LUNCHTIME SOCIAL SPORT

Netball Rules


Modifications:

**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
- Each team is limited to a maximum of ONE (1) male player occupying a position inside the mid court; i.e. C, WA, WD
- There is to be a minimum of FOUR (4) females on the court at a time. There is no limit to how many female players are on the court.
- Female players are permitted to occupy any or all of these positions if desired.

**Team**
- 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 12 minute halves – Games that don’t start on time will be shortened at the umpire’s discretion.
- 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**
- 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.
- Umpire decision is final.

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.

Finals
- After the conclusion of the 9 competition rounds, the finals week will follow.
- The top 4 teams will compete in the semi-finals, with the winning teams playing each other in the grand final immediately after.