



Maitland Indoor Sports Centre

Official Indoor Netball Rulebook



Dear Player and Officials,

This is your guide to the Rules of Indoor Netball.

Indoor Netball is a fast, exciting game for all ages. The game of Indoor Netball can be played as 7, 6 or 5 aside depending on our scheduled night competition.

The added attraction of interchange players and the nets which keep the ball in play creates a fast and most exciting game. These are the Official Rules of Maitland Indoor Sports Centre which has been highly influenced by the official Indoor Netball Federation of Australia.

As with most sports, many of the Rules are easy to follow but some need interpretation and expert adjudication, that's where the Umpire comes in. Remember, each rule is framed with a spirit of intent and should be read with this in mind.

Your Umpire is well versed in these rules and their application. The Umpire is in sole control of your game and while even Umpires are human and may make an error - their decision is final.

If you have a question or require a ruling, the Team Captain is the only permitted player to speak to the Umpire on behalf of the team at **half time**. At the same time, you should understand the rules and standards of on court behaviour expected in competitions.

A sound knowledge of the rules will improve your enjoyment of the game. Remember the most important thing is to enjoy yourself!

Official Rules

Equipment

1. Ball:

- a) The ball supplied by the centre should be a universally accepted Netball or associated netball size 5.

2. Patches:

- a) Each team is supplied a set of 7 patches once their team fee is paid in full. Each team should wear different coloured patches that are returned at the end of their game in the tubs provided. Each player on the court is required to wear a bib identifying their current position.
- b) All players must return the supplied bibs. Any team that does not return the set of bibs in its entirety will be liable for the purchase of a new set of netball bibs.

3. Goal rings:

- a) Goal rings are located at each end of the court with nets attached. These goal rings must never be swung off or used to gain advantage by shaking/pushing them.

4. Jewellery:

- a) No jewellery is permitted to be worn on the court. All piercings that cannot be removed should be taped accordingly to avoid any injuries. Any fitness bands should be covered by a sweatband or removed entirely.

5. Nails:

- a) Nails will be checked before your game commences by the allocated umpire.
- b) All nails must not be visible over the fingertips as this can cause harm to other players. Any nails identified as a breach of this will need to be cut, taped or covered by gloves.

Officials:

The officials are umpires appointed by the centre. No requests or refusal for certain umpires will be considered.

1. Umpire:

- a) There shall be at least one appointed umpire to the game who will be in control of the game and shall umpire according to the Maitland Indoor Sports centre official rules. The decision of the umpire shall be final and given without appeal.
- b) The umpire is in control of the starting and stopping of the game.
- c) The Umpire/s shall officiate within the court and will endeavour to move into position to see play and make decisions without interfering with play. However, the umpire is permitted to move into the court to indicate where a penalty is to be taken or take a Toss-Up or to gain an uninterrupted view of play. If the ball strikes the Umpire and interferes with the progress of play, play will not cease unless either of the teams has been unduly penalised.
- d) The Umpire shall call advantage to indicate that an infringement has been noted whenever possible to ensure that play is continuous and to avoid unduly penalising the non-offending team. If the whistle is blown for any infringement the penalty **MUST** be taken.
- e) The Umpire will state the infringement and penalty and it is required that the Umpire use hand signals to clarify the decisions.
- f) The Umpire is not required to coach any team while a match is in progress.
- g) The umpire shall score the game via electronic device which is connected to the scoreboard. In the case that there may be technical difficulties, the umpire will manually score.

Captains:

Each team must designate one person to be the captain of their team. The captain must remain the same for the whole season and is responsible for the overall management of the team.

1. Management of finances

- a) The allocated captain must sign the agreement on the back of their team card at the beginning of the season.
- b) The allocated captain must ensure their team pays the full amount before they collect their patches at the counter.
- c) The allocated captain must ensure their team does not fall behind in payments and if so, is responsible for any amount owing.

2. Management of fill ins:

- a) It is the responsibility of the captain to ensure they have a full team each week.
- b) In the event they do not have a full team, they are responsible for finding fill in players.
- c) If you need help finding fill in players, the centre may assist but cannot guarantee that they will find players.

