

SOME "COMMON" NETBALL RULES

1. MIXED NETBALL RULES

As this is a mixed Netball league there are some standard rules that apply to having male players, which are as follows:

- i. 7 players on court during play
- ii. On the court playing there is only allowed to be 3 males at any one time. Therefore on court teams are made up of 4 females and 3 males.
- iii. When on court playing the **3 males have to be in separate thirds of the court**, position wise. This means that 1 male plays in the shooting or attacking positions of either goal attack (GA) or goal shooter (GS). 1 male plays in the midcourt positions of either centre (C), wing attack (WA) or wing defense (WD) and 1 male in the defending positions of either goal defense (GD) or goal keeper (GK).

2. PLAYING THE BALL

A Player may:

- iv. Catch the ball with one or both hands
- v. Gain or regain control of the ball if it rebounds from goal post
- vi. Bat or bounce the ball to another player without first having possession of it
- vii. Having batted the ball once, either catch the ball or direct the ball to another player
- viii. Having bounced the ball once, either catch the ball or direct the ball to another player
- ix. Roll the ball to oneself to gain possession
- x. Fall while holding the ball, but must regain footing and throw within three seconds of receiving the ball
- xi. Jump from a position in contact with the court and play the ball outside the court, provided that neither the player nor the ball make contact with ground or any object or person outside the court while the ball is being played

A Player may not

- i. Strike the ball with a fist
- ii. Deliberately fall on the ball to get it
- iii. Attempt to gain possession of the ball while lying, sitting or kneeling on the ground
- iv. Throw the ball while lying, sitting or kneeling on the ground
- v. Use the goal post as a means of regaining balance or as a support in recovering the ball going out of court
- vi. Roll the ball to another player
- vii. Deliberately kick the ball (if the ball is thrown and accidentally hits the leg of a player, it is not a kick)
- viii. Throw the ball and replay it before it has been touched by another player
- ix. Toss the ball into the air and replay it
- x. Drop the ball and replay it
- xi. Bounce the ball and replay it

Passing Distances

- i. Short Pass and at the throw in – at the moment the ball is passed, there must be room for a third player to move between the hands of the thrower and receiver

Over A Third

- i. The ball may not be thrown over a complete third without being touched or caught by a player who, at the time of touching or catching the ball, is standing wholly within that third, or who lands in that third
- ii. A player who lands with the first foot wholly within that third is judged to have received the ball in that third. The subsequent throw shall be considered to have been made from the third in which the player first landed
- iii. The player who lands on both feet simultaneously with one foot wholly within the correct third and the other in the incorrect third shall be penalised

3. FOOT WORK

A player may receive the ball with one foot grounded, or jump to catch and land on one foot and then

- i. Step with the other foot in any direction, lift the landing foot and throw or shoot before this foot is regrounded
- ii. Step with the other foot in any direction, any number of times, pivoting on the landing foot. The pivoting foot may be lifted, but the player must throw or shoot before regrounding it
- iii. Jump from the landing foot onto the other foot and jump again, but must throw the ball or shoot before regrounding either foot
- iv. Step with the other foot and jump, but must throw the ball or shoot before regrounding either foot

A player may receive the ball while both feet are grounded, or jump to catch and land on both feet simultaneously and then

- i. Step with either foot in any direction, lift the other foot and throw or shoot before the first foot is regrounded
- ii. Step with either foot in any direction any number of times, pivoting on the other. The pivoting foot may be lifted, but the player must throw or shoot, before regrounding it
- iii. Jump from both feet onto either foot, but must throw or shoot before regrounding the other foot
- iv. Step with either foot and jump, but must throw the ball or shoot before regrounding either foot

A player in possession of the ball may not

- i. Drag or slide the landing foot
- ii. Hop on either foot
- iii. Jump from both feet and land on both feet unless the ball has been released before landing

4. OBSTRUCTION

Obstruction of a player in possession of the ball

An attempt to intercept or defend the ball may be made by a defending player if the distance on the ground is not less than 0.9mtr from a player in possession of the ball. When the ball is received, the distance is measured as follows:

- i. If the player is standing on one foot or lands on one foot, the distance is measured from that foot to the nearer foot of the defending player. If this foot is lifted, the distance is measured from the spot on the ground where the foot was originally placed
- ii. If the player is standing or lands on both feet simultaneously and remains grounded on both feet, the distance is measured from whichever is the nearer foot of that player to the nearer foot of the defending player
- iii. If the player is standing or lands on both feet simultaneously and either foot is lifted, the other foot is considered to be the grounded foot from which the 0.9mtr distance is measured

From the correct distance, as specified in the above, a defending player may attempt to intercept or defend the ball

- i. By jumping upwards or towards the player with the ball, but if the landing is within 0.9mtr of that player and that player is still in possession of the ball, obstruction occurs
- ii. If the player with the ball steps forward to lessen the distance of 0.9mtr between them

From the correct distance, 0.9mtr, a defending player may not attempt to intercept or defend the ball by stepping towards an opponent with the ball either deliberately or as a result of falling off balance.

