

# Indoor Netball Rules

**Where:** Wellington Indoor Sport (WIS), Hall Street  
Newtown

**When:** Saturday 3<sup>rd</sup> & Sunday 4<sup>th</sup> April 2010

**Controller:** Nathan Chan

**Phone:** 027 632 7767

The Controller reserves the right to amend these rules or competition at any time.

## Duration

- The game is played in two 8 minute halves.

## Team Ratios

- A team must have no more than one male at each of the three positions (Defence, Centre, Attack) on court at any time during game play

## Gameplay

- At the beginning of each quarter a toss-up is taken between two opposing centres. This is taken at the middle point of the centre line
- The ball is passed between players with the objective being to score either one or two points
- 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 allowable
- A player may defend another player with the ball but must be 0.9 metres, or 3 feet, away from that player's grounded foot
- After a goal is scored a defence player must pass the ball off on the grey square. One foot must be grounded on the grey square until the ball has been released. The pass must be touched or received before it crosses the halfway line

- To defend the pass off all players must be outside the goal circle. 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 circle
- 2 points for goals scored outside the goal circle by either centres or attacks
- If a player catches the ball in the goal circle and steps outside the line on the ungrounded foot, only 1 point is awarded
- If a player catches the ball outside the goal circle and steps into the goal area on the ungrounded foot, only 1 point is awarded
- If an attack player shoots for goal outside the goal circle and steps inside the goal circle before the ball is scored, 1 point will be counted

## Competition Points

- The position of each team in their pool shall be determined by the accumulated points awarded, based on the results of the games. The competition points shall be awarded as follows:
  - 2 competition points for a win
  - 1 competition point for a draw
- If teams have an equal amount of competition points at the end of round robin, the position is determined by the following:
  - If between two teams, the team that won in the Round Robin will advance;
  - Otherwise, the team with a greater points differential between the teams involved will advance.

## Finals

- In the event of a draw in any final type situation, the game will immediately go to a shootout. The six players on court at the end of regulation will each get a shot at goal. If the score is still drawn at the end of the shootout, sudden death shootout will proceed, where the first team to miss in turn loses the game.

## **INFRINGEMENTS**

### **Obstruction**

- A player must be 0.9 metres (3 feet) to defend a player with or without the ball
- All defending players must be 0.9 metres (3 feet) from that player's first grounded foot
- If the player in possession of the ball steps to the side or back, the defending player must take 0.9 metres (3 feet) from the 2nd grounded foot, and must not violate the first grounded foot
- A player may be within 0.9 metres (3 feet) of a player without the ball as long as that player does not interfere with the pass or shot and must assume a natural body stance, i.e. do not have your arms away from your body or use your 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
- When defending an opponent, the defending player shall assume a natural body stance (Knees shall not be wider than the shoulders)

### **Contact with Ball**

- A player in possession of the ball may not contact a player defending who is 0.9 metres, or 3 feet, away from his/her grounded foot, or in anyway as to interfere with his/her play

### **Stepping**

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

### **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 one or two hands, drops the ball, and then takes possession again before someone else has touched the ball
  - Bats the ball twice and takes possession
  - Catches the ball, drops it, then bats it or
  - 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 two 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 of the ball with the fist is allowed

### **Player on the Ground**

- The ball cannot be passed from a player lying on the ground

## **GENERAL**

### **Penalties**

- A penalty pass or shot will be awarded when the following infringements occur.  
(Players must stand down next to the person taking the penalty pass or shot. They must be beside and away from the player in possession of the ball).
  - Obstruction or
  - Personal contact

### **Free Pass**

- A free pass will be awarded when the following infringements occur (players do not have to stand down when a free pass is given):
  - Stepping;
  - Offside;
  - Replayed ball;
  - Short pass; or
  - Rolling, kicking, or playing the ball while on the ground.

### **Simultaneous Contact**

- If an umpire decides that two players have infringed simultaneously, a toss-up will be held between those two players.

### **Toss-Up**

- Players will stand 0.9 metres, or 3 feet, apart, upright, with arms by 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.

### **Interceptions**

- Interceptions must be taken cleanly from the time you catch the ball to the time you land.
- You may not contact or land on an opponent when going for an intercept.
- A penalty pass or shot is awarded in these situations

### **Landing**

- Players in possession of the ball must be given landing space by players from the opposition.
- Players without the ball cannot move into a persons 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 play will cease immediately, awaiting judgement from the umpire. The umpire will announce the call and play will restart. The whistle ends the quarter, 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 play will be signalled.

### **Jump Shots**

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

### **Goal Tending**

- When a player is shooting for goal, defending players cannot hit the ball on its downward flight. This is goal tending and the goal will count.

### **Unsportsmanlike Play**

- Calling to an opposition player to pass the ball is not permitted and, initially, a free pass will be awarded. If a player continues to call for the ball, they may be asked to leave the court.
- Players may 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.

### **Nails and Jewellery**

- Nails may not be showing over fingers when held up straight. These nails must be trimmed or gloves worn. Tape over nails is not permitted.
- Wedding bands and flat rings only may be worn while playing, but must be taped over. Watches must be removed.
- All earrings must be removed. All facial or body piercing that cannot be removed must be completely taped over with a suitable tape (NO sellotape).

### **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.