

Action



Rules of Play

TO BE READ IN CONJUNCTION WITH
THE STADIUM POLICY

What is Action Netball?

Action Netball is a fast and exciting team game played under the general rules of netball. If fitness, social competitions, meeting new friends and having good times is something you enjoy, then you'll love Action Netball. It's easy and it's good for you.

That's hard to beat one night a week!

Playing Netball

▶ THE TEAM
Each team consists of seven (7) players. Teams may have a maximum of ten players and a minimum of five players.

▶ MIXED TEAMS
Each team consists of a maximum of three (3) males on court at any time. A male player must take up a position in each third. i.e. If you have three males:

- One male plays = Goal Shooter (GS) or Goal Attack (GA)
- One male plays = Centre (C), Wing Attack (WA) or Wing Defence (WD)
- And one male plays = Goal Keeper (GK) or Goal Defence (GD)

▶ THE GAME
Duration of the game is made up of two halves or four quarters.

▶ DEFAULTS
Teams failing to play a fixture may at the stadium's discretion be removed from the competition. In special circumstances a default time equal to the full game fee may be imposed.

▶ FINALS
To qualify for the finals each player must have played at least one-third of the minor round games.

- EG. If the season is a total of 30 games each qualifying player must have played = ten (10) games.

▶ GAME FEE
It is the Captain's responsibility to ensure that complete game fees are paid before the game commences. The correct procedure is for the Captain (or representative) to pay the game fee. Collect the bibs and place a tick on the team sheet next to the players participating in the game.

▶ OFFSIDE
a) A player either with or without the ball shall be deemed offside if they step outside their designated playing areas.
b) On the line is not offside.
c) A player may reach over and take the ball from an offside area (or may lean on the ball) provided no body contact is made with the ground or net.

▶ PLAYING THE BALL

- A Player may –**
- Catch the ball with one or both hands.
 - Gain or regain control of the ball if it rebounds from the goal post or goal hoop.
 - Tip or touch the ball in any uncontrolled manner once or more than once and then catch the ball or direct to another player.
 - Fall while holding the ball but regain footing and throw the ball within three (3) seconds of receiving it and observe the footwork rule.
 - Lean on the ball either against the net or floor to stop going offside.
 - Throw the ball to the net for another player to gain possession.

Rules of Indoor Netball

- ▶ A Player may not –**
- Contact the ball with their legs or feet at any time in a controlled manner.
 - Strike the ball with a fist
 - Deliberately fall on the ball to gain possession.
 - Attempt to gain possession of the ball while sitting, kneeling or on the ground.
 - Use the goal as a means of gaining balance or in any way.
 - Pass the ball while leaning against the net.
 - Guard a loose ball to prevent players from gaining possession of the ball.

▶ HELD BALL
A player who has either caught or held the ball must play it or shoot for, within three (3) seconds of received it.

▶ REPLAYED BALL
A player who has either caught or held the ball may not –

- Roll the ball.
- Toss the ball and touch it again before another player has touched it.
- Drop or bounce the ball and then replay it.
- Replay the ball after your unsuccessful shot missed the goal ring or post.

▶ SHORT PASS
On the court at the moment the ball is passed there must be room for a player to move between the hands of the thrower and the hands of the receiver.
▶ THROUGH A THIRD
When a player passes a ball from a third it must be touched in the next before moving on to another. An untouched ball onto the back net from centre third is "through a third".

