalkeeper stepping outside of penalty box or picking up the ball after a pass back

The ball must be stationary and does not need to be touched by another player for an attempt at goal. The opposition must be 2 meters from the ball