



*Indoor Netball  
Federation of Australia Inc.*

**OFFICIAL RULE BOOK**

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**5TH EDITION JULY 2013**



**This rule book should be utilized by all states and territories in conjunction with their said state and territory competition by laws.**

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## **FOREWORD**

Dear Player and Officials,  
This is your guide to the Rules of Indoor Netball.

Indoor Netball is a fast skillful exciting game for all ages.

The game of Indoor Netball is played with 7 players and 3 Interchange players, with the exception of Mixed which will be 7 players and 4 interchange players. The added attraction of interchange players and the nets which keep the ball in play creates a fast and most exciting game.

These are the Official Rules of Indoor Netball Federation of Australia which has been adopted by all States.

As with most sports the majority of the Rules are easy to follow but some need interpretation and expert adjudication, that's where the Umpire comes in.

Remember each rule is framed with a spirit of intent and should be read with this in mind.

Your Umpire is well versed in these rules and their application. The Umpire is in sole control of your game and while even Umpires are human and may make an error their decision is final.

If you have a question or require a ruling your Team Captain should speak to the Umpire/s on behalf of the team at all times, at the same time, you should understand the rules and standards of on court behaviour expected in competitions.

A sound knowledge of the rules will improve your enjoyment of the game.

Remember the most important thing is to enjoy yourself.

GOOD LUCK.

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INDOOR NETBALL FEDERATION of AUSTRALIA INC

# OFFICIAL RULES

## 1. Equipment

### 1.1 The Court

- (a) The court shall be rectangular in shape and shall measure between 28 to 30 metres in length and 10 to 12 metres in width being no less than 4 metres and no more than 4.5 metres in height. The court shall be fully enclosed by netting.
- (b) The long lines shall be called Side Lines and the short lines, End Lines. Two Transverse Lines parallel to the End Lines shall divide the court into a Centre Third and two Goal Thirds.
- (c) There shall be a circle (0.9 metres in diameter) in the exact centre of the court. This shall be the Centre Circle.
- (d) In each Goal Third a semi circle (3.66 metres in radius) shall be drawn with its centre the mid-point of the End Line. These shall be the Goal Circles.
- (e) The width of all court markings (i.e. Transverse Lines, Goal Circles and Centre Circle) shall be between 50-60mm.

### 1.2 Goal Rings

- (a) A steel ring 380mm in diameter shall be attached to a post or other wall mounting outside the court. The top part of the Goal Rings must be 3.05 metres above the floor and shall project horizontally onto the court at the central point of each End Line.
- (b) The attachment shall not allow more than 152mm between the End Net and the near side of the Goal Rings. The ring shall be fitted with a net which shall be open at each end, and shall be classed as part of the Goal Rings.
- (c) Any post used to support the Goal Rings must be inserted into a socket in the floor outside the nets or may be supported by a metal base which shall not protrude onto the court.

### 1.3 Ball

- (a) The ball shall be a universally accepted Netball or Association Netball Size 5 and shall be supplied by the Centre.

### 1.4 Players

- (a) Players must wear a form of rubber-soled sport shoe or boot which shall be non-marking for Indoor competition and acceptable to the Netball Co-Ordinator.
- (b) Teams must wear a uniform that has been registered with the applicable State /National Competitions.
- (c) All players must wear bibs identifying their court position. Playing initials are to be included on both the front and back bibs. The initials must be a minimum of 200mm in height and clearly visible above the waist when the bibs are worn. In the event of two teams having similar or identical uniforms, including bibs, team captains shall determine which team shall wear the neutral bibs supplied by the Centre.

- (d) No jewellery shall be worn with the exception of a wedding ring or medical bracelet which must be taped to the satisfaction of the umpire. Piercings worn by players that are sighted by officials will not be permitted at any time on court or during the game.
- (e) Fingernails shall be cut short or taped (band-aids and the like and electrical tape excluded) to the satisfaction of the Umpire. The Umpire may, at any time, request a player to re-tape their nails. (Gloves may be worn with the Umpires/Netball Co-Ordinators approval.)
- (f) SKINS: Skins **are** permitted to be worn under the playing uniform in conjunction with State competition bylaws/match rules and or National Competition by-laws/match rules.
- (g) CHEWING GUM: Chewing gum is **NOT** permitted on the court at any time by officials or players

**Penalty:**

To be applied in conjunction with State competition bylaws/match rules, and or Nationals Competition bylaws/match rules.

## 2. Officials

The Officials are Umpires, Scorers and Timekeepers who are appointed by the Centre. Team officials are Coaches, Managers and Team Captains.

