

SOCIAL COMPETITION RULES - NETBALL

Players

- The maximum number of players on a team is twelve (12)
- The minimum number of players on court without incurring a forfeit is five (5)
- The maximum number of male players on the court is three (3). One male per third.
- All players to sign the registration sheet before each match
- All players must remove objects such as watches/jewellery (taping of facial jewellery is expected) that may be dangerous to other players. A wedding band or a medic alert bracelet may be worn, but must be appropriately taped. Spectacles can be worn provided they do not pose a significant danger to others.
- Nails must be cut.
- Appropriate non-marking covered footwear must be worn.
- Bibs will be provided to identify teams.
- Players must have played a minimum of 4 games to qualify playing in the finals

Length of the game

- Games comprise of four (4) eight (8) minute quarters with a one (1) minute break at quarter time, and a three (3) minute break at half time.

Competition Points

- Win = 3 Points
- Draw = 1 Point
- Loss = 0 Point
- Forfeit = -3 Points

Substitutions

- Can be made:
 - a) quarter time
 - b) for injury or illness
- When a substitution or team change is made, both teams have the right to make team changes.
- If a substitution or team change is made due to injury or illness, the injured or ill player must be involved in the substitution or positional change
- There is no limit to the number of subs that can be made by a team, provided they do not utilise unregistered players

Borrowing Players

- You may ONLY borrow players if your team has less than SEVEN players present
- Borrowed players CANNOT be subbed on and off throughout the game. i.e. You can only borrow to make up to seven players.



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- Borrowed registered players must be identified to the umpires and write their names on the score sheet and indicate which team they are registered in.
- Players can be borrowed any number of times during the season for Round games (NOT FINALS)
- Players CANNOT be borrowed for finals, irrespective of how many times they have filled in for another team.
- All borrowed players must play in either WD or WA.

Stoppages

- To stop play the umpire must blow the whistle and signal to the timekeeper
- When a player is injured or ill, stoppage of up to 2 mins is allowed
- The umpire shall blow the whistle to restart play and the game is continued from the spot where play was stopped
- Referees discretion on calls will be final and any misconduct on decisions, abuse or gross misconduct can result in disciplinary penalties being utilised.

Starting the Game

- The game commences with the first centre pass taken at the umpire's whistle. After each goal is scored, a new centre pass is taken alternatively by the two centre players, irrespective of who scores the goal. The umpire's whistle indicates the beginning and end of each quarter.

Scoring a Goal

- A goal is scored when a Goal Shooter or Goal Attack within the goal circle throws the ball completely through the goal ring. The umpire's whistle signals the goal is scored.

Blood rule

- Any player with visible blood or bleeding on their clothing or person must be substituted immediately, and may not return until the umpire is satisfied that the bleeding has stopped.

Finals Procedures

- In the event of a draw in the finals, teams will go to extra time consisting of five (5) minutes and the team that finishes the extra time with the most points wins. In the event that scores are still tied at the end of the extra time, the game will continue until one team is ahead by two (2) points.

Forfeits



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🕒 Weekends: 6:00am – 7:00pm
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📷 [@mqusport](https://instagram.com/mqusport)

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- Teams that forfeit their game will not be refunded for the game forfeited. Teams who have their opposition forfeit will not be refunded but will be awarded 3 points for the win and added goal difference. Macquarie University Sports and Aquatic Centre staff will endeavour for a friendly game to still go ahead with a different opposition.
A team must attend every game coordinated for the season or notify U@MQ if they cannot attend a fixtured game. In this instance a forfeit will result.
- A forfeit may be declared if a game does not start within 10 minutes of the allocated starting time.
- If a team forfeits their match, the opposing team will be awarded a win +3 and added score difference of 20 points. The forfeiting team will receive - 3 points on the premiership ladder and added score difference of 0.

General Rules

All rules are as per IFNA regulations, with the following important regulations:

- **Contact**
 - a) A player cannot accidentally or deliberately come into contact with another player in a way, which impedes their play. For example, pushing, charging, tripping, throwing the body against an opponent or using the ball to push or contact an opponent. Players must not hold an opponent, nor keep their elbows against another player
- **Obstruction**
 - a) A player with arms extended cannot defend a player with the ball, closer than 0.9m (3 feet). This distance is measured from the first landed foot of the attacking player to the nearer foot of the defending player. A player may stand closer to an opponent without the ball provided their arms are not extended, but a player may not use intimidating actions against an opponent with or without the ball. If the attacking player lessens the distance in their throwing or shooting action, then the defending player is not considered to be obstructing because it was the attacking player and not the defending player who shortened the distance.
- **Held Ball**
 - a) A player must pass the ball or shoot for goal within three seconds of receiving the ball.
- **Over a Third**
 - a) The ball cannot be thrown over a complete third without being touched by a player in that third.
- The pass is taken from the third where the player gained possession. It does not matter if they step into an adjacent third to throw. A free pass is taken where the ball crossed the second transverse line.
- **Offside**
 - a) Players must stay within their designated playing areas. If a player goes offside, a free pass is awarded to the opposing team in the offside area. A player may reach over and take the ball from an offside area provided that no part of their body touches the ground in that area. When two opposing players go offside but neither touches the ball, they are not penalised. If one or both players are in possession of the ball when they go offside, a tossup is given in their area of play.
- **Out of Court**