▶ SCORING A GOAL

- When the ball is thrown over and completely through the goal ring by a player from within the goal circle, a goal is scored.
- If a defending player deflects a shot for goal and the ball passes completely through the goal ring, a goal is scored.
- If the whistle is blown ending any period of play after a penalty shot has been awarded, the penalty shot is to be completed.
- In taking a shoot for goal, a player must –
 - Shot within three (3) seconds of receiving the ball.
 - Obey the rules of footwork.
- If a defending player causes the goal post to move so as to infringe the rules of footwork, a penalty shot will be awarded from where the infringer was standing, unless this disadvantages the non-offending team.
- If a defence player attempts to deflect a ball away from the goal ring whether it's in it's upwards or downwards flight, and in so touches the goal ring, or goal net, a penalty shot will be awarded where the infringer was standing.
- If a ball hits the goal post then hits the back or top net and passes completely through the goal ring, a goal is scored.
- If the ball hits the back net without first hitting the goal post, a goal is scored.
- If a successful shot at goal is attempted just prior to the end of play, the goal will be counted if the ball had left the hands prior to the final whistle being blown.

When taking either a free pass, penalty pass or penalty shot the footwork rule applies as though the foot placed at the point indicated were equivalent to the landing foot in a one-foot landing.

A free pass will be awarded to the opposing team if a player is penalised for any infringement when in the process of taking a free pass, penalty pass or shot.

E Free Pass

A free pass is awarded for infringements of these rules with the exception of the rules of – obstruction, contact: personal and with the ball, net abuse, simultaneous offences by two opposing players.

A free pass is awarded to the non-offending team and any member of the team may take the free pass if allowed in the area in which it was awarded.

You may not shoot for goal from a free pass.

F Penalty Pass or Shot

A penalty pass or shot is awarded for the breaking of the rules of: obstruction, contact: personal and with the ball and net abuse.

A player penalised under these offences must stand beside and away from the player taking the penalty and must make no attempt to take part in the game until the ball has left the throwers hands. If the infringer moves before the ball has left the throwers hands the penalty shall be retaken unless the pass or shot is successful and the advantage rule shall apply.

The penalty must be taken where the infringement occurred except where this places the non-offending team at a disadvantage. The penalty will then be taken where the non-offending player was standing.

Any player from the non-offending team may take the penalty. If allowed in the area where the penalty was awarded.

Any player can defend a pass or shot with the exception of the penalised player.

If an opponent contacts or obstructs the thrower during the taking of a penalty pass or shot, a second penalty will be awarded where the second infringer was standing unless this would place the non-offending team at a disadvantage. In this instance, both the original and second offenders must stand beside and away from the player taking the penalty.

When two or more members of a team simultaneously obstruct or contact a member of the opposing team, each offending player must stand beside and away from the player taking the penalty.

The pass or shot is only for penalties inside the goal circle, otherwise it is a penalty pass.

G Toss-Up

A toss-up is used in the following situations:

When two opposing players –

- Simultaneously gain possession of the ball with one or other hands.
- When two opposing players are simultaneously offside and one or both players were either in possession of or contact with the ball.
- When two opposing players make simultaneous contact with each other.
- After a stoppage in play when the umpire is unable to determine who was in possession of the ball when play was stopped.

The toss-up must be taken on court between the two opposing players concerned as near as possible to where the infringement occurred.

The two players must stand facing each other and their own goal ends. The two players must hold their arms and hands straight down alongside their body

- A player must not obstruct an opponent's face or eyes at any time.
- A penalty pass or shot will be awarded to the opposing team when a player is penalised under any of the rules of obstruction.

CONTACT

A Personal Contact

No player shall come into personal contact with an opponent in such a manner as to interfere with the opponents play regardless of whether it was deliberate or accidental action.

In an effort to get free a player shall not –

- Push an opponent in any way.
- Trip or knock an opponent in any way.
- In an effort to contact the ball a player must not push or bump an opponent.

In an effort to defend an opponent, a player shall not –

- Keep an elbow against an opponent
- Hold an opponent. This includes feeling to keep near an opponent.
- Charge an opponent. That is when jumping or bumping an opponent.
- Whether attempting to get free; or to defend, a player is responsible for any personal contact.
- If taking up a position so near an opponent that contact is inevitable.
- If moving so quickly into the path of a moving player that contact is unavoidable.