### 2.1 Umpire

- (a) There shall be at least one appointed Umpire who shall have control of the game and give decisions and shall umpire according to the Rules and decide on any matter not covered by the Rules. The decisions of the umpire shall be final and shall be given without appeal.
- (b) The Umpire shall wear a uniform distinct from the players.
- (c) Preferably white or any uniform as designated by the Centre management.
- (c) In the event of two (2) umpires on court, the Umpire in whose half the direction of the Centre Pass is to be played will blow the whistle to commence play.
- (d) The Umpire/s whose half the center pass is going in shall re-start the Game after each goal scored, and after each interval or stoppage.
- (e) The Umpire/s shall officiate within the court and will endeavour to move into position to see play and make decisions without interfering with play. However, the umpire is permitted to move into the court to indicate where a penalty is to be taken, or take a Toss-Up or to gain an uninterrupted view of play. If the ball strikes the Umpire and interferes with the progress of play, play will not cease unless either of the teams has been unduly penalised.

**Penalty:**

Free Pass to that team, or if two opposing players have been unduly penalised the decision shall be a Toss-Up between the players concerned.

- (f) The Umpire shall call advantage to indicate that an infringement has been noted whenever possible to ensure that play is continuous and to avoid unduly penalising the non-offending team. If the whistle is blown for any infringement the penalty MUST be taken.
- (g) The Umpire/s will ensure that players remain inside the court during a stoppage for injury or illness - Coaching during such stoppages is allowed. However, coaching can only occur from outside the court with players remaining on court unless team changes are applied.
- (i) The Umpire will state the infringement and penalty and it is required that the Umpire use hand signals to clarify the decisions.
- (j) The Umpire shall not criticize or coach any team while a match is in progress.

## 2.2 Scorer

The appointed Scorer shall:

- (a) Operate electronic score-board and/or keep a written record of the score.
- (b) record each goal as it is scored unless the goal is disallowed by the Umpire. Where both methods of scoring is kept, the written record shall be the official score of the game.
- (c) If a written score is kept a written record of centre passes should be kept, and advise the umpire of centre passes when approached by the Umpire.

## 2.3 Timekeeper

The appointed Timekeeper shall start the time clock by the Umpires whistle and shall signal the end

- (a) Of each quarter/or half to the Umpire. The game will also finish on the Umpires whistle not the hooter/siren.
- (b) The Timekeeper will time two (2) minutes injury/illness, indicating to the Umpire when 30 seconds remains. At the recommencement of the last quarter, the Timekeeper will time both playing time, and illness/injury. This time will commence on either start of hooter/siren or when not available on the Umpires whistle. If during the last quarter, injury/illness occurs, the Timekeeper will stop the playing clock and start injury/illness clock. On completion of said injury/illness, injury/illness time will be stopped and the Timekeeper will recommence the playing time. At no time will time be lost during the last quarter.
- (c) During Finals, if a draw results, then extra time shall be played. No team changes are permitted except for injuries and illness. After a one (1) minute break the teams shall change ends and the Centre Pass shall continue to alternate. Two x five minute halves shall be played – If the result at the end of this extra time of the game is still a draw, play continues uninterrupted until one team has a two (2) goal clear advantage.

## 2.4 Captains

The Captains shall:

- (a) Toss for the first Centre Pass. This will be done prior to the commencement of the game with the winning Captain who shall notify the Umpire/s of the result of the toss.
- (b) With each State in each Division being played, the Manager will complete in full the Team Sheet which must be handed to the Tournament Director of said tournament prior to that divisions first game. No alterations to this sheet will be allowed after the submission of said sheet.
- (c) Notify the Umpire/s and the opposing Captain of any changes in position or substitution of players which may take place during any interval or after any stoppage for injury or illness.
- (d) Have the right to approach the Umpire before, during an interval or after the game for clarification of any Rule or interpretation.

### **Penalty for Failure to Comply with (c):**

Free Pass to the opposing team immediately any player enters an area that was offside prior to that player being changed or substituted. This is the responsibility of the controlling umpire in that area of the court

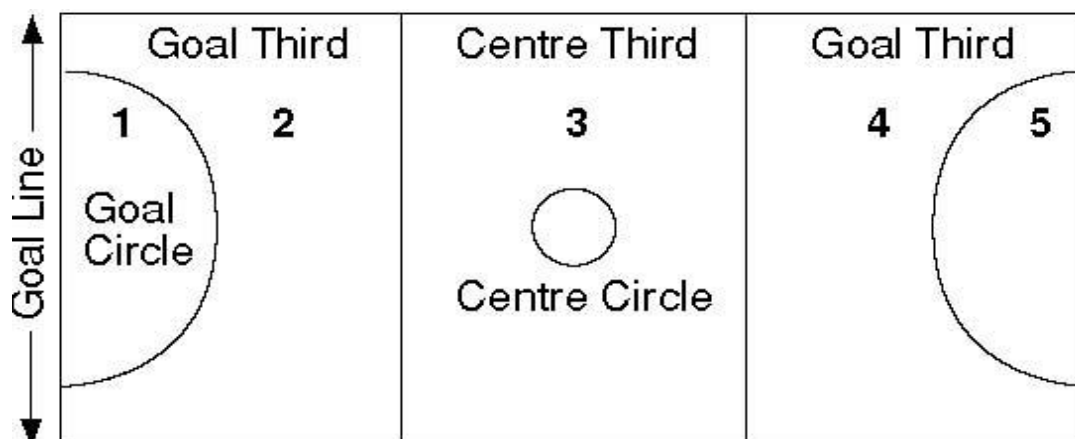
### **The Free Pass shall be taken:**

- (i) From the place in the offside area where the player was first deemed to be offside.
- (ii) By any player allowed in the area.
- (iii) After the opposition Captain has been given the opportunity to re-arrange her/his team if desired. The offending player is allowed to remain in the position now being played.