Obstruction of a player not in possession of the ball

A player is obstructing, if within a distance of 0.9mtr measured on the ground from an opponent without the ball, any movements are employed by that player, whether attacking or defending which takes the arms away from the both, other than those involved in natural body balance. Within this distance a player is not obstructing if the arms are outstretched

- i. To catch, deflect or intercept a pass or feint a pass
- ii. To obtain a rebound from an unsuccessful shot at goal
- iii. Momentarily to signal for a pass, or to indicate the intended direction of movement

Obstruction by intimidation

When a player with or without the ball intimidates an opponent it is obstruction

Obstruction by a player from out of court

A player who is standing out of court may not attempt to defend a player who is on court

5. CONTACT

No player may come into contact with an opponent in such a way that it impedes the play of that opponent

In an effort to attack or defend or play the ball, a player shall not

- i. Move into the path of an opponent who is committed to a particular landing position
- ii. Push, trip, hold or lean on an opponent or use other forms of physical contact
- iii. Place a hand or hands on a ball held by an opponent, except that the umpire may use the advantage rule to allow the first player in possession to continue to play
- iv. Knock or remove the ball from the possession of an opponent
- v. While holding the ball, push it into an opponent
- vi. Position so closely to an opponent that the umpire considers that player is unable to move without contacting

If two opposing players contact simultaneously, a toss up may be awarded between the two players concerned if the umpire is conscious that both players have been unfairly affected by the contact

6. GAME CONTROL

The game is controlled by two umpires who penalise infringements of the rules. They may award:

- i. Free Pass – awarded for infringements on court with the exception of obstruction, contact and simultaneous offences. A free pass may be taken by any player allowed in that area – but if in the goal circle the player may not shoot for goal
- ii. Penalty Pass or Penalty Shot – awarded for infringement of the rules of obstruction and contact. Penalised player must stand beside and away from the player taking the penalty so as not to impede this player in any way. The penalised player may not move until the ball has left the hands of the thrower. If the infringer moves before the ball has left the hands of the thrower, the penalty shall be retaken. The penalty is taken where the infringer was standing, unless this disadvantages the non-offending team. Any player allowed in the area may take the penalty.

When two members of a team simultaneously obstruct or contact a member of the opposing team, each offender shall stand beside and away from the thrower taking the penalty. They must make no attempt to take part in the play until the ball has left the throwers hands.

- iii. **Throw In** – when the ball goes out of the court it shall be put into play by a member of the opposing team either:-
 - i. The player on court who last had contact with the ball; or
 - ii. The player who received the ball while any part of that player was touching the ground, object or person outside the court

The player throwing the ball in shall:-

- i. Ensure that all other players are already on the court before taking the throw in
 - ii. Stand outside the court and place one or both feet behind the point where the ball crossed the line
 - iii. Throw within three seconds of taking up this position
 - iv. Do not enter the court until the ball has been thrown
- iv. **Toss-up** – a toss-up is taken when:-

- i. Opposing players gain simultaneous possession of the ball
- ii. Opposing players simultaneously knock the ball out of the court
- iii. Opposing players are involved and umpire is not able to determine the last player to touch the ball before it goes out of court
- iv. Opposing players are simultaneously offside – one in possession of or touching the ball
- v. Opposing players make simultaneous contact and both have been unfairly affected by the contact
- vi. After an incident the umpires are unable to say who had the ball – or the ball was on the ground when play stopped

The toss up is taken on court between the two opposing players concerned at the point where the incident occurred. The two players shall stand facing each other and their own goals with arms straight and hand to sides. There shall be a distance of 0.9mtrs between the nearer foot of each player concerned. The umpire will ensure the players are standing correctly before the toss up is taken. They shall not move from that position until the whistle is blown. If one player moves too soon a free pass is awarded to the opposition where the infringement occurred.

7. DISCIPLINE OF PLAYERS

The breaking of the rules and/or the employment of action in a manner contrary to the spirit of the game are not permitted.

In the case of unacceptable behaviour the umpire will:-

- i. Call time – stop the clock
- ii. Call co-umpire and team captains over
- iii. Explain the incident and the penalty involved and give warning if necessary
- iv. If there is any dispute or abuse against the Umpire calls, the players involved will be given a verbal warning. If the players involved continue the dispute they will be asked to leave the court for TWO GOALS and then allowed back on court. Any further disputes by those players during that game will result in the players being removed for the remainder of the game.

8. JEWELLERY AND FINGERNAILS

Fingernails – be they real or synthetic, must be cut short – no exceptions. You may not tape them or wear gloves.

Jewellery/Piercings. No piercings of any type are acceptable – they must be removed for the duration of the game. The only allowable piece of jewellery is a wedding band or medic alert bracelet – these must be taped.

Please note – you will be unable to take the court wearing jewellery or with fingernails longer than the tips of your fingers.

9. LATE ARRIVALS

A team must have a minimum of five players to take the court. A team with less than 5 players at the start of the game will be deemed to have defaulted. Any players arriving after the start of the game will not be permitted to take the court until the Umpire has checked for jewellery and nails.