B Contact with the Ball

While holding the ball a player shall not touch or push an opposing player in such a manner as to interfere with an opponents play.

A player shall not either accidentally or deliberately –

- Place a hand or hands on the ball when held by another player.
- Remove the ball from an opposing player when the ball is being held by that player. Where the above occurs simultaneously a toss-up will be taken between those two players.

C Net Abuse

- The nets surrounding the court are all part of the playing area.
- A player may not jump or stand into the net in any way that may cause damage to the net.
- A player may not hold any part of the net to maintain balance while defending an opponent.
- A player may not climb any nets to try and avoid a contact or to stop themselves from going offside.
- The nets may be used to regain balance only. A player with the ball may not pass the ball while leaning on the net. The player must re-establish balance before making a pass.

D Penalties

There are three types of penalties that can be awarded when any of the rules of indoor netball are broken.

- Free Pass
- Penalty Pass or Shot
- Toss-Up

The penalty must be taken from where the infringement occurred except where this places the non-offending team at a disadvantage. In this situation the penalty will be taken where the non-offending player was standing at a place on the court indicated by the umpire.

Any member of the non-offending team may take the penalty if allowed in the area where the penalty is awarded.

The player taking the penalty must throw the ball within three (3) seconds after taking position at the correct place and being in possession of the ball.

▶ FOOTWORK

A player may receive the ball with one foot grounded or jump to catch and land on one foot and then either –

- Step with the other in any direction, and pivot on landed or grounded foot, jump from grounded foot to other foot and jump again but must pass before landing.

A player may receive the ball while both feet are grounded or jump to catch the ball and land on both feet simultaneously and either –

- Step with either foot in any direction, lift the other foot and throw or shoot the ball before this foot is regrounded.
- Step with either foot in any direction any number of times while pivoting on the other. The pivoting foot may be lifted but the player must throw or shoot the ball before regrounding it.

A player in possession of the ball may not –

- Drag or slide the landing foot.
- Hop on wither foot.
- A player cannot jump shoot.

▶ SUBSTITUTION

- The substitution of a player may only take place at half or quarter time.
- A maximum of three (3) substitutions may be made by each team
- In case of an injury, the player may be replaced and only one (1) change by each team is allowed. (Depending on the sex of the sub.)

▶ OBSTRUCTION

To defend a player who is in possession of the ball you must be 0.9m – 3 feet This distance is measured as follows –

- The distance is taken from the players landing, grounded or pivoting foot, even if it has been lifted to the nearest foot of the defending player.
- If the player is standing or lands on both feet simultaneously and remains grounded on both feet, the distance is measured from which ever is the nearest foot of that player to the nearest foot of the defending player.
- If the player is standing or lands simultaneously and either foot is lifted the other foot is considered to be the grounded foot from which the distance is measured.
- From correct distance, a defending player may not attempt to intercept or defend a ball by jumping or stepping towards the player with the ball if they land or step within the 0.9m distances between them
- A player may attempt to intercept or defend the ball when the player with the ball steps forward to lessen the 0.9m distances between them.
- A player may be within 0.9m of an opponent in possession of the ball providing no effort is made to defend and there is no interference with the opponents throwing or shooting action.

A player marking his opponent within 0.9m when they don't have possession of the ball can't take their arms away from their body unless –

- Catch, deflect or intercept a pass or fake pass.
- Obtain a rebound from an unsuccessful shot at goal.
- Momentarily signal for a pass or to indicate their intended direction of movement.
- A player may attempt to block or reject a shot at goal at any one time once the ball has left the throwers hands regardless of whether the ball is on an upward or downward flight. As long as they obey the obstruction rules.

but their feet may be positioned in any manner. There shall be a distance of not less than 0.9m between the nearest foot of each player. Neither player shall move from that position until the whistle is blown. If a player move too soon, a free pass will be awarded to the opposing team.