## 3. Area of Play

3.1 A team shall consist of Seven (7) Players and their positions and areas of play are as follows:

GOAL SHOOTER	(GS)	1, 2
GOAL ATTACK	(GA)	1, 2, & 3
WING ATTACK	(WA)	2, 3
CENTRE	(C)	2, 3, & 4
WING DEFENCE	(WD)	3, 4
GOAL DEFENCE	(GD)	3, 4, & 5
GOAL KEEPER	(GK)	4, 5





- 3.2 Teams must have a minimum of five registered players present on court for the duration of the game excluding mixed where a minimum of two males must be on court at all times.
- 3.3 The Transverse lines bounding each area are included as part of that playing area.

4. **Duration of the Game**

- 4.1 The game shall consist of four (4) twelve minute quarters with two (2) minutes at quarter times and three (3) minutes at half time,
- 4.2 Teams shall change ends at the commencement of each quarter.
- 4.3 Time shall not be added to compensate for any time lost because of Injury/illness, accident or any other cause except in Finals Matches when the time lost for a stoppage shall be added to the quarter in which it occurs.
- 4.4 Extra time shall be allowed to take a penalty shot in any game.

5. **Late Arrivals**

- 5.1 Latecomers may not enter the court after the game has started unless:-
  - (a) After a goal has been scored, or
  - (b) Immediately after the interval, or
  - (c) Play is stopped for injury or illness.
- 5.2 No latecomer may take up a position on court already occupied by an existing player.
- 5.3 The latecomer must notify the Umpire and the opposing Captain before entering the court.

**Penalty for infringement of any of the above:**

Free Pass to the opposing team where the infringer entered the court, unless this is a disadvantage to the non-offending team in which case the Free Pass shall be taken where the ball was at the time of the infringement.

- 5.4 The infringer shall leave the court until able to comply with Rules 5.1 & 5.3.

6. **Player Interchange/Substitution**

- 6.1 Player Interchange
  - (a) Player interchange is the action of alternating players on and off the court.
  - (b) A maximum of three (3) interchange players are permitted for all grades, with the exception of Mixed who are allowed a maximum of four (4) interchange players.
  - (c) Interchanges will be allowed at any interval.
  - (d) Included in these changes players shall be any player who is utilised as a substitute in the event of injury or illness.
  - (e) A player coming onto the court as an interchange must first report to the umpire who shall check the player/s jewellery, nails and uniform and conform to the rules. This applies only if a player is a late as all players involved in the game should have been checked prior to the commencement of the game.

## 6.2 **Player Substitution**

- (a) A substitute player is one who joins the game after the game has officially commenced to replace an existing player who is incapable of completing the games due to injury or illness. This may occur on the approval of the Umpire. A maximum of two minutes can be taken in order to determine whether a player is fit to continue and to deal with the injury or illness.
- (b) An injured player may leave the court and be replaced by another player. The injured player must remain off court until the commencement of the next quarter whereby the interchange rule can be applied. Changes are offered to the opposing team when injured player is replaced during the quarter in which the injury/illness occurred.
- (c) If a substitution has NOT been made for a player who leaves the court due to injury/illness, that player may return to the vacant position at any time, abiding by the following rules.
  - (i) Play must be stopped for injury/illness or following the scoring of a goal or at any interval.
  - (ii) The player notifies the umpire of their intention to resume playing.

## 6.3 **Blood Bin Rule**

- (a) Play must be stopped if the umpire notices or is made aware of any player who is bleeding. The player **MUST** immediately leave the court completely to be treated.
- (b) The wound must be securely covered **and** any blood stained clothing or footwear must be replaced to the satisfaction of the Umpire.
- (c) The player may be substituted as per Rule **6.2 b**. Injury time **IS** permitted as per INFA Rule 7.
- (d) If the team elects not to utilise a substitute, neither team may make positional changes. If the player concerned is the Centre Court player, one positional change is permitted by that team. When the Centre Court player returns to the court, all players must return to the playing position they occupied prior to the injury unless there has been an interval or stoppage for injury or illness.
- (e) Before play can recommence the Umpire must ensure there is no blood on the ball, the court or any other player.

6.4 Playing positions may be changed at any interval or at any stoppage for injury/ illness. An injured player who is not removed from the court may change positions with another team member. In the event of this happening the umpire must ensure that both teams are given the option of changing positions. If team changes occur due to injury/illness the injured/ill player **MUST** be involved in the team changes.