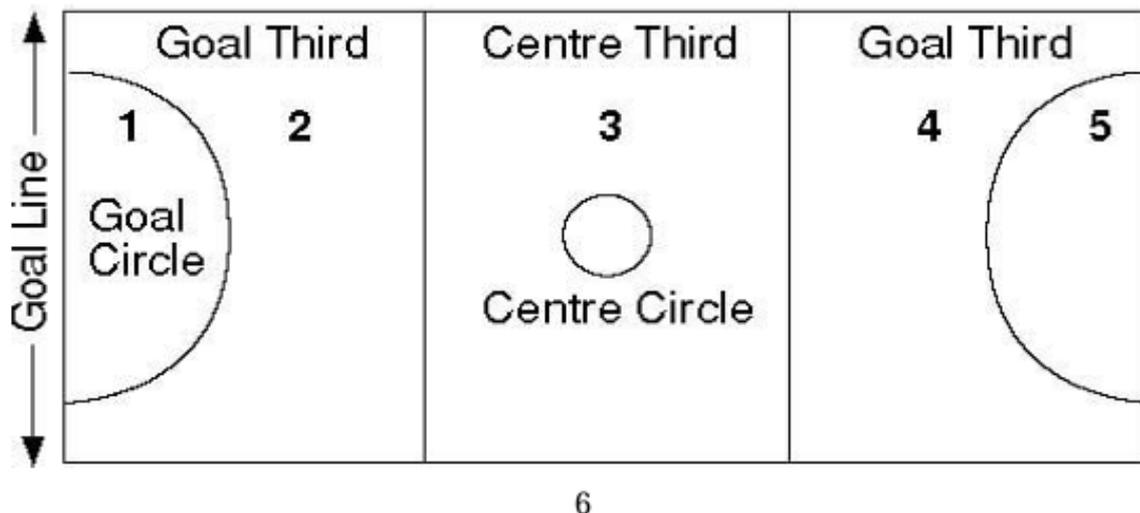
3. Management of behaviour:

- a) The captain is responsible for their teams behaviour ON and OFF the court at all times.
- b) Any questions for the umpire shall **only** be asked by the captain at quarter/half time (Never during the game).
- c) Any issues or concerns shall be brought to the direct attention of senior staff on duty by the captain in a respectful manner.
- d) The captain is responsible for their teams attitude and sportsmanship during the entire game, and before and after games.

Area of play:

A team shall consist of Seven (7) Players and their positions and areas of play are as follows:

- GOAL SHOOTER (GS) 1, 2
- GOAL ATTACK (GA) 1, 2, & 3
- WING ATTACK (WA) 2, 3
- CENTRE (C) 2, 3, & 4
- WING DEFENCE (WD) 3, 4
- GOAL DEFENCE (GD) 3, 4, & 5
- GOAL KEEPER (GK) 4, 5



Teams must have a minimum of five registered players present on court for the duration of the game excluding mixed where a minimum of one male must always be on court.

Duration of the Game

1. The game shall consist of four (4) ten-minute quarters for both 7 and 6 aside Netball, with four (4) 6-minute quarters for 5 aside Netball.
2. Time shall not be added to compensate for any time lost because of Injury/illness, accident or any other cause. Extra time will not be added due to late payment of a team's game fee.

3. Extra time shall be allowed to take a penalty shot in any game.

Late Arrivals

1. Latecomers may not enter the court after the game has started unless:
 - a) After a goal has been scored.
 - b) Or Immediately after the interval.
 - c) Or Play is stopped for injury or illness.

Player interchange/Substitution:

1. A player may change positions at quarter/half time.
2. In the event a player must call time due to injury/illness, their position may be interchanged by a different player.
3. In the event of a player being sent off, their position cannot be filled by another player. The game must continue with 6 players.

Stoppages:

1. The play may be stopped for any emergency relating to a player, the centre, the courts or equipment.
2. To stop the play, the umpire must blow their whistle and notify the court that the play has stopped.
3. When restarting play, the umpire will blow their whistle again.
4. A player has a maximum of one (1) minute for stoppages before play will continue.
5. In the event of an injury where the player cannot be removed from the court, senior staff and the umpire will assess the situation and make the appropriate call.