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- a) If a player has no contact with the ball they may stand or move out of the court, but must make contact with the playing area and have no other contact with anything outside the court before attempting to touch the ball again.
- **Footwork**
 - a) **One-Foot Landing:** When a player lands on one foot they may step with the other foot, lift the landing foot, but must throw the ball before re-grounding the lifted foot. They may use the landing foot as a pivoting foot, stepping in any direction with the other foot as many times as they wish. Once the pivoting foot is lifted they must pass or shoot before re-grounding this foot. A player may jump from the landing foot onto the other foot and jump again, providing they throw the ball before regrounding either foot. NB. A player cannot drag or slide the landing foot, or hop on either foot.
 - b) **Two-Foot Landing:** If a player catches the ball and lands on both feet simultaneously, they may step in any direction with one foot, lift the other foot but must throw or shoot before re-grounding this foot. They may pivot on one foot, stepping in any direction with the other foot as often as they wish. Once the pivot foot is lifted they must throw the ball before re-grounding this foot. They may jump from both feet onto either foot, or step and jump but must throw or shoot before re-grounding either foot.
- **Playing the Ball (or Replay)**
 - a) A player who has possession of the ball may not bounce the ball and re-gain possession of the ball (replay it). If a player does not catch the ball cleanly, it may be allowed to bounce once to gain possession or batted or bounced to another team mate. After throwing the ball, a player cannot play it again until it is touched by another player, or rebounds off the goal post.
 - b) A player cannot:
 - i) Punch, roll, kick or fall on the ball;
 - ii) Gain or pass the ball in any way while lying, sitting or kneeling on the ground;
 - iii) Use the goal post as a way to regain balance or as support while stopping the ball from going out of court
- **Short Pass**
 - a) There must always be room for a third player to move in between the hands of the thrower and those of the receiver when passing. Passes that do not have this room are called short passes.
- **Centre Pass**
 - a) All players must be onside when the umpire starts play. If a player is onside and subsequently moves into the centre third before the whistle has been blown, they are breaking. The centre pass must be caught or touched in the centre third.
- **Penalties**
 - a) There are four types of penalties in netball:
 - i) free pass
 - ii) penalty pass / penalty pass or shot
 - iii) throw in
 - iv) toss up
 - i) Free Pass
 - A free pass is awarded for infringements on the court involving one player. The pass is taken where the infringement occurred by any player who is allowed in the area. The offending player does not have to stand beside the thrower taking the pass. If a free pass is awarded in the goal circle, the shooter may only pass the ball - not shoot for goal.
 - ii) Penalty Pass/Penalty Pass or Shot



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- A penalty pass is awarded for contact, intimidation and obstruction infringements. The pass is taken where the infringer was standing, except if it places the non-defending team at a disadvantage. Any player who is allowed in the area can take the pass. The penalised player must stand "out of play". That is, beside and away from the player taking the pass and makes no attempt to take part in play. This includes directing play, until the ball has left the throwers hands. If a penalty is given to a Goal Attack or Goal Shooter in the goal circle they are awarded a "penalty pass or shot".
- iii) Throw-In
- When the ball goes out of court it is thrown-in by an opponent of the team in the court that was last to touch it. The player taking the throw-in should place one or both feet behind the point where the ball crossed the line and make sure all other players are on the court before throwing the ball.
- iv) Toss-Up
- A toss-up is used to put the ball in play in situations such as, simultaneous contact by opposing players or if the umpire cannot decide who last touched the ball out of court.
 - The two players stand 0.9m (3 feet) apart, facing each other and their own goal end. Their arms should be straight with hands by their sides. Once in position, they must not move until the umpire has tossed it up from just below shoulder height of the shorter player, and blown the whistle.
 - The ball may be caught or batted except directly at an opponent.
 - A goal shooter or goal attack may shoot for goal from a successful possession at a toss-up.

Spectators

- All spectators and non-registered players must sit in the balcony/stand area.