6.5 The Team Captain must notify the Umpire and opposing Captain of all injury substitutions and interchanges.

### **Penalty for failure to comply:**

Free Pass to the opposing team immediately any player enters an area that was offside prior to that player being changed or

substituted. The Free Pass shall be taken from the place where the player was first deemed to be offside by any player allowed in that area, and after the opposing Captain has been given the opportunity to make positional changes if desired. The offending player is now allowed to remain in the new position.

- 6.6 Any player who voluntarily leaves the court without permission of the Umpire shall be unable to take any further part in the game. No substitute shall be permitted. In the event of a player voluntarily leaving the court due to Injury/Illness they may return to the game on the discretion of the Umpire.

## 7. **Stoppages**

- 7.1 During Semi-Finals or Finals, play may be stopped for injury or illness. A time limit of two (2) minutes will be allowed while team officials decide whether the player is fit to continue, and to deal with the injury. Coaching is permitted during an injury/illness but only from outside the court.
- 7.2 Play may be stopped for any emergency relating to the equipment, court, nets and openings or interference by outside agencies, a player/s person or clothing or officials in charge of the match.
- 7.3 To stop play the Umpire shall blow the whistle and, in the event of the match being a semi-final or final, instruct the Timekeeper to hold time.
- 7.4 Play will be re-started when the Umpire blows the whistle after first notifying the Timekeeper of intention to do so. The Umpire who blew the whistle to stop play/time, will be responsible to blow the whistle for the restart of play.
- 7.5 Play is continued with the same player and from the position where the ball was when play was stopped except:-
- (a) When the Umpire is unable to say who was in possession of the ball, or the ball was on the ground, or in flight when play was stopped.  
**Decision:** A Toss-Up between any two opposing players allowed in that area and as near as possible to where the ball was when play was stopped.
  - (b) When the stoppage was due to an infringement in which case the infringement shall be penalised and play continued.
- 7.6 During any stoppage for injury or illness players must remain inside the court.
- 7.7 After stoppage for injury or illness, when no substitute has been made for a player unable to continue when play resumes, that player may return to the vacant position at any time later in the match, abiding by all the substitution rules 6.2 (b), and after notifying the Umpire.
- 7.8 Any player who wishes to leave the court for an emergency:-
- (a) Must first get the Umpires permission.
  - (b) May only re-enter the court as per Section 5.1.

## 8. Offside

- 8.1 A player shall be offside if they enter any area other than their designated playing area whether they are in possession of the ball or not. (Refer Rule 3.1).
- 8.2 A player shall be offside, despite the positional bib worn, if the Captain fails to notify officials of positional changes or substitution. That player is deemed to be still in the original playing position.
- 8.3 A player may take the ball from an offside area or lean on the ball to gain balance but shall not be deemed offside unless body contact is made with the floor or net in the offside area. If the player illegally uses the net, the Net Abuse Rule would be applied.

### Penalties:

- (a) Net Abuse Rule:  
Penalty Pass or Penalty Pass or Shot to the opposing team where the infringer was standing. *The infringer must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions* except where this places the non-offending team at a disadvantage, in which case the penalty will be taken where the contacted player was standing. If the ball is released or a goal is scored then the advantage rule shall apply.

**Offside Rule:** Free Pass to the opposing team where the offside occurred.

When two opposing players are simultaneously offside:-

- (i) If neither is in contact with the ball and no advantage is gained by either side play continues with no penalty.
- (ii) If one or both is in possession of the ball or touches it, a Toss-Up is taken between the two players in their own area. If in different areas and either is in contact with the ball, a Toss-Up between any two opposing players will be taken where the infringement occurred.

## 9. The Nets

The Side Line, End Line and Ceiling Nets shall form part of the court and the ball shall be in play off any net.

### 9.1 Use of the Nets

- (a) Players may use the nets to direct the ball to another player. They may bounce the ball off any of the Side Nets or the Ceiling Net obeying the over a Third rule (see Rule 10.6).
- (b) The one exception is the Centre Pass:  
The pass must be directed to a player allowed in the Centre Third. It may not be bounced off the nets or in any circumstances touch any of the nets before being touched by a player.

### Penalty:

Free Pass to the opposing team where the infringement occurred.

- (i) The ball shall be live off all nets. Once a player has released the ball that player may not touch or regain possession until it is first touched by another player or makes contact with the goal ring or net attached. The nets must not be construed as another player - e.g. replayed ball.

**Penalty:**

Free Pass to the opposing team where the infringement occurred.

9.2 **Net Abuse**

- (a) A player may not deliberately hold the nets or use the nets to push off to gain an advantage.

**Penalty:**

Penalty Pass or Penalty Pass or Shot to the opposing team where the infringer was standing. *The infringer must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions* except where this places the non-offending team at a disadvantage, in which case the penalty will be taken where the contacted player was standing. If the ball is released or a goal is scored then the advantage rule shall apply.

