

Indoor Netball 5 A Side Specific Rules (Version 1.0)

All General Netball Rules apply, (contact, obstruction, stepping, held ball - some rules are highlighted at the end of the document).

Ladies 5 - A - Side

C	=	Centre
GA	=	Goal Attack
GD	=	Goal Defence
GS	=	Goal Shooter
GK	=	Goal Keeper

Mixed 5 - A - Side

Maximum of 2 males on the court
When 2 males are on court they cannot play GA & GS or GD & GK at the same time.

Game Time

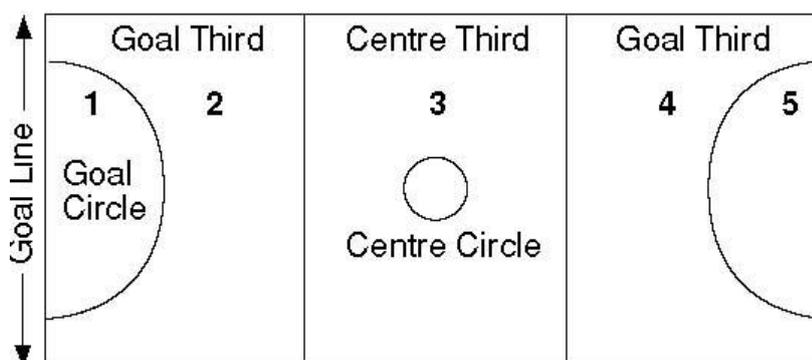
- The game is 4 x 6 minute quarters, with 1 minute breaks.

Centre Pass

- GS & GK must be in the goal circle before the whistle is blown for all centre passes. Once whistle has blown, GS & GK may leave the circle to contest the centre pass. GA & GD may move freely within the goal third.
- No player can receive the centre pass in the goal circle.
- The centre pass must be touched by a player before hitting the net. A free pass is awarded to the opposing team if it is untouched.
- The whistle for a centre pass will be blown when the centre steps wholly into the centre circle. If the centre deliberately waits for their own players to be onside before stepping on the white line they may be penalised for 'delaying' play.

Areas of Play.

- Centre = Whole court except the goal circles.
- GS & GK = To half way transverse line.
- GA = All of the court except the opposing teams goal circle.
- GD = All of the court except their own goal circle.



Late Arrivals & Substitutions

- There must be 3 original team members present or the game may be classed as a forfeit. If a team is over a quarter late for a scheduled match, it may be called a forfeit. Forfeit fees will then apply.
- Substitutions can only be made at quarter breaks, or to replace an injured player.
- If a team takes the court short of player/s, the late player/s can only come on after a goal is scored, at an injury/illness break or quarter break. They must inform the umpire before entering the court and can only go on in the vacant position.
- If a team needs a 'fill in' player you must check the rules of your netball co-ordinator prior to the 'fill in' player taking the court.

Net Ruling & Over a Third

- The ball must be touched by a player in each third.
- A player may not make contact with the net whether they have possession of the ball or not. Brushing the net lightly will be allowable.
- A player may not step, land, push off or jump into the nets.
- The ball shall be 'live' off all nets. Once a player has released the ball that player may not touch or regain possession until the ball has been touched by another player, or has made contact with the goal ring. This is called a 'replay' and the other team will receive a free pass.
- The nets may not be used to 'pin' a player in such a manner as to prevent movement, or to hold onto, to gain balance when defending in the goal circle. This will result in a penalty pass or shot.

Jewellery & Nails

- No jewellery is to be worn. If you are unable to take a piece of jewellery off, you must tape or cover it up. Acceptable forms of jewellery are flat piercings (i.e. studs and flat bars in eyebrows). Sleepers, hoops, spacers are **NOT** permitted to be worn or taped. See counter staff if you have any questions.
- Nails should be short and rounded. If a complaint is made to the umpire or staff, players may be asked to wear netball gloves. Taping of nails is **NOT** permitted. Gloves are available for purchase at the counter.

Scoring

- 1 goal is awarded for shots taken from inside the goal circle.
- 2 goals scored for shots taken outside the goal circle, (must be in the attacking third of court).
- For a legitimate goal to be scored on the buzzer & the umpire's call of time, the ball must have been passing through the goal ring.

Point System

- 3 points for a win. 2 points for a draw. 1 point for a loss. Teams that forfeit receive nil points.

Blood & Injury Time

- If a player has blood on their body, they must leave the court immediately to remove or stop the bleeding and cover the affected area. Player's whether bleeding or injured must remove themselves from the court as quickly as possible, and can re-enter the court after a goal has been scored or the beginning of a new quarter. 1 minute of injury time will be allowed in finals series.

