

# NETBALL RULES

## GAME SUMMARY

1. Teams consist of 7 players. In the case of mixed teams, a team can consist of no more than 3 males per team.
2. A game consists of 2 x 15 minute halves
3. All nets are in play except the back net.
4. Teams compete in finals at the end of each season.
5. All teams must wear correct uniforms.
6. A winning team receives 4 points, draw team 2 points and 0 points for a loss.
7. Bad language, bad behaviour, bad organization or bad manners will not be tolerated.

## RULES SUMMARY

Victorian Netball Association (VNA) rules apply. A copy of these rules is available from the centre manager.

The following rules will also apply to ensure that you get maximum enjoyment out of your game:

1. Each team consists of 7 players and 3 emergencies. In the case of mixed netball, each team must have 3 males and 4 females. The minimum number a team can take the court with is 5 players.
2. **Nets:**
  - Side nets shall form part of the playing area. **Back nets are out.** If the ball hits the back net a “pass in” will be awarded to the opposition team
  - An untouched ball onto the side net from the centre pass will be “play on”. No untouched penalty applies at this centre.
  - **THE NETS MAY NOT BE TOUCHED BY A PLAYER. A FREE PASS WILL BE GIVEN TO OPPOSITION IF NET IS TOUCHED.**
  - The back net is out of play when the ball touches it. However, if a player is leaning on the net, and the ball does not make contact with the net, the player may regain balance and make a pass or shot.  
Note: The 3 second rule applies as soon as possession is taken, not when balance is regained.
  - A player may not zone a player on the net. This will be deemed to be blocking or screening a player and a penalty awarded to the non-offending player.
  - In general play, a player may not take up a position to interfere or block an opposition player. Zoning is legal, make sure you know the difference between zoning and obstruction by blocking.
3. Players must have played one third of your teams fixtured games to be eligible to play in finals.
4. Any player engaging in disorderly conduct shall receive one warning. If behaviour continues they shall be sent from the court and shall not resume play until the completion of the quarter, or when permitted back on court by the umpires.
5. Mixed allows for a maximum of 3 males. Male players cannot take up both shooting (GS, GA), or both defending (GK, GD) positions at the same time in any game.
6. **General dress code:** All teams are to wear matching colour uniforms. Male players are to wear shorts which are to be the same colour. Female players are to wear matching coloured skirts and shorts. No track suit pants are allowed unless special

- permission from management is obtained. Bike pants are allowed but must be above the knee. A uniform penalty of -1 goal per player out of uniform.
7. Jump shots are not allowed, a shooter must have at least one grounded foot whilst shooting (This is strictly at umpires discretion).
  8. **Substitution:** The substitution of players is only permitted at the end of each half, or in the event of an injury. A maximum of 3 players may be substituted per game, per team.
  9. A defending player may not cause the goal post or net to move so as to interfere with the shot at goal. Should this occur, a penalty pass or shot is awarded from where the infringing player was standing, unless this places the shooter at a disadvantage.
  10. **Netball blood policy:** When an umpire notices a player bleeding, play is stopped and the bleeding player will be asked to leave the court. This position will remain vacant for the duration of the time that the bleeding player is off the court. The exception to this rule is if the centre player leaves the court due to bleeding, the affected team may then change a player into the centre position. When the bleeding player returns to the court, players must change back to their original positions.
  11. **Late Starts:** Teams receive 2 minutes without penalty. Each minute late after this is penalized 1 goal per minute.

## **FAST 5 RULES**

### **GAME SUMMARY**

1. Teams consist of 5 players, however you cannot have more than 2 males on court at any one time.
  2. A game consists of 4 x 8 minute quarters.
  3. All nets are in play **INCLUDING BACK NET.**
  4. Player positions are C, GA, GD, GS and GK.
  5. Positions are restricted to:  
C = Full court except goal circles.  
GA = Full court except defending goal circle.  
GD = Full court except attacking goal circle.  
GS = Attacking half  
GK = Defending half.
  6. C may shoot from outside circle for 2 points
  7. At the start of each quarter for the centre pass, GS and GK must be in the goal circle.
  8. Substitutions can be made at the end of each quarter.
  9. After a goal is scored, the re-start pass must be taken by the GK.
  10. After a goal is scored, the GK must stand behind the line under the goal, and the first pass to re-start play cannot pass the centre line.
  11. 2 males cannot play GS and GA, or GK and GD.
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12. OVER A HALF: The pass will be deemed over a half if:
    - The ball is thrown from before the half way line of the court to the back net without being touched.

- The ball is thrown from the GK directly after a goal is scored to the attacking half without first being touched.

13. A shot that goes through the ring after hitting the back net is a successful shot.

### **GENERAL**

If the left foot lands in the goal circle (grounded foot), and the right foot lands outside the goal circle, the player cannot come back into the goal circle and shoot, ie, must pass.

### **BEHAVIOUR CODE**

The umpire's interpretation of any rule shall be final. Any player removed from the court must not enter the game until the completion of that half, or at the umpire's discretion.

**Note:** Any player sent from the court should not normally be allowed back on court. There are no substitutions allowed for a player sent from the court.

### **BEACH VOLLEYBALL – NETBALL – SOCCER – JUNIORS**

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