- (b) A player may not step, land or jump into the nets.

**Penalty:**

Penalty Pass or Penalty Pass or Shot to the opposing team where the infringer was standing. *The infringer must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions* except where this places the non-offending team at a disadvantage, in which case the penalty will be taken where the contacted player was standing. If the ball is released or a goal is scored then the advantage rule shall apply.

- (c) The nets may not be used to pin a player in such a manner as to prevent movement by said player.

**Penalty:**

Penalty Pass or Penalty Pass or Shot to the opposing team where the infringer was standing. *The infringer must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions* except where this places the non-offending team at a disadvantage, in which case the penalty will be taken where the contacted player was standing. If the ball is released or a goal is scored then the advantage rule shall apply.

- (d) A player may not deliberately hold the ball into the net or push off with the ball to gain an advantage.

**Penalty:**

Penalty Pass or Penalty Pass or Shot to the opposing team where the infringer was standing. *The infringer must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions* except where this places the non-offending team at a disadvantage, in which case the penalty will be taken where the contacted player was standing. If the ball is released or a goal is scored then the advantage rule shall apply.

**10. Conduct of the Game****10.1 Positioning of Players for the Start of the Game.**

- (a) The attacking Centre, with the ball shall stand wholly in the Centre Circle.
- (b) The opposing Centre shall be in the Centre Third and shall be permitted to move freely.
- (c) All other players shall be in whichever Goal Third is part of their playing area and shall be permitted to move freely.
- (d) No other player shall enter the Centre Third until the whistle has been blown to start or restart the Game.

**Penalty:**

Free Pass to the opposing team where the player entered the Centre Third. If two opposing players simultaneously enter the Centre Third before the whistle and either player is in contact with the ball, the Offside Rule applies. If neither player is in contact with the ball – no infringement has occurred and play continues.

**10.2 Start of Play**

- (a) The Umpire shall blow the whistle to start and re-start play.
- (b) The pass made by the Centre is the Centre Pass.
- (c) Play shall be re-started after the scoring of every goal and after each interval and shall be taken alternately by the opposing Centre players throughout the game
- (d) The Centre Pass is not deemed to have been taken until the ball is released from the Centre players hands.
- (e) If a player/s delay in taking their position in their playing area prior to the commencement of the centre pass the umpire/s may penalise.

**Penalty:**

Free pass shall be awarded to the opposing team after the commencement of the centre pass.

**10.3 The Centre Pass**

If a player/s delay in taking their position in their playing area prior to the commencement of the centre pass the umpire/s may penalise.

**Penalty:**

Free pass shall be awarded to the opposing team after the commencement of the centre pass.

- (a) When the whistle is blown the Centre player will throw the ball within three seconds, obeying the Footwork Rule.
- (b) The Centre Pass must be caught or touched by a member of the attacking team who lands wholly in the Centre Third.
- (c) A player who lands with the first foot, or on both feet simultaneously wholly in the Centre Third is deemed to have received the ball in the Centre Third.
- (d) An attacking player who lands both feet simultaneously astride the Transverse Line shall be deemed to have taken the ball in the Goal Third.

**Penalty:**

Free Pass shall be awarded to the opposing team, to be taken in the Goal Third close to the point where the ball crossed the transverse line.

- (e) if a member of the opposing team touches or catches the Centre Pass in the Centre Third play continues.
- (f) if a member of the opposing team touches or catches the ball in the goal third or feet astride the transverse line the advantage rule shall apply
- (f) If the ball touches the net after first being touched by a member of the opposing team - play continues.

**10.4 Playing the Ball**

**(a) A player may:**

- (i) Catch the ball with one or two hands.
- (ii) Catch the ball if it rebounds from the Goal Ring or net attached.
- (iii) Bat or bounce the ball to another player.
- (iv) Tip the ball in an uncontrolled manner any number of times in an effort to gain control or to direct it to another player..
- (v) Bat the ball once and then catch it or direct it to another player.
- (vi) Bounce the ball in an uncontrolled manner then catch it or direct it to another player.
- (vii) Roll the ball to oneself to gain possession.
- (viii) Fall while holding the ball but must keep the grounded foot on the ground before regaining their footing and dispose of the ball in a legitimate manner within three seconds.
- (ix) Lean on the ball to gain possession.
- (x) Lean on the ball in an offside area.
- (xi) Bounce the ball off any of the nets to another player.

**(b) A player may not:**

- (i) Deliberately kick the ball or deliberately use the leg to influence the direction of the ball.
- (ii) Punch the ball.
- (iii) Fall on the ball

- (iv) Attempt to gain possession of the ball whilst lying, sitting, and kneeling or in contact with the nets.
- (v) Throw the ball whilst lying, sitting, kneeling or using the nets to gain advantage.
- (vi) Regain possession of the ball after it has rebounded from the nets unless it has been touched by another player or make contact with the goal ring or net attached either before or after striking the net.