Umpires

- The umpire's decision is final. At no time during a play should a player question an umpire. However at a break a player may ask the umpire for clarification of a rule. For continual and/or deliberate breaking of a rule, dangerous play or misconduct the umpire can: advance the penalty; warn a player; or send a player off for whatever period the umpire sees fit.

- The umpire also has the right to warn against harassing from the sidelines - being either from players or spectators. The offending team may be penalised &/or player's or spectators can be asked to leave the centre.
- Under no circumstances does Weston Indoor Sports tolerate the abuse of our umpires. If a player or team has a problem with an umpire, please speak to the netball co-ordinator on duty or management. If a player continues to disregard the rules set down, they may be suspended or asked to leave the centre permanently.

Game Fees

- Full match fees must be paid before the game, regardless of the number of players taking part. If a team forfeits a match, they must pay their game fee and the other team's game payment. If a team forfeits 2 competition games, they may be withdrawn from the competition.

Some General Netball Rules

Obstruction -

A defending player must not be within 0.9m (3 feet) of the player with the ball when an attempt to intercept or defend is made. The distance is measured from the original position of the grounded foot, or in the case of simultaneous landing, from the nearer foot of the attacker to the nearer foot of the defender.

From the correct distance the defending player may-

- Attempt to intercept or defend the ball by jumping towards the player with the ball, But if the landing is within 3 feet and interferes with the throw this is deemed to be an obstruction.
- Maintain their position, if the player with the ball steps towards the defending player.

A defending player may not shorten the distance of 3 feet in an attempt to intercept or defend the throw.

- A player may be within 3 feet 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.

Obstruction of a player not in possession of the ball occurs when -

- A player makes any movement which takes the arms away from the body, except as an attempt to catch or intercept a ball, to gain a rebound or signal for a pass.
- A player uses their knees in an attempt to "Zone" an opponent. The knees may not be more than shoulder width apart.
- A player uses intimidating movements or sound.(eg calling for the ball when your team does not have possession, defending the face of the player)
- A player pins an opponent to the net, or in a corner of the court in such a manner as prevent the opponent from moving in any direction without causing a contact.
- A player holds their arms across the opposing player to prevent their free movement on the court.

Penalty - Penalty pass or penalty pass/shot where the defending player was standing, unless this places the non-offending team at a disadvantage, then the penalty shall be taken where the obstructed player was standing.

CONTACT-

No personal contact with an opponent shall be allowed whether deliberate or accidental.

No player shall push, knock, trip or bump an opponent in an attempt to get free.

No player shall hold an opponent, feel for an opponent or charge an opponent.

No player shall deliberate move into the path of an already moving player at the last minute.

No player shall touch the ball held by another player.

A player catching the ball in the air has a right to landing space on the court. Any opponent interfering with this player natural landing space is deemed to have caused the contacted.

If two opposing player make simultaneous contact whilst striving for the ball, the decision shall be toss-up.

CONTACT WITH THE BALL-

No player in possession of the ball shall push the ball into an opponent or touch an opponent with it in order to interfere with that opponents play.

When a defending player has established 3 feet and their hands are stationary, the attacking player with possession of the ball, shall not touch the defending player with the ball in their possession. If contact is made by the attacking player with the ball it is deemed that the attacking player has caused the contact.

If both the defender and attacker are moving simultaneously a toss-up will be conducted.

Penalty- Penalty pass or penalty pass/shot to the opposing team where the infringement occurred, except where this places the non- offending team at a disadvantage, in this case the penalty shall be taken from where the contacted player was standing.

Footwork -

A player may -

- Catch the ball with one foot grounded or just to catch and land on one foot. This is the grounded foot.
- Pivot on the grounded foot.
- Step with the other foot but release the ball before the landed foot is regrounded.
- Step or jump from the grounded foot and jump again but must release the ball before either foot is regrounded.

A player who catches the ball with both feet grounded or who lands after receiving the ball on both feet simultaneously may -

- Step with either foot in any direction, lift the other foot but must release the ball before this foot is regrounded.
- Step with one foot any number of times whilst pivoting on the other foot.
- Step with either foot then jump releasing the ball before either foot is regrounded.
- (In other words choose which foot to use as the grounded).

The player in possession of the ball may not -

- Drag the landed foot.
- Hop.
- 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 took place.

Please be considerate of others. Play safe and remember to have fun and enjoy your game.