Blood rule:

- a) Play must be stopped if the umpire notices or is made aware of any player who is bleeding.
- b) The player **MUST** immediately leave the court completely to be treated.

- c) The wound must be securely covered, and any blood-stained clothing or footwear must be cleaned/changed to the satisfaction of the Umpire.
- d) The team can choose to substitute another player on whilst the clean-up occurs.

Offside

1. A player shall be offside if they enter any area other than their designated playing area whether they are in possession of the ball or not.
2. A player may take the ball from an offside area or lean on the ball to gain balance but shall not be deemed offside unless body contact is made with the floor or net in the offside area.
3. If the player illegally uses the net, the Net Abuse Rule would be applied.

The Nets

The Sideline, End Line and Ceiling Nets shall form part of the court and the ball shall be in play off any net.

Use of the Nets:

- a) Players may use the nets to direct the ball to another player. They may bounce the ball off any of the Side Nets or the Ceiling Net obeying the over a Third rule.
- b) The one exception is the Centre Pass: The pass must be directed to a player allowed in the Centre Third. It may not be bounced off the nets or in any circumstances touch any of the nets before being touched by a player.
- c) The ball shall be live off all nets. Once a player has released the ball that player may not touch or regain possession until it is first touched by another player or contacts the goal ring or net attached. The nets must not be construed as another player - e.g. replayed ball.

- d) A player may not deliberately hold the nets or use the nets to push off to gain an advantage – This is classed as net abuse.
- e) A player may not deliberately hold the ball into the net or push off with the ball to gain an advantage.

Conduct of the Game

Positioning of Players for the Start of the Game:

- a) The attacking Centre, with the ball shall stand wholly in the Centre Circle.
- b) The opposing Centre shall be in the Centre Third and shall be permitted to move freely.
- c) All other players shall be in whichever Goal Third is part of their playing area and shall be permitted to move freely.
- d) No other player shall enter the Centre Third until the whistle has been blown to start or restart the Game.

Start of Play:

- a) The Umpire shall blow the whistle to start, and re-start play.
- b) The pass made by the Centre is the Centre Pass.
- c) Play shall be re-started after the scoring of every goal and after each interval and shall be taken alternately by the opposing Centre players throughout the game.
- d) The Centre Pass is not deemed to have been taken until the ball is released from the Centre players hands.
- e) If a player/s delay in taking their position in their playing area prior to the commencement of the centre pass the umpire/s may penalise.

Playing the Ball:

A player may:

1. Catch the ball with one or two hands.
2. Catch the ball if it rebounds from the Goal Ring or net attached.

3. Bat or bounce the ball to another player.
4. Tip the ball in an uncontrolled manner any number of times to gain control or to direct it to another player.
5. Bat the ball once and then catch it or direct it to another player.
6. Bounce the ball in an uncontrolled manner, then catch it or direct it to another player.
7. Fall while holding the ball but must keep the grounded foot on the ground before regaining their footing and dispose of the ball in a legitimate manner within three seconds.
8. Lean on the ball to gain possession.
9. Lean on the ball in an offside area.
10. Bounce the ball off any of the nets to another player.

A player may not:

1. Deliberately kick the ball or deliberately use the leg to influence the direction of the ball.
2. Punch the ball.
3. Fall on the ball
4. Attempt to gain possession of the ball whilst lying, sitting, and kneeling or in contact with the nets.
5. Not regain possession of the ball after releasing it until it has been touched by another player or has contacted the goal ring or attached net. If a player regains possession before this occurs, it will be deemed a **replayed ball**. The nets are not considered another player for this purpose.

Short Pass:

When the ball is released there must be room for a third player to move between THE HANDS of the thrower and the receiver (this includes a bounce pass).

Over a Third:

1. The ball may not be thrown completely over a third of the court without being touched or caught by a player who is deemed to be in that third.
2. The player must be wholly in that third or must land in that third to be deemed correctly in that third.
3. A ball thrown from the Centre Third which hits the End Net of the Goal Third shall be deemed to be over a Third if it is untouched by any player deemed to be in the Goal Third.

