

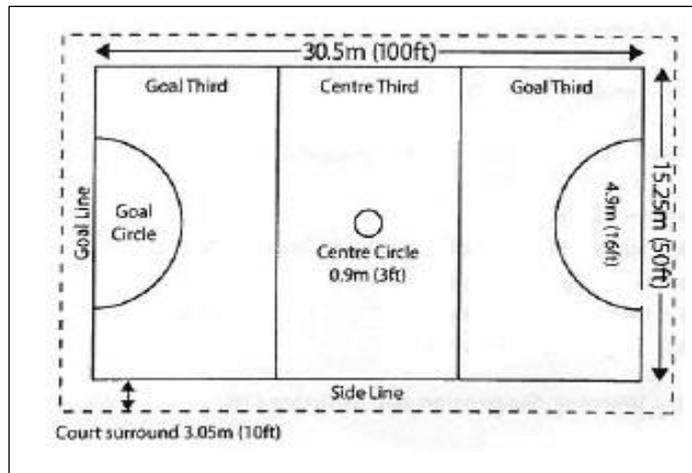
## NETBALL OFFICIAL RULES

Netball is conducted under the rules of International Federation Netball Association (I.F.N.A.) unless otherwise stated, in conjunction with the SACSSGSA Rules/

Please note these rules have been simplified for the benefit of the completion, for all rules see website link on last page.

### 1. COURT

- a) The Court shall have a firm surface and shall be 30.5 m (100 feet) long and 15.25 m (50 feet) wide. The longer sides shall be called Side Lines and the shorter sides Goal Lines. Each team must supply a scorer/timer every week.
- b) A Goalpost which shall be vertical and 3.05 m (10 feet) high, they must have covers on them.



### 2. TEAM

- a) There are 7 players on the court at one time and maximum of 5 on the bench. All player's names must be on the score sheet to take part in the game before the first whistle.
- b) Team changes can be made at quarter time breaks or when there is held time for an injury, however in this case the injured player must move positions or be substituted off.
- c) If a player is injured time can be held for 30 seconds, however a player must leave the court to be treated and the position can be replaced or left vacant.

### 3. PLAYING AREAS

- a) Each position is allocated a certain area on the court- if they go outside this area it is offside and free pass against them is issued.
- b) The ball is out of court when it touches the ground outside the lines or is held by a person touching the ground outside the lines. The goal post is not out of bounds.

- c) At a centre pass everyone needs to be in their starting positions and cannot enter the centre third until the whistle has blown.
- d) Every time a goal is scored the ball returns to the starting position with all players on side. The centre pass rotates teams taking the ball.

#### 4. GENERAL RULES

- a) The ball cannot be held by one person for more than 3 seconds
- b) On a centre pass the ball must be caught by someone wholly in the centre third.
- c) When the ball is progressing down the court a player must touch the ball in each third.
- d) When a ball goes out of court the opposite team to the player who touched it last takes a throw in
- e) You cannot play the ball to yourself; once you release the ball someone else must touch it before you touch it again.
- f) You cannot deliberately kick the ball, or fist/punch the ball.
- g) Short pass- there must be room for an opposing player to move between the hands of the two people throwing the ball, otherwise they are penalised.
- h) Over a third- when a ball is not touched in the centre third and only the end two thirds
- i) Stepping- one foot must not leave the ground and go back on the ground before you pass or shoot the ball. This foot is your 'grounded' foot the first foot to touch the ground once you receive the ball. If both feet land same time player chooses which their grounded foot is.
- j) A goal is scored once the ball goes through the ring completely; the player must be inside the ring and must be a goal scoring player.
- k) If an opposing player shoots a goal in the wrong goal it is play on
- l) Obstruction a player defending the ball must not have their hands up within .9m of the player with the ball. A player may be within that 0.9m but they must make no interference with the player to shoot or pass the ball.
- m) Obstructing a player without the ball- you cannot defend a player with your arms whilst they do not have the ball. You may move your arms away from your midline to defend once the ball is thrown to your player
- n) Intimidation- you cannot verbally or physically intimidate a player with or without the ball
- o) If a player leaves the court to collect a ball or throw the ball in they are permitted to come back onto the court.
- p) Contacting - a player who makes body contact with another player and causes interference to the player or the play of the game. The umpire may call possession if they believe they caught the ball in quick succession and the player did not contact.
- q) The penalised player must stand next to the player taking the penalty pass, however the

player taking the pass may play on before the penalised player stands out of play.

- r) Toss up- occurs when two players simultaneously contact each other or have possession of the ball.
- s) Circle penalties- for the goalies inside the circle they may shoot on all penalties except for stepping and short pass.

#### **5. MISBEHAVIOUR BY A PLAYER**

- a) Please see SACSSGSA Code of Conduct