

Netball Rules

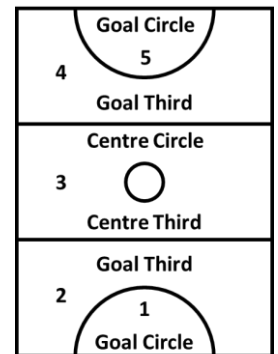
As with all sports played at Hills Indoor Sports Centre any misconduct judged by the umpires and management will be dealt with according to the severity of the offence. Hills Indoor Sports Centre reserves the right to refuse entry to any player or team deemed to be acting in an offensive or unsportsmanlike manner.

Please note: This document provides a short format version of the rules. Full format rules can be viewed by downloading the official rule handbook [here](#). If rules conflict between the two documents, the short form rules will be considered correct rules for competitions at Hills Indoor Sports by UPro Sports.

Positions

- A team shall consist of six (6) players and their positions and area's of play are as follows:

Position	(Bib)	– Area's allowed in (refer to diagram)
Goal Shooter	(GS)	– 1,2
Goal Attack	(GA)	– 1,2,3
Wing Attack	(WA)	– 2,3,4
Wing Defence	(WD)	– 2,3,4
Goal Defence	(GD)	– 3,4,5
Goal Keeper	(GK)	– 4,5



- For mixed games no more than half the playing side can consist of males, and must not double up positionally (i.e. GS & GA, WA & WD or GD & GK)

Start of Play

- The umpires whistle shall be blown when the attacking WD is wholly within the centre circle and all players are in their correct position, providing that no player deliberately delays the play
- The centre pass must be touched or caught by a player that lands wholly within the centre third, and before it touches the net.
- The ball is actively still in play off all nets
- A player may not
 - o Deliberately hold the nets or push of the nets to gain advantage
 - o Land, step or jump into the nets
 - o Use the net to pin a player
- Over a third – A ball which is thrown from the centre third and hits the end net without being touched is deemed to be over a third. The free pass given shall be caught in the goal third.

Playing the Ball

- A player may bounce the ball to another player
- May bounce the ball to gain possession

- May roll the ball to oneself to gain possession
- May lean on the ball in an offside area
- A player may not deliberately kick the ball
- May not punch the ball
- May not fall on the ball to gain possession
- May not regain possession of the ball after it has rebounded from the net, unless it has touched the goal ring.

Scoring a Goal

- A goal is scored when it passes completely through the ring after thrown or touched by a GA or GS who must be wholly within the goal circle
- A GA or GS may shoot for a goal after winning a toss
- A GA or GS must have no personal contact with the ground outside the circle whilst receiving the ball or in the action of shooting
- Short pass – when the ball is released there must be room for a third player to move between the hands of the thrower and the hands of the receiver of the ball
- Substitution
- Maximum of four substitutes are permitted; however, unlimited substitutions are allowed.
- An injured player may leave the court and be replaced by another player
- Substitutions may only be made when play has stopped (goal scored, umpire stoppage, interval). If outside of interval, the substitution must be approved by the umpire

Play stoppage

- Where a penalty pass has been awarded
- Player substitution approved by umpire
- Blood bin rule – where the umpire notices or is made aware of any player who is bleeding
- Injury
- Emergency relating to the equipment, court, nets and openings
- Netball specific fouls
- Players cannot make physical contact with one another on the court
- Defenders must stand 3ft from the player with the ball (measured from the first landing foot), and can only attempt to win the ball once it has been thrown in the air
- Players entering an offside position will result in a free pass awarded to non-offending team

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