**Penalty:**

Free Pass to the opposing team where the infringement occurred.

- (c) A player in possession of the ball must dispose of it in a legitimate manner within three seconds.
- (d) A player in possession of the ball may not:-
  - (i) Roll the ball to another player.
  - (ii) Throw the ball and replay the ball before it has been touched by another player or some part of the goal ring or net attached.
  - (iii) Toss the ball in the air and replay it.
  - (iv) Drop or bounce the ball and replay it.
  - (v) Replay the ball after an unsuccessful shot at goal unless it is touched by another player or some part of the goal ring or net attached.
  - (vi) replay the ball after it has rebounded from the net.

**Penalty:**

Free Pass to the opposing team where the infringement occurred.

**10.5 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 receiver (this includes a bounce pass).

**Penalty:**

Free Pass to the opposing team where the infringement occurred.

**10.6 Over a Third**

- (a) The ball may not be thrown completely over a third of the court without being touched or caught by a player who is deemed to be in that third. The player must be wholly in that third or must land in that third to be deemed correctly in that third.
- (b) A ball thrown from the Centre Third which hits the End Net of the Goal Third shall be deemed to be over a Third if it is untouched by any player deemed to be in the Goal Third. If the ball hits the Goal Ring or net attached, this is not deemed to be over a third and play continues.

**Penalty:**

Free Pass to the opposing team just beyond the second Transverse Line that the ball has crossed except when the ball



thrown from the centre Third hits the End Net of the Goal Third where a Free Pass shall be taken. (On court adjacent to where the ball hit the net).

#### 10.7 **Footwork**

- (a) A player may:-
  - (i) Catch the ball with one foot grounded or jump to catch and land on one foot - this is the landed foot.
  - (ii) The pivoting foot may be lifted but the player must throw or shoot the ball before re-grounding the foot.
  - (iii) Step with the other foot, lifting the landing foot, but must release the ball before the landed foot is re-grounded.
  - (iv) A player may pivot completely on their grounded foot, allowing the player to shorten their distance between the attacking player and the defensive player.
- (b) A player who catches the ball with both feet grounded or who lands after receiving the ball simultaneously on both feet may:
  - (i) Step with the other foot in any direction and lift the grounded foot but must release the ball before either foot is re-grounded.
  - (ii) Step with either foot any number of times whilst pivoting on the landed foot.
  - (iii) Jump from both feet landing on either foot but must release the ball before re-grounding the other foot.
  - (iv) Step with either foot, then jump releasing the ball before either foot is re-grounded.
- (c) The player in possession of the ball may not:
  - (i) Drag the landed foot.
  - (ii) Hop.
  - (iii) Jump from both feet and land on both unless the ball is released whilst the player is still in the air.

#### **Penalty:**

Free Pass to the opposing team where the infringement occurred.

#### 10.8 **Scoring a Goal**

- (a) A goal is scored when the ball is thrown or batted or rebounded completely through the goal ring or net attached by either the GA/GS who must be wholly within the Goal Circle. The GA/GS may shoot for the goal after winning the ball in a Toss-Up in the Goal Circle. When taking the shot for goal a player shall shoot within three seconds of receiving the ball and obeying all footwork rules. GA/GS must have no personal contact with the ground outside the Goal Circle whilst receiving the ball or in the action of shooting for goal.

#### **Penalty:**

Free Pass to the opposing team where the infringement occurred.

During the motion of the shooting for goal or after the shooting of the goal the GA/GS may not come in contact with the goal ring or net attached. The GA/GS may not Net Abuse during the shooting and completion of the goal.

**Penalty:**

Goal is disallowed and GA/GS *must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions.*

- (b) A goal will not be scored when:-
  - (i) a player other than the GA/GS throws or bats the ball and it passes completely through the Goal Ring in which instance play shall continue uninterrupted.
  - (ii) the whistle for time or an interval, has sounded before the ball has passed completely through the Goal Ring and net attached.
  - (iii) an infringement occurs by a player from the attacking team before the ball passes completely through the Goal Ring and net attached.
- (c) No player may cause the Goal Ring and net attached to move so as to interfere with the shot at goal.
  - (i) A penalty pass or shot will be awarded if the ball has been released from the GA/GS hands and the GD/GK put their hand/s through the bottom of the net attached to the goal ring. If the ball is passing through the goal ring and net attached an advantage goal will be awarded.

**Penalty:**

Penalty Pass or Penalty Pass or Shot to the opposing team to be taken from where the infringer was standing. *The infringer must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions* unless this places the non-offending team at a disadvantage. If the goal is scored successfully the advantage rule shall apply.

**10.9 Obstruction**

- (a) A defending player must not be within 0.9 meters of the player with the ball when an attempt to intercept or defend is made. The distance is measured from the closest landing foot or in the case of a simultaneous landing from the closest foot of the attacker to the closest point of the nearer foot of the defender.
- (b) From the correct distance a player may maintain position if the player with the ball steps towards the defending player.
- (c) A player may be within 0.9 metres of the player with the ball if no attempt is made to defend or intercept the ball and no interference is made to the throwing of the ball or the movement of the player with the ball.

