

Indoor Netball – 7 aside

• THE TEAM

Each team consists of 7 players. Teams may have a maximum of ten players and a minimum of five players. A team is comprised of: Three attack players, three defense players and once centre player

• MIXED TEAMS

Each team consists of a maximum of three males on court at any one time. A male player must take up a one of each position, i.e. If you have three males: One male plays = Attack, one male plays = defense and one male plays = Centre.

• THE GAME

The game is played in four quarters of eight minutes

• PLAYING AREAS

The playing area for the attack players is entirely within the attack half for that quarter and includes the goal circle. The playing area for the defense players is entirely within the defense half for that quarter and includes the goal circle. The playing area for the centre players is the entire court with the exception of both goal circles.

• OFFICIALS

The stadium shall provide the referee who shall control the game, operate the scoreboard and act as timekeeper. The referee's interpretation of the rules shall be final and teams have no choice in referees.

• GAME FEES

It is the captains' responsibility to ensure that complete game fees are paid before the game, otherwise the game cannot commence. The correct procedure is for the captain (or representative) to pay the game fee, place a tick on the team sheet next to the players' participation in the game.

• COMPETITION POINTS

The position of each team in the competition shall be determined by the accumulated points awarded, based on the results of the games. The competition points shall be awarded as follows:

4	competition points for a win
2	competition points for a draw
1	competition point for a loss
1	bonus point is awarded for every quarter that is won (no points for a drawn quarter)

A team entering late into the competition will not be awarded any points for any missed games.

• TEAM LATE ON COURT

If a team does not have at least four players on court, a penalty of one goal for every 30 seconds late shall apply. Late arriving players may not enter the court while the game is in progress but only after notifying the umpire may take the court – after a goal has been scored – in this case, they must play in the position left vacant by the team – at half/quarter time – after a stoppage for injury or illness. If eight minutes have elapsed the game is then defaulted. For this reason we recommend teams arrive, and be ready to play at least ten minutes prior to the scheduled game time.

If players are required to remove jewellery or cut their nails the clock shall be started on time and that player must abide by the above rules for entering the game.

• DEFAULTS

Teams failing to play a fixture game may at the stadiums discretion be removed from the competition

• FINALS

At the end of the competition there will be a finals series. To qualify for the finals each player must have played at least one third of the minor round games. Any drawn Finals, the higher qualifier will go through to the next round. Any drawn Grand Finals will play two minutes each way.

• BEHAVIOUR

For the enjoyment of all, games are expected to be played in a sportsmanlike manner. The stadium reserves the right to dismiss any team or member thereof for threatening, offensive or abusive behavior. The team shall be held responsible for the action of its members and the spectators both on and off the court.

Rules of Indoor Netball

• OFFSIDE

- A player either with or without the ball shall be deemed offside if they step outside their designated playing area.
- On the line is not offside
- A player may reach over and take the ball from an offside area (or may lean on the ball) provided no body contact is made with the ground or net.

• START OF PLAY

A centre player from each team will contest a toss up ball at the centre line, centre court, to start the game at each quarter. They must be

positioned in their defense halves when the toss up is taken. All other players must be in their correct positions. A defense player will restart the game from within the goal circle after each goal is scored in the restart circle.

• PLAYING THE BALL

A player may...

- Catch the ball with one or both hands
- Bain or regain control of the ball if it rebounds from the goal
- Tip or touch the ball in any uncontrolled manner once and then catch the ball or direct to another player.
- Fall while holding the ball but regain footing and throw the ball within three seconds of receiving it and observe the footwork rule.
- Lean on the ball on the floor to stop going offside.

A player may not...

- Contact the ball with their legs or feet at any time in a controlled action
- Strike the ball with a fist
- Deliberately fall on the ball to gain possession
- Attempt to gain possession of the ball while sitting, kneeling or lying on the ground
- Use the goal as a means of gaining balance or in any way
- Guard a loose ball to prevent players from gaining possession of the ball

• HELD BALL

A player who has either caught or held the ball must play it or shoot for goal within three seconds of receiving the ball.

• REPLAYED BALL

A player who has either caught or held the ball may not...

- Roll the ball
- Toss the ball and touch it again before another player has touched it or it has hit the goal
- Drop or bounce the ball and then replay it
- Replay the ball after an unsuccessful shot missed the goal ring
- Control the direction of the ball with a bat then gain possession of the ball
- Attempt more than two times to gain possession of the ball

• SHORT PASS

On the court at the moment the ball is passed there must be room for a third player to move between the hands of the thrower and the hands of the receiver.

• THROUGH A HALF

- From a restart after a goal, the ball must be passed into the teams defending half.
- A pass must be made to each zone of the court before carrying on to the next zone. Eg.
 - A defensive rebound is caught, a pass must be caught in their defensive half before entering into their attacking half, and must be caught in the attacking half before being caught in their attacking circle.

