



