

Note: VNA rules apply except where stated otherwise.

Game Summary

- 1.** Teams consist of 5 players. In the case of mixed teams, a team can consist of no more than 2 males on court per team. Males cannot occupy GS and GA, or GK and GD at the same time.
- 2.** A team must have 4 players on court to start a game. If a team is more than 2 minutes late a penalty of 1 goal per minute will apply. Each game will be 4 x 7 minute quarters, with a 2 minute break at half time.
- 3.** All teams must wear correct uniforms.
- 4.** A winning team receives 4 points, draw team 2 points and 0 points for a loss.
- 5.** Bad language, bad behaviour, bad organisation or bad manners will not be tolerated.
- 6.** Players must have played one third of your team's fixtured games to be eligible to play in finals.
- 7.** The clock will not be stopped for injuries. If an injury is called, the player must be substituted immediately.
- 8.** Other than for an injury, substitutions can only be made at the end of each quarter.

Rules Summary

1. The first player to touch the ball on the sand is deemed to have possession. If a player has dived to the ball, they must turn onto their back, or stand to pass the ball. Stepping does not apply in this instance, but the 3 second rule does apply from the time the ball was touched.

2. Centre passes are taken at the side and middle of the court upon the umpire calling play. GS and GK must be in the goal area when the whistle is blown, they cannot receive the centre pass and must remain in goal area until the centre pass is completed.

3. GD, GA, WD and WA must stand behind the sideline on the opposite side to the C taking the centre pass.

A centre pass cannot be thrown directly into the goal area.

The ball must be in your attacking half to pass the ball into the goal area.

When a ball is passed out of the goal area, it cannot pass the half way line.

Rules Summary

4. After a goal is scored the C passes the ball back in from the middle side of the court upon the umpire calling play.

Player positions are GS, GA, C, GD and GK.

5. Positions are restricted to : GS : Attacking half.

GA : Attacking half.

GK : Defending half.

GD : Defending half.

C : Full court except goal areas

6. GA, GS and C can all shoot for 2 points from outside the goal area.

If the ball is taken with one foot in and one foot out of the goal area, only 1 point will be awarded for the goal.

Jump shots are not allowed, a shooter must have at least one grounded foot whilst shooting (strictly at umpire's discretion)