



## SOCIAL NETBALL RULES

### GENERAL INFORMATION

- 7 players per team are allowed on the court at any one time.
- Each team can have a maximum of 3 males on court at any one time, with the following position restrictions.
  - Maximum of 1 male in GS or GA
  - Maximum of 1 male in WD, C or WA and
  - Maximum of 1 male in GK or GD
- Teams must have a minimum of 5 players to start or they will forfeit the game.
- Teams are allowed as many substitute players as rolling subs

### Scorebench/Umpires

Each team is required to provide 1 person to do the scorebench

Each team is required to provide 1 person to referee

### Bibs

The team on Lock up duty will be required to take the bibs home and wash them.  
Returned on Monday/Tuesday the next week.

### Lock up

At the end of the night Duty teams must

- Static mop floor
- Leave Netball, score sheets, whistles and place in Stadium Cupboard One
- Lock up facility as per instructions on the lock up keys.

### Game Times

- Games consist of four 10 minute quarters with a 2 minute half time break.
- Due to the tight nature of bookings, games will start at the scheduled time whether teams are ready or not.
- If a team is more than 5 minutes late then they will receive 2 penalty goals against them.
- If a team is more than 8 minutes late then they will default the game.



### **Defaults**

- It is expected that teams are able to play every week; defaults should be avoided where at all possible.
- In the case of a default, a 20-0 score will be awarded to the non-defaulting team.

### **Misconduct**

- The emphasis of the leagues is on fun, enjoyment and a social atmosphere. They provide an opportunity to get active in a friendly environment. While healthy competition is encouraged, this should not be at the expense of these goals.
- Players and teams must compete and conduct themselves in a spirit of fair play and should accept officials' decisions without gesture or argument. Aggressive play, violent misconduct and foul language will not be tolerated, and any incidents of this nature will be dealt with seriously. Consequences can include the withdrawal of specific players or a whole team from games/the league, without a refund.
- Any players (or spectators) who are intoxicated will be asked to leave the facility.
- If you have any concerns relating to any behaviour or incidents that occur during the leagues, please complete a feedback form that will be given to the Facility Manager.

### **Warming Up**

- Players are responsible for ensuring they are sufficiently warmed up and physically prepared to participate in sporting activity. It is recommended that a warm-up involves some light cardio and stretching to help prevent the chance of injury.

### **Clothing**

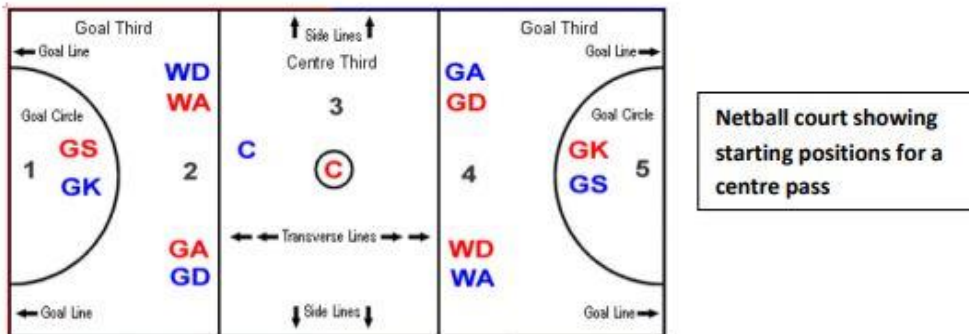
- Bibs are provided.
- Suitable sports shoes and clothing must be worn (no bare feet).
- No sharp or dangling jewellery is to be worn and finger nails must be cut. Umpires have the right to remove players who do not adhere to these rules.

# SANDFORDS EVENT CENTRE OPUNAKE

## NETBALL RULES

Games are played under normal outdoor netball rules (these are outlined below).

The court area is marked with yellow tape for the outside lines and black tape for the inside lines.



### Playing positions & court areas

Position	Responsibilities	Court area allowed
GS	To score goals and to work in and around the circle with the GA	1 & 2
GA	To feed and work with GS and to score goals	1, 2 & 3
WA	To feed the circle players giving them shooting opportunities	2 & 3
C	To take the centre pass and to link the defence and the attack	2, 3 & 4
WD	To look for interceptions and to prevent the WA from feeding the circle	3 & 4
GD	To win the ball and reduce the effectiveness of the GA	3, 4 & 5
GK	To work with the GD and to prevent the GS from scoring goals	4 & 5

### Playing the game

Centre passes are taken alternately by the centre of each team - after each goal is scored and at the start of each half. Each team endeavours to pass the ball down to their goal circle and score goals. The team with the most goals at the end of the playing time wins the game.

### Centre pass

Before the whistle, all players must start in the goal thirds except the two centres. The centre with the ball must be fully within the centre circle and must obey the footwork rule after the whistle has been blown. The opposing centre stands anywhere within the centre third and is free to move. After the whistle, the centre pass must be caught or touched by a player standing in or landing wholly within the centre third.

### Scoring a goal

Only GS or GA can score – they must be completely within the goal circle when the ball is received in order to shoot for goal. A goal is scored when the ball passes through the hoop.



### **Minor infringements - free pass**

Breaking the following rules will result in a free pass being awarded to the opposing team. When a free pass is awarded to a team it may be taken by any player from that team allowed in that area, as soon as they are in position. A player may not shoot from a free pass in the goal circle.

#### ***Offside***

Player moving out of their own area, with or without ball (on a line counts as within either area).

#### ***Breaking at the centre pass***

A player moving into the centre third before the whistle is blown for the centre pass.

#### ***Playing the ball***

A player who has caught the ball must play it or shoot for goal within three seconds. A player may bounce or bat the ball once to gain control. Once released, the ball must next be touched by another player. A player on the ground must stand up before playing ball.

#### ***Over a third***

The ball may not be thrown over a complete third without being touched or caught by a player.

#### ***Footwork***

Having caught the ball, a player may land or stand on:

One foot – while the landing foot remains grounded, the second foot may be moved any number of times, pivoting on the landing foot. Once the landing foot is lifted, it must not be re-grounded until the ball is released.

Two feet (simultaneously) – once one foot is moved, the other is considered to be the landing foot, as above. Hopping or dragging the landing foot is not allowed.

### **Major infringements - penalty pass**

Breaking the following rules will result in a penalty pass or pass/shot being awarded to the opposing team. A penalty pass (or penalty pass/ penalty shot if in the goal circle) is awarded where the infringement occurred. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.

#### ***Obstruction***

Player with ball: the nearer foot of the defender must be 0.9m (3ft) feet from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 0.9m (3ft) feet distance

Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action. Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.

A standing player is not required to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. Moving into the landing space of a player already in the air or stepping late into the path of a moving player.