Footwork:

A player may:

- a) Catch the ball with one foot grounded or jump to catch and land on one foot - this is the landed foot.
- b) The pivoting foot may be lifted but the player must throw or shoot the ball before re-grounding the foot.
- c) Step with the other foot, lifting the landing foot, but must release the ball before the landed foot is re-grounded.
- d) A player may pivot completely on their grounded foot, allowing the player to shorten their distance between the attacking player and the defensive player.

A player who catches the ball with both feet grounded or who lands after receiving the ball simultaneously on both feet may:

- a) Step with the other foot in any direction and lift the grounded foot but must release the ball before either foot is re-grounded.
- b) Step with either foot any number of times whilst pivoting on the landed foot.
- c) Jump from both feet landing on either foot but must release the ball before re-grounding the other foot.
- d) Step with either foot, then jump releasing the ball before either foot is re-grounded.

The player in possession of the ball may not:

- a) Drag the landed foot.

Scoring a Goal:

1. A goal is scored when the ball is thrown or batted or rebounded completely through the goal ring or net attached by the GA/GS who must be wholly within the Goal Circle. The GA/GS may shoot for the goal after winning the ball in a Toss-Up in the Goal Circle. When taking the shot for goal a player shall shoot within three seconds of receiving the ball and obeying all footwork rules. GA/GS must have no personal contact with the ground outside the Goal Circle whilst receiving the ball or in the action of shooting for goal.

A goal will not be scored when:

1. A player other than the GA/GS throws or bats the ball and it passes completely through the Goal Ring in which instance play shall continue uninterrupted.
2. The whistle for time or an interval, has sounded before the ball has passed completely through the Goal Ring and net attached.
3. An infringement occurs by a player from the attacking team before the ball passes completely through the Goal Ring and net attached.

Obstruction:

1. A defending player must not be within 0.9 meters of the player with the ball when an attempt to intercept or defend is made. The distance is measured from the closest landing foot or in the case of a simultaneous landing from the closest foot of the attacker to the closest point of the nearer foot of the defender.

2. From the correct distance a player may maintain position if the player with the ball steps towards the defending player.
3. A player may be within 0.9 metres of the player with the ball if no attempt is made to defend or intercept the ball and no interference is made to the throwing of the ball or the movement of the player with the ball.
4. A defending player may not shorten the correct distance of 0.9 meters in an attempt to intercept or defend the throw.

Obstruction of a player not in possession of the ball occurs:

1. When a player makes any movements which may take the arms away from the body except as an attempt to catch or intercept the ball, to gain a rebound or to momentarily signal for a pass.
2. When a player uses an intimidating movement or sound, this includes inside/outside the goal circle during the release of the ball whilst taking a shot for goal.
3. When a player pins an opponent against the net or in the corner of the court in such a manner as to prevent the opponent from moving in any direction without causing contact.
4. A defensive player may not lift another player to defend a goal being taken.
5. When a player with or without the ball intimidates an opponent, it is obstruction.

Contact Personal:

No personal contact with an opponent shall be allowed, deliberately or accidentally if it interferes with an opponent's movement. No player shall hold an opponent, feel for an opponent or charge an opponent. No player shall deliberately move into the path of an already moving opponent. A player may not move into the natural landing area of an airborne player after that player has left the floor.

Contact with the Ball:

No player shall push the ball into an opponent or touch an opponent with the ball in order to interfere with that opponents position or movement. A player shall not either accidentally or deliberately, place a hand or hands on, or remove from an opponents possession, a ball held by an opposing player in such a manner as to interfere with that opponents position or movement.

Penalties:

1. All penalties are awarded to the team except the Toss-Up.
2. Free Pass is awarded for all infringements except Obstruction, Contact and Net Abuse. (Note: where two infringements occur simultaneously a Toss-Up will result.)
3. Penalty Pass is awarded for all Obstruction, Contact and Net Abuse offenses.
4. Penalty Pass or Shot is awarded to the attacking team when Obstruction, Contact and Net Abuse occurs in the Goal Circle.
5. The infringer must stand beside and away and take no further part in play until the ball is released including any forward movement or verbal direction or instructions except where this places the non-offending team at a disadvantage, in which case the penalty will be taken where the contacted player was standing.
6. If the ball is released or a goal is scored, then the advantage rule shall apply.