• SCORING A GOAL

- When a player from within the goal circle throws the ball over and completely through the goal ring, a single goal is scored.
- When a player from between the inner goal circle and the outer goal circle throws the ball over and completely through the goal ring, a 2-point goal is scored.
 - Note: A player may step back into the two-point zone between the two circles, and shoot two.
 - A player cannot step forward into the two-point zone and shoot, if the ball goes in play will carry on as if it has missed.
 - A players foot may not be on the inner circle line when they shoot, if they are then this is only one point.
- If a shooters feet are positioned on the line marking the circle at the time of shooting the ball one goal will be scored.
- If a defending player deflects a shot for goal and the ball passes over and completely through the goal ring, a goal is scored.
- If the whistle is blown ending any period of play after a penalty pass or shot has been awarded, the penalty shot is to be completed.
- In taking a shot for goal, a player must
 - Shoot within three seconds of receiving the ball
 - Obey the rules of footwork
- If a defending player causes the goal post to move so as to interfere with the shot at goal, a penalty shot will be

awarded from where the infringer was standing, unless this disadvantages the non-offending team.

- h) If a defense player attempts to deflect a ball away from the goal ring, whether its in its upwards or downwards flight, and in doing so touches the goal ring, or goal net, the shot will be awarded whether it goes in or not.
- i) If a ball hits the goal post then hits the back or top net and then passes completely through the goal ring, a goal is scored.
- j) If the ball hits the back net without hitting the goal post or goal ring, and passes completely through the goal ring, NO goal is scored and play continues.
- k) If a successful shot at goal is attempted just prior to the end of a period of play, the goal will be counted if the ball had left the players hands prior to the final whistle being blown.

- **FOOTWORK**

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

- a) Step with the other in any direction, and pivot on the landed or grounded foot
- b) Jump from the grounded foot to other foot and jump again but must pass before landing.

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

- a) Step with either foot in any direction, lift the other foot and throw or shoot the ball before the foot is grounded
- b) Step with either foot in any direction any number of times while pivoting on the other. The pivoting foot may be lifted but the player must throw or shoot the ball before grounding it.

A player in possession of the ball may not...

- a) Drag or slide the landing foot
- b) Hop on either foot

A player may jump to shoot if and only if there is no forward momentum, and the jump is one that is vertical, where the player lands at the same point they left the ground. This rule forbids 'layups'.

- **SUBSTITUTION**

- a) A player substitution may only take place at half or quarter time unless due to injury
- b) Each team may make a maximum of two substitutions.
- c) In case of injury, the player may be replaced and only one change by each team is allowed.

- **OBSTRUCTION**

To defend a player who is in possession of the ball you must be 0.90m from the player. This distance is measured as follows...

- a) The distance is taken from the players landing, grounded or pivoting foot, even if it has been lifted to the nearest foot of the defending player.
- b) If the player is standing or lands on both feet simultaneously and remains grounded on both feet, the distance is measured from which ever is the nearest foot of that player to the nearest foot of the defending player.
- c) If the player is standing or lands simultaneously and either foot is lifted the other foot is considered to be the grounded foot from which the distance is measured.
- d) From correct distance, a defending player may not attempt to intercept or defend a ball by jumping or stepping towards the player with the ball if they land or step within the 0.90m distance between them.
- e) A player may attempt to intercept or defend the ball when the player with the ball steps forward to less than the 0.90m distance between them.
- f) A player may be within 0.90m of an opponent in possession of the ball providing no effort is made to defend and there is no interference with the opponents throwing or shooting action.

A player marking their opponent within 0.90m when they don't have possession of the ball cannot take their arms away from their body unless...

- a) They attempt to catch, deflect or intercept a pass or fake pass
- b) They attempt to obtain a rebound from an unsuccessful shot at goal
- c) They momentarily signal for a pass or to indicate their intended direction of movement
- d) A player may attempt to block or reject a shot at goal at any one time once the ball has left the throwers hands regardless of whether the ball is on an upward or downward flight. As long as they obey the obstruction rules.
- e) A player must not obstruct an opponents face or eyes at any time

- f) A penalty pass or shot will be awarded to the opposing team when a player is penalized under any of the rules of obstruction.

- **CONTACT**

- 1. **Personal Contact**

No player shall come into personal contact with an opponent in such a manner as to interfere with the opponents play regardless of whether it was a deliberate or accidental action.

In an effort to get free a player shall not...

- a) Push an opponent in any way
- b) Trip or knock an opponent in any way
- c) In an effort to contact the ball a player must not push or bump an opponent

In an effort to defend an opponent, a player shall not...