- (d) A defending player may not shorten the correct distance of 0.9 meters in an attempt to intercept or defend the throw.
- (e) Obstruction of a player not in possession of the ball occurs:-
  - (i) When a player makes any movements which may take the arms away from the body except as an attempt to catch or intercept the ball, to gain a rebound or to momentarily signal for a pass.
  - (ii) When a player uses an intimidating movement or sound, this includes inside/outside the goal circle during the release of the ball whilst taking a shot for goal.
  - (iii) When a player pins an opponent against the net or in the corner of the court in such a manner as to prevent the opponent from moving in any direction without causing contact.
  - (iv) A defensive player may not lift another player to defend a goal being taken
- (f) When a player with or without the ball intimidates an opponent it is obstruction.

**Penalty:**

Penalty Pass or Penalty Pass or Shot where the defending player was standing. *The infringer must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions* except where this places the non-offending team at a disadvantage, in which case the penalty will be taken where the contacted player was standing. If the ball is released cleanly or a goal is scored then the advantage rule shall apply.

**10.10 Contact Personal**

No personal contact with an opponent shall be allowed, deliberately or accidentally if it interferes with an opponent's movement. No player shall hold an opponent, feel for an opponent or charge an opponent. No player shall deliberately move into the path of an already moving opponent. A player may not move into the natural landing area of an airborne player after that player has left the floor.

**Contact with the Ball:**

No player shall push the ball into an opponent or touch an opponent with the ball in order to interfere with that opponents position or movement. A player shall not either accidentally or deliberately, place a hand or hands on, or remove from an opponents possession, a ball held by an opposing player in such a manner as to interfere with that opponents position or movement. Where simultaneous contact occurs a Toss-Up is taken between those two players.

**Penalty for Infringement of Contact Rules:**

Penalty Pass or Penalty Pass or Shot to the opposing team where the infringer was standing. *The infringer must stand beside and away and take no further part in play until the ball*

*is released including any forward movement or verbal direction or instructions* except where this places the non-offending team at a disadvantage, in which case the penalty will be taken where the contacted player was standing. If the ball is released or a goal is scored then the advantage rule shall apply.

## 11. **Conducting Penalties**

The penalties awarded are:

Free Pass, Penalty Pass, Penalty Pass or Shot.

- (i) The penalties are taken where the infringement occurred. For a Free Pass or where the infringer was standing for a Penalty, Penalty Pass or Shot unless the Advantage Rule is applied: (where the ADVANTAGE RULE applies, i.e. the Umpire shall refrain from blowing the whistle to penalise an infringement when by so doing the non-offending team would be placed at a disadvantage.) The footwork rule applies whilst taking a penalty pass or shot.
- (ii) All penalties are awarded to the team except the Toss-Up.
- (iii) Free Pass is awarded for all infringements except Obstruction, Contact and Net Abuse. (Note: where two infringements occur simultaneously a Toss-Up will result.)
- (iv) Penalty Pass is awarded for all Obstruction, Contact and Net Abuse offenses.
- (v) Penalty Pass or Shot is awarded to the attacking team when Obstruction, Contact and Net Abuse occurs in the Goal Circle. *The infringer must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions* except where this places the non-offending team at a disadvantage, in which case the penalty will be taken where the contacted player was standing. If the ball is released or a goal is scored then the advantage rule shall apply.

### **Toss-Up**

A Toss-Up is necessary when:

- (i) Two opposing players gain possession simultaneously.
- (ii) Opposing players are simultaneously offside, and one of the players is in possession of the ball or touches it.
- (iii) Opposing players make simultaneous contact, only when either or both players are disadvantaged.
- (iv) After a stoppage and the Umpire is unable to say where the ball was prior to the stoppage.
- (v) When the Umpire interferes with two opposing players striving for the ball.

The Toss-Up is taken between two opposing players who shall stand facing each other and their own goal line with arms straight and at their sides, there shall be a distance of 0.9 metres between the nearer foot of one player and that of her opponent, they shall not move until the whistle is blown. The Umpire shall release the ball midway between the two players from just below the shoulder level of the

shorter players normal stance, momentarily the Umpire shall be stationary and hold the ball and flick it vertically not more than 600mm in the air as the whistle is blown.

**Penalty:**









Free Pass to the opposing team where the infringement occurred.  
A Goal Shooter or Goal Attack may shoot directly for a goal after winning a Toss-Up inside the Goal Circle.

