

Netball Rules & Regulations

- A team must arrive three minutes prior to the start of their game and report to the court coordinator. Failure to do so will result in automatically forfeiting the match. It is the captains' responsibility to report to the court coordinator, and only she must report to the court coordinator, but the entire team should be present.
- The team should consist of a minimum of 7 and a maximum of 10 players, with not more than 7 on court at any one time. A minimum of 5 players is required to begin a match.
- Late arrivals will only be allowed to enter the field of play with the umpires consent. Team captains toss a coin to determine who takes the first Centre Pass. Subsequent centre passes must be taken alternately.
- Matches will consist of 2 x 7 minute halves (2 minute interval). Teams should change ends for the second half.
- During the group stage, points will be awarded to teams as follows:
 - 3 points - win
 - 1 point - draw
 - 0 point – loss
- In the event that two or more teams in a group are tied on points at the end of the group stages, the tie breaker format below shall be followed:
 - Goal difference
 - Goals for
 - Head to head
 - Play off match
- Where a tie occurs in the knock out stage there will be a coin toss for centre pass. The team who wins the coin toss takes centre pass; the opposing team decides which direction to shoot in. The teams play for two minutes (sudden death). If the score is still level at the end of this period they will change ends and play for a further five minutes until a winner is determined.
- Any number of substitutions shall be permitted and may only be substituted at half time when the game has stopped. The umpire must be notified of any substitutions. In the event of injury or illness substitutions may be made when the ball is out of court or play has been stopped, at the umpire's discretion.
- At the start of play the GS, GA, GD, GK, WA and WD may be anywhere in the goal third which is part of their playing area.
- Play is started by a pass from the Centre, who stands with both feet in the centre circle. As soon as the Centre steps into the centre circle, the Umpire will blow the whistle to commence play. The opposing Centre shall be in the centre third and free to move.
- When the umpire blows the whistle, the Centre must pass the ball within 3 seconds and obey the Footwork rule. The ball must be caught or touched in the centre third.
- A player may not:
 - Deliberately kick the ball
 - Bounce the ball more than once
 - Hand or roll the ball to another player
 - Place her hands on a ball held by an opponent

- Throw the ball while sitting or lying on the ground
 - Use the goalposts as a support in receiving a ball going out of court or to gain balance
 - Throw the ball over a complete third without it being touched or caught by another player in that third
 - Regain possession of the ball, having dropped or thrown it, before another player has touched it
 Penalty for infringement: FREE PASS.
- Everyone must observe the 1m (3 feet) Distance rule.
- A player may receive the ball with one foot grounded or may jump to catch and land on one foot. While that landing foot remains on the ground the other foot may be moved in any direction and any number of times, pivoting on the landing foot if desired. Hopping is not allowed.
- A player may receive the ball whilst both feet are grounded, or may jump to catch and land on both feet simultaneously. The player may then choose to move either foot. The remaining foot shall then be considered to be the landing foot. Proceed as above. Penalty for infringement: FREE PASS.
- A goal is scored when the ball passes completely through the ring from top to bottom.
- A goal may only be scored by the Goal Shooter or the Goal Attack, playing the ball from any part of the shooting circle.
- Netball is a non-contact game. No player shall knock or push an opponent or interfere with her play, either accidentally or deliberately. Penalty for infringement: PENALTY PASS OR SHOT.
- Physical contact during a match constitutes a foul. Any player who has committed four fouls will be sent to the sin-bin for 2 minutes.
- A ball is out of court when it, or a player touching it, touches the ground or an object outside the court. The line counts as part of the court. A throw-in is awarded to the opposing team. If the ball hits the post and bounces back into court, it is still in play.
- The throw-in is taken at the point where the ball crossed the line. Any player allowed in that part of the court may take the throw-in and must stand outside the court with both feet **behind the line**. The player taking the throw-in must ensure neither foot is in anyway touching the line.
- When the player taking the throw-in has checked that all other players are on court, she must release the ball within 3 seconds. The player taking the throw-in does not need to wait for a whistle or the umpire to call 'PLAY'.
- A free pass is awarded for any infringement of the rules except obstruction and contact. A player may not shoot directly from a free pass.
- A penalty pass or shot is awarded to a team against any player causing obstruction or contact. A player may shoot if the penalty is awarded inside the circle. The offending player must stand still beside the player taking the pass.
- A free pass, or a penalty pass or shot, is taken from the point where the infringement occurred and may be taken by any member of the team allowed in that part of the court. A player with or without the ball is offside if she enters an area of the court in which she is not allowed. Penalty for infringement: FREE PASS.
- A player may reach over and take the ball from an offside area or may lean on the ball in an offside area provided that no contact is made with the ground on the offside area.
- The umpire takes a toss-up when 2 opposing players simultaneously:
 - gain possession of the ball
 - knock the ball out of court
 - are offside with the ball
 - contact each other
 - when the umpire is unsure about which player is responsible for an infringement or who had possession of the ball when the game was stopped for injury.
- For the toss-up, the two players stand facing each other and the goal into which their team is shooting. They stand with their arms at their sides and their feet in any position, with 1m between one player's front foot and that of their opponent. The umpire flicks the ball not more than 60cm (2 ft) into the air from a point midway

between the players and just below shoulder level of the shorter player's normal standing position. The whistle is blown as the umpire releases the ball. The ball is now in play.

- In extreme circumstances and only in the event a player is seriously injured/ill, the umpire may stop play. The decision to stop play and when to stop play shall be at the discretion of the umpire. To stop play, the umpire will blow the whistle and signal to the timekeeper to hold time. To re-start play, the umpire will signal to the timekeeper and blow the whistle.
- In the event of dangerous play, severe fouling or other misconduct, the referee may, in addition to awarding the penalty, warn a player, send them to the sin-bin for a standard time of 2 minutes or for a specific time pertaining to the discretion of the referee; or send the player off. Players sin-binned will be recalled to the field of play only with the consent of the referee.
- Swearing will result in the player being sin-binned. Persistent swearing will result in a player being sent off. Any swearing at the umpire will lead to an immediate sending off.
- Any player sent to the sin-bin twice in a match or three times in a tournament will be deemed to have been sent off.
- Any player sent off in a match will miss the next two consecutive games played by her team, in the competition. It is the captain's responsibility to ensure that she does not field a player that is ineligible to play. Failure to do so will result in the team's expulsion from the tournament.
- In the event of adverse weather on the day, play will continue unless deemed unsafe by the Umpires.
- If a team voluntarily chooses to forfeit any one game, they will then forfeit the rest of the entire tournament and may not continue to play. Entry to any future tournaments may also be impacted.

Requirements

- The wearing of earrings, chains, bracelets and watches is not permitted. Long hair must be tied back. Rings and piercings must be removed or taped. **Gat Paat doros must be taped.**
- Nails must be cut short and will be checked by umpires prior to the start of games.
- The correct footwear and attire should be worn on the court.