The umpire shall toss the ball midway between the two players to a point no higher than the shortest opponent's shoulders, when they are in normal standing position. At the time of releasing the ball upwards, the umpire shall blow the whistle.

Players must attempt to catch the ball in a toss-up. Barring of the ball is not permitted and will be penalised by a free pass to the opposition.

If a toss-up has to be repeated more than three times between the same two players, the two players shall be replaced by another member from each team.

The players chosen will be at the discretion of the umpire. All players not included in the toss-up may stand or move anywhere in their playing area as long as they do not interfere with the toss-up.

A player winning the toss-up may either pass or shoot the ball.

H Misconduct

The breaking of rules or the employment of any actions not covered by the wording of the rules, in a manner contrary to the spirit of the game will not be tolerated.

1 Any of the following may constitute misconduct:

- a) Dangerous or unduly rough play
- b) Swearing or obscene gestures
- c) Deliberate physical contact or fighting
- d) Unfair play – Actions taken outside the spirit of the rules of the game to create an unfair advantage over an opponent.
- e) Spitting
- f) Sledging
- g) Deliberate time-wasting
- h) Any player deliberately stepping on the nets
- i) Disputing or arguing with the umpire

2 The umpire may also, depending on the severity of the offence – Award a five metre forward gain in position and/or penalty pass or shot to any non-offending team.

BEHAVIOUR

The umpire's interpretation of any rules shall be FINAL.

- Any player engaging in disorderly conduct or unduly rough play either intentional or unintentional shall be sent from the court for the remainder of the half or the entire game – depending on the severity of the incident. NOTE: Any player sent from the court shall normally not be allowed back on court.
- NO substitutions are allowed for a player sent from the court.
- If a centre player is sent from the court, a player of the same sex must be removed from another position to replace them.
- NOTE: This is the only position change allowed.
- Any abusive language, time wasting, swearing, disputing an umpire's decision, physical or verbal intimidation, fighting etc, shall result in a warning, and then the player concerned shall be removed from the court. Depending on the severity of the incident, or for repeat offenders, a suspension shall be incurred.
- Only one (1) warning is necessary to be sent from the court and if the incident is severe enough NO warnings are necessary.
- Teams are responsible for their spectators/supporters. No coaching, heckling or intimidation from the sidelines shall be permitted. One (1) warning shall be given, and if necessary a penalty awarded up the court, or a goal penalty against the team shall be incurred.

LATE ARRIVALS AND STARTS

Late arriving players may not enter the court while the game is in progress but only after notifying the umpire may take the court –

- After a goal has been scored.
- In this case, they must play in the position left vacant by the team.
- At half-time/quarter-time.
- After a stoppage for injury or illness.

Any late start that occurs – the non-offending team will receive one (1) goal per minute you are late.

THE UNIFORMS

All team members are to wear matching coloured team shirts/singlet, they have up to the fifth competition game to obtain these.

- PENALTY: two (2) goals per player out of uniform
- Any team wishing to vary their uniform from the above rules may submit their variation in writing to obtain management consent.
- NO hats are to be worn. Correct sports shoes with non-marking soles must be worn at all times.

JEWELLERY

- No nose rings, earrings or any other type of jewellery shall be worn on the court under any circumstances.
- If a player has new earrings they shall have four (4) games until the earring(s) must be taken out.

FINGERNAILS

Finger nails must be either:

- a) Cut short.
- b) Taped effectively.
- c) Gloves may be worn. These can be purchased from the stadium.

N.B. Tape WILL NOT be supplied by the stadium to tape nails, and band aids are insufficient coverage for nails.

ETIQUETTE

Foul and abusive language or behaviour will not be tolerated under any circumstances at any time. Such behaviour will be penalised by the umpire in charge of your game and repeated offences could result in a player or team being ejected from a competition or tournament and being banned from any future participation. To gain full enjoyment out of any sport regardless of your reasons for playing, the game must be played in good spirit and with a degree of self-control.



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