**Hand Signals**

**Should be used to clarify decisions**

For example:

- Stepping - Rolling Hands or Hands moving in an up and down motion
- Distance in Obstruction - Hands apart in front of body  
Personal Contact - Umpire should indicate clearly on body where the contact occurred
- Held Ball - Three fingers apart held up in the air
- Direction of Pass - Arm pointed towards one goal line
- Toss-Up - Palm of hand moved vertically upward
- Take Time for injury or illness or completion of quarters or game - Make a "T" with the fingers of one hand against the palm of the other
- Blood Bin - Hold both hands in front, palms facing the Players- call stop and blow whistle

Infringement	Hand Signal	Infringement	Hand Signal
Stepping	 Rolling hands or hands moving in an up and down motion	Direction of Pass	 Arm pointed towards one goal line
Distance in Obstruction	 Hands apart in front of body	Toss-Up	 Palm of hand moved vertically upward
Personal Contact	 One hand hits the other	Take Time	 Make a 'T' with the fingers of one hand against the palm of the other
Held Ball	 Fingers apart held up	Blood Bin	 Hold both hands in front, palms facing players, call stop & blow whistle

An Umpire can use any signal to show specifically what infringement has occurred to assist with clarification of decisions.

## 12. Discipline

The breaking of rules and/or the employment of any action not covered in the rules which is contrary to the spirit of the game is not permitted. This includes:-

- (i) The breaking of rules between the scoring of a goal and the restart of play and between the awarding and taking of any penalty on court.
- (ii) Deliberate delaying of play.  
An umpire may send a player from the court - but only when the Umpire/s are sure the original penalty is insufficient, except in extreme cases. A warning should be given in minor cases.

### **Penalty:**

- (i) Warning to the infringing player.
- (ii) Penalty Pass or Penalty Pass or Shot or advancement of penalty, within that third, where the infringer was standing. *The infringer must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions* except where this places the non-offending team at a disadvantage, in which case the penalty will be taken where the contacted player was standing. If the ball is released or a goal is scored then the advantage rule shall apply.
- (iii) Infringing player removed from the court for a period of time or number of goals scored. When a player is sent from the court no replacement is permitted. When a player is sent from the court no team changes are permitted unless the offending player is a Centre player in which case one on court player only may be moved to the Centre position. No coaching will be permitted from outside the court and the Umpire has the authority to warn spectators and to award a Penalty against that team if coaching continues. Supporters of a team will not be permitted to heckle or intimidate the opposing teams players or the Umpire in anyway whatsoever. The Umpire will warn the supporters and may penalise the team if this action is deemed necessary.

**Penalty:** Goals can be awarded to opposing team if this keeps occurring

## 13. Mixed Rules -

**To be read in conjunction with the rules from Section 1 to 13.**

### 13.1 The Team

- (a) There shall be a minimum of three (3) females, a maximum of three (3) males, with a minimum of two (2) males allowed on the court at any time.
- (b) The male players MUST play in the following positions:-  
One in either (1) Goal Shooter or Goal Attack,  
One in either (1) Centre court player either Wing Attack, Centre or Wing Defence.  
One in either (1) Defence player, either Goal Defence or Goal Keeper.
- (c) Four (4) interchange/substitute players are permitted in any game. These players may be made up in any ratio of male and female players, but can only be used in conjunction with (a) and (b) and Section 6 of the Indoor Netball Federation of Australia Rule Book.

## 14. National Premiership Points

- (a) Four (4) points for a win.
- (b) In the event of a draw, both teams shall receive two (2) points.
- (c) Should teams end up on equal points, then it will then go to the team with the highest difference.

# Notes

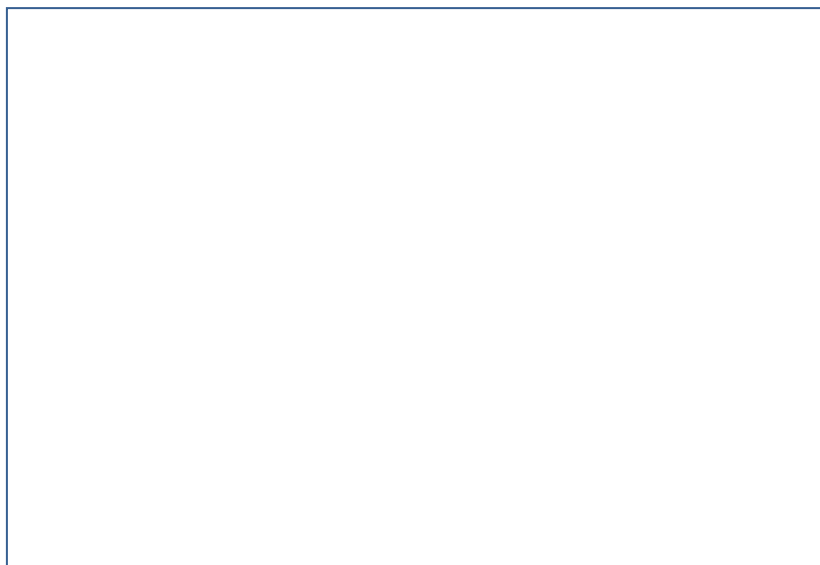




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