

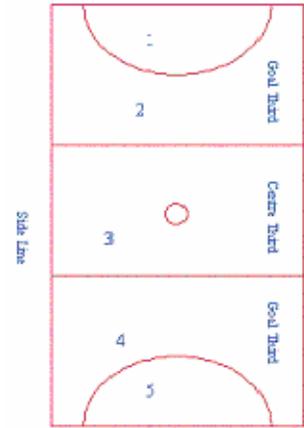
campus sport

Netball Rules

POSITIONAL RESPONSIBILITIES

Each position has a main role to play:

- GS** To score goals and to work in and around the circle with the GA
- GA** To feed and work with GS and to score goals
- WA** To feed the circle players giving them shooting opportunities
- C** To take the Centre Pass and to link the defense and the attack
- WD** To look for interceptions and to prevent the WA from feeding the circle
- GD** To win the ball and reduce the effectiveness of the GA
- GK** To work with the GD and to prevent the GS from scoring goals



The Game:

1. Each team will comprise of 7 players with a maximum of 3 males and a maximum of 3 substitutes. A team may be permitted to play with no less than 5 players.
2. There may only be one male in each third in any position.
3. Players must wear a form of rubber-soled sport shoe (no bear feet).
No jewelry shall be worn with the exception of a wedding ring or medical bracelet, which must be taped to the satisfaction of the umpire. Fingernails shall be cut short to the satisfaction of the umpire or gloves may be worn.

Length of the Game:

Preliminary Round: 2 x 16 minutes with a (2) minute half time break, but in an event of a tied game after regular time there shall be extra time allocated.

Finals & Play Off: 2 x 16 minutes with a (2) minute half time break, but in an event of a tied game after regular time there shall be extra time allocated.

Players must have played 1 regular/preliminary round prior to the finals & playoff to be eligible.

Extra Time: 2 x 3 minutes with no half time break, the clock does not stop for any circumstances.

Starting the Game:

The game commences and is restarted after each goal is scored and at the beginning of each quarter by a centre pass taken alternatively by the two centres, irrespective of who scores the goal. The first centre pass usually goes to the team whose captain "won the toss" i.e. won a heads or tails game with the opposing captain. The toss must take place before the match commences.

Scoring a Goal:

A goal is scored when a goal shooter or goal attack with no contact with the ground outside the circle throws the ball completely through the goal ring. The umpire's whistle signals the goal is scored. Each goal is worth one point.

Substitutions:

There is no limit to the number of substitutions which can be made by a team provided that players used do not exceed the nine named for the match. Substitutions may take place at half time or in place of injury.

Contact:

No player may come in contact with an opponent in such a way that impedes that play of the opponent. For example, pushing, tripping, or leaning on an opponent or use of other forms of physical contact.

Obstruction:

A player with arms extended cannot defend 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 not use intimidating actions against an opponent with or without the ball.

Holding the ball:

A player must release the ball within 3 seconds.

Over a third:

The ball cannot be thrown over a complete third without being touched by a player who is standing or who lands within that third. The pass is taken from the third where the player landed after gaining possession, however under the footwork rule they may step before passing the ball.

Offside:

Players must stay within their designated playing areas.

Where a team has three males on court, only one male is permitted to play within each third.

For example:

1 Offense 1 male in position GS or GA

1 Mid court 1 male in position WA or C or WD

1 Defense 1 male in position GD or GK

A player may reach over and take the ball from an offside position provided that no part of their body touches the ground in that area. When two opposing players go off side 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 toss up is given in their own area of play.

Footwork (stepping):A. One foot landing

When a player lands on one foot they may step with the other foot and lifting the landing foot, but must throw before grounding it. They must 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 lifting they must shoot or pass before regrounding this foot. A player may jump from the landing foot into the other foot and jump again, providing they throw the ball before regrounding 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 and lift the other foot but must throw or shoot before regrounding 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 regrounding this foot. They may jump from both feet onto either foot, or step and jump but must throw or shoot before regrounding either foot. Playing the ball. A player who has possession of the ball may not bounce the ball and replay it. If a player does not catch the ball cleanly, it may be bounced 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.

Short Pass:

The moment the ball is passed, there must be room for a third player to move between the hands of the thrower and those of the receiver.

A player cannot:

- punch, roll, kick or fall on the ball
- pass the ball in any way while lying, sitting or kneeling on the ground
- use the goal post as a way to regain balance or as a support while stopping the ball from going out of court.

Game Control:

The game is controlled by 2 umpires who penalise infringements of the rules. They may award: Free pass, Penalty Pass, Penalty Pass or Shot, Throw in, Toss Up

- Penalty Pass

A penalty pass or shot is awarded for infringement of the Rules of Obstruction and Contact. The pass is taken from where the infringer was standing, unless it places the non offending team at a disadvantage. The pass can be taken by any player who is allowed in the area. The penalised player must stand 'out of play'. That is beside and away from the player taking the penalty, so as not to impede this player in any way and make no attempt to

take part in play until the ball has left the hands of the thrower. If a penalty is given to the attacking team in their own goal circle they are awarded 'penalty pass or shot'.

- **Free Pass**

A free pass is awarded for infringement of the Rules on court except for Contact and Obstruction. 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 shooters may only pass the ball not shoot for goal.

Throw In:

When the ball goes out of court it is thrown in by any member of the opposing team allowed in the area where the ball crossed the line. The player throwing in must ensure all other players are already on the court before taking the throw in. The player must stand outside the court and place one or both feet behind the point where the ball crossed the line and must release the ball within 3 seconds of taking up this position.

The toss up:

- A toss up is taken to put the ball into play when
- Opposing players simultaneously contact each other
- Opposing players simultaneously knock the ball out of court.
- Opposing players simultaneously gain possession of the ball
- The umpire is unable to decide who last touched the ball out of court
- Opposing players are simultaneously offside with one in possession of the ball.

The two players stand 0.9m apart, facing each other and their own goal ends. 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's normal standing position and has blown the whistle. The ball may be caught or batted except directly at an opponent. A goal shooter or goal attack who gains possession from a toss up may shoot for goal.

Out of Court:

Ball is out of court when it contacts anything outside the court area including the basketball backboard. The ball is returned into play by a Throw-In taken from a point outside the line where the ball left the court. The player stands with foot close to the line, and the ball must be thrown onto the court within three seconds.

Forfeited Matches

Teams must be ready to start at the scheduled times. If the opposition does not show at the beginning of this period then the clock shall commence running and they will be penalized one point per minutes to the maximum of ten (10) minutes. If after ten minutes the team has still failed to turn up the game will be cancelled, and the team be awarded a forfeit with the team who showed up being awarded points for a win with the score being awarded a 20 to 0.