- a) Keep an elbow against an opponent
- b) Hold an opponent. This includes feeling to keep near an opponent
- c) Charge an opponent. That is when jumping or bumping an opponent
- d) Whether attempting to get free; or to defend, a player is responsible for any personal contact
- e) If taking up a position so near an opponent that contact is inevitable
- f) If moving so quickly into the path of a moving player that contact is unavoidable

- 2. **Contact with the Ball**

- a) While holding the ball a player shall not touch or push an opposing player in such a manner as to interfere with an opponents play
- b) Place a hand or hands on the ball when held by another player
- c) Remove the ball from an opposing player when that player is holding the ball. Where the above occurs simultaneously a toss-up will be taken between those two players

- **PENALTIES**

There are three types of penalties that can be awarded when any of the rules of Indoor Netball are broken

- Free pass
- Penalty pass or shot
- Toss-up
- a) The penalty must be taken from where the infringement occurred except where this places the non-offending team at a disadvantage. In this situation the penalty will be taken where the non-offending player was standing at a place on the court indicated by the umpire.
- b) Any member of the non-offending team may take the penalty if allowed in the area where the penalty is awarded.
- c) The player taking the penalty must throw the ball within three seconds after taking position at the correct place and being in possession of the ball
- d) When taking either a free pass, penalty pass or penalty shot the footwork rule applies as though the foot placed at the point indicated were equivalent to the landing foot in a one-foot landing.
- e) A free pass will be awarded to the opposing team if a player is penalized for any infringement when in the process of taking a free pass, penalty pass or shot.

- **FREE PASS**

- a) A free pass is awarded for infringements of these rules with the exception of the rules of – obstruction, contact, personal and with the ball, net abuse, simultaneous offences by two opposing players
- b) A free pass is awarded to the non-offending team and any member of the team may take the free pass if allowed in the area in which it was awarded
- c) You may NOT shoot for goal from a free pass

- **PENALTY PASS OR SHOT**

- a) A penalty pass or shot is awarded for the breaking of the rules of obstruction, contact: personal and with the ball and net abuse
- b) A player penalized under these offences must stand beside and away from the player taking the penalty and must make no attempt to take part in the game until the ball has left the throwers hands. If the infringer moves before the ball had left the throwers hands the penalty shall be retaken unless the pass or shot is successful and the advantage rule shall apply
- c) The penalty must be taken where the infringement occurred except where this places the non-offending team at a

disadvantage. The penalty will be then taken where the non-offending player was standing.

- d) Any player from the non-offending team may take the penalty. If allowed in the area where the penalty was awarded
- e) Any player can defend a pass or shot with the exception of the penalized player.
- f) If an opponent contacts or obstructs the thrower during the taking of a penalty pass or shot, a second penalty will be awarded where the second infringer was standing unless this would place the non-offending team at a disadvantage. In this instance, both the original and second offenders must stand beside and away from the player taking the penalty
- g) When two or more members of a team simultaneously obstruct or contact a member of the opposing team, each offending player must stand beside and away from the player taking the penalty
- h) The pass or shot is only for penalties inside the goal circle, otherwise it is a penalty pass.

- **TOSS-UP**

- a) A toss-up is used in the following situations when two opposing players:
 - Simultaneously gain possession of the ball with one or two hands.
 - Simultaneously offside and one or both players were either in possession or contact with the ball
 - Make simultaneous contact with each other
 - After a stoppage in play when the umpire is unable to determine who was in possession of the ball when play was stopped

- **NET RULES**

- The nets surrounding the court are all part of the playing area
- A player may not apply any body weight to a net
- A player may not jump or stand into the net in any way
- A player may not hold any part of the net to maintain balance or for their advantage in any way
- A player may not climb the net for any reason

- **GOAL TENDING**

- A player may not block a shot that has reached the peak of its flight and is on the way down to the goal.

- **OUT OF COURT**

- If a ball touches the back line of the court or hits the net beyond this point this is out of court and the other team may pass in from behind this line.

- Gloves must be worn

- **MISCONDUCT**

- The breaking of rules or the employment of any actions not covered by the wording of the rules, in a manner contrary to the spirit of the game will not be tolerated
- Any of the following may constitute misconduct; dangerous, deliberate or rough play, swearing or obscene gestures, unfair play, spitting, sledging, deliberate time wasting and arguing with the umpire

The umpire may award a 5m-penalty gain in position and/or penalty pass or shot to the non-offending team depending on the severity.

General Team and Referee Responsibilities

- **TEAM CAPTAINS DUTIES**

- After having paid, and have your team sheet ticked, the referee will allow the game to start.
- Under no circumstance will teams be allowed to pay part of the game fee on any one night. Unless the match fee is paid, the game will not commence.

- **DRESS**

- No players are permitted onto the court wearing jeans or non athletic type shoes

- **RACISM**

- Racial abuse is a most serious offense under our rules and will subsequently be dealt with extreme severity. Any player heard racially abusing an opponent will be red-carded and possibly suspended.

- **BLOOD RULE**

- It is the responsibility of the referee to send off any player that is bleeding, including goalkeepers. Players will not be allowed to treat themselves on court. Players will not be back on until the referee is satisfied that the bleeding has stopped. This rule will be strictly adhered to for health and safety reasons.
- The wound must be securely covered and any blood stained clothing replaced to the satisfaction of the referee.

- **JEWELLERY**

- No nose rings, earrings or any other type of jewellery shall be worn on the court under any circumstances.
- Wedding rings, if worn, must be taped to the umpires satisfaction
- If a player has new earrings they shall have four games until the earrings must be taken out

- **FINGERNAILS**

- Fingernails must be either:
 - Cut short
 - Taped effectively