Discipline:

The breaking of rules and/or the employment of any action not covered in the rules which is contrary to the spirit of the game is not permitted. This includes:

1. The breaking of rules between the scoring of a goal and the restart of play and between the awarding and taking of any penalty on court.
2. Deliberate delaying of play.
3. An umpire may send a player from the court - but only when the Umpire/s are sure the original penalty is insufficient, except in extreme cases.
4. A warning should be given in minor cases.

Continuous unsportsmanlike behaviour:

In the case a player continues to demonstrate unsportsmanlike behaviour which includes aggressive plays, descent, swearing, unnecessary contacts and continuous breaking of rules, the umpire will use their authority to control the game. The warning and send off process is as follows:

1. Warning – When an infringement occurs, a warning will be given to the offending player. This will be the first and final warning.
2. Send off – After the first step has been completed with the warning, a player can be sent off for 2 minutes if the behaviour continues. When the player is removed from the court, their position cannot be filled (Unless they're a Centre – any player on the court may swap to the centre position). They must remove themselves from the court silently and without protest and remain off the court for 2 minutes before returning.
3. If an umpire or staff member feels a player is demonstrating unsafe or extreme behaviour, it is within their power to send a player off immediately or extend the 2 minutes send off period.
4. It is within the umpires control to stop the game and address the players on the court if multiple players are playing unsportsmanlike.
5. It is within the umpires/senior staff members control to dismiss a game without completion if the game becomes unsafe or a

team continues to demonstrate unsportsmanlike behaviour. This may result in your team being excluded from the competition.

Mixed rules:

The above rules apply to mixed games with the exception on:

7 and 6 aside

1. A minimum of 1 male is to always be present on the court.
2. A maximum of 3 males can be present on the court at one time.
3. Two males may not play in the same area of the court.

5 aside

1. A minimum of 1 male is to always be present on the court.
2. A maximum of 2 males can be present on the court at one time.
3. Two males may not play in the same area of the court.

Example – Two males may not play GS and GA at the same time. They must be spread between attack, defence and mid court.

Player grading

Once a player has played **five (5) games** within a particular division during the season, they will be **graded at that division level**.

For example, once a player has played five (5) games for a **division 1** team in any night of our weekly competitions, they will be classified as a **division 1 player** and may only take the court in **wing positions** (WA or WD) when filling in for any **Division 2 or Division 3** team.

Finals:

Semifinals:

1. Semifinals are to be held on the second last round of each competition.

2. Each division will have two semi finals with 1st v 4th and 2nd v 3rd.
3. The winners of each game will proceed through to the grand finals the following week.
4. In the case of a draw – the highest team on the leaderboard will progress through to the grand finals automatically.
5. You must have ALREADY played 5 games previously in this current competition to become qualified to play semi and finals.
6. There will be no injury replacement allowed for the Semi Final or Final.
7. Any team who uses an unqualified player automatically forfeits their place in the finals.

Grand finals:

1. Both winners from the semi finals will verse in the grand finals.
2. The same qualifying rules from semi finals directly apply to grand finals.
3. Any teams caught using unqualified players immediately forfeit the grand final.
4. A team photo will be taken prior to the game to be posted on social media and in our centre.
5. In the case of a draw with grand finals, an additional 5 minutes each way will be played.

Fixtures and ladders:

All fixtures can be found on our Facebook page – Maitland Indoor Sports Centre where they are posted weekly. It is at the discretion of the business to continue with posting on Facebook and cannot be relied upon to be completed each week. Players are responsible to check their fixtures and ladders on our sports website – maitland.spawtz.com

Forfeits:

If your team needs to forfeit a game, the request **must be submitted in writing by the team captain.**

Forfeits with more than 24 hours' notice: A single game fee

Forfeits with less than 24 hours' notice: A double game fee

Please note that the **24-hour notice period** refers to **business days only**. As Maitland Indoor Sports Centre operates **Monday to Friday**, notice must be provided **at least one full business day** before your scheduled game.

Questions:

If you have any questions regarding these rules, ask our senior staff at the counter or email us maitland_indoor_sports@hotmail.com

These rules can be revised at any time by the business, and Maitland Indoor Sports Centre has sole discretion to make any changes deemed necessary. Any update to this version of rules will be available both in the centre and on our website.