

## LUNCHTIME SOCIAL SPORT

### *Indoor Netball Rules*

#### Ratios

- Each team is limited to a maximum of ONE (1) male player occupying a position inside the attacking circle; i.e. the goal shooter or goal attack position
- Each team is limited to a maximum of ONE (1) male player occupying a position inside the defensive circle; i.e. the goal keeper or goal defence position
- There is to be a minimum of FOUR (4) females on the court at a time
- NB. Female players are permitted to occupy any or all of these positions if desired. Please direct any questions to the Social Sport Coordinator

#### Team size

- Teams must consist of at least 7 registered players
- There must be at least 5 players on the court to begin a match
- All players must be registered and Only registered players may play for your team
- Registered players must play 3 rounds before they can take the court in the finals

#### Match Duration

- Matches consist of 2 x 8 minute halves
- The length of matches may be extended for Finals games
  - Extra time will be played for 5 minutes
  - If still tied after extra time, golden goal will be played

#### Substitutions

- Substitutions and team changes may be made:
  - At an interval when play is stopped, i.e. half time.
  - For injury or illness
- When a substitution or team change is made, both teams have the right to make subs or team changes
- There is no limit to the number of subs that can be made by a team, provided they do not utilise unregistered players

#### Stoppages

- To stop play the umpire must blow the whistle and signal to the timekeeper
- When a player is injured or ill, stoppage of up to 2 minutes is allowed
- The umpire shall blow the whistle to restart play and the game is continued from the spot where play was stopped

#### Blood rule

- Any player with visible blood or bleeding on their clothing or person must be substituted immediately, and may not return until the umpire is satisfied that the bleeding has stopped. The umpire will stop play to allow for teams to make a substitution

### Offside

- A player without the ball shall be offside if in any area other than the designated area for that position
- A player may reach over and take the ball from an offside area, or may lean on the ball in an offside area so long as no body contact is made

### Penalty

- A free pass to the opposing team will be awarded where the infringement occurred

### Simultaneous offside

- When two opposing players go offside at the same time and neither makes contact with the ball, neither is penalized
- If one player makes contact with the ball, or if both are in possession of the ball, a toss up is taken

### Obstruction

- A defending player must be at least 3 feet from a player in possession of the ball when trying to intercept or defend the ball
- A player is obstructing if within a distance of 3 feet and the arms are taken away from the body other than to balance
- When a player with or without the ball intimidates an opponent it is obstruction

### Penalty

- Penalty pass or penalty shot where the infringer is standing, except where this offers the non-offending team a disadvantage, when the penalty shall be taken where the obstructed player was standing

### Contact

- Personal contact and contact with the ball includes:
  - Pushing, tripping, leaning, holding or other forms of physical contact against an opponent
  - Moving into the path of an opponent who is committed to a landing position
  - Placing a hand/s on a ball held by an opponent
  - Knocking or removing the ball from the possession of an opponent
- A toss up may be taken in the case of simultaneous contact

### Scoring goals

- A goal is scored when the ball is thrown or batted over and completely through the ring by Goal Shooter or Goal Attack from any point within the Goal Circle

### Referees

- During pool matches, two referees will be assigned per game (where possible)
- In grand finals two referees will be assigned
- Referees discretion on calls will be final and any misconduct on decisions can result in offending players being asked to leave the court.

**Any abuse or gross misconduct directed at referees or other players will result in exclusion from the game and possible suspension of the team from the competition.**

### Finals

- After all normal rounds of games are played, the top 4 teams according to overall record will proceed through to play in a single elimination tournament to decide which team is the overall winner of the competition. This final round tournament is played in Week 13.
- In the event that two or more teams are tied on points:
  - The team with the greater for and against will be ranked higher; if this is equal
  - The team with the greater goals (points) scored will be ranked higher; if this is equal
  - The team with the most wins will be ranked higher; if this is equal
  - The head to head results between the teams will determine the rank (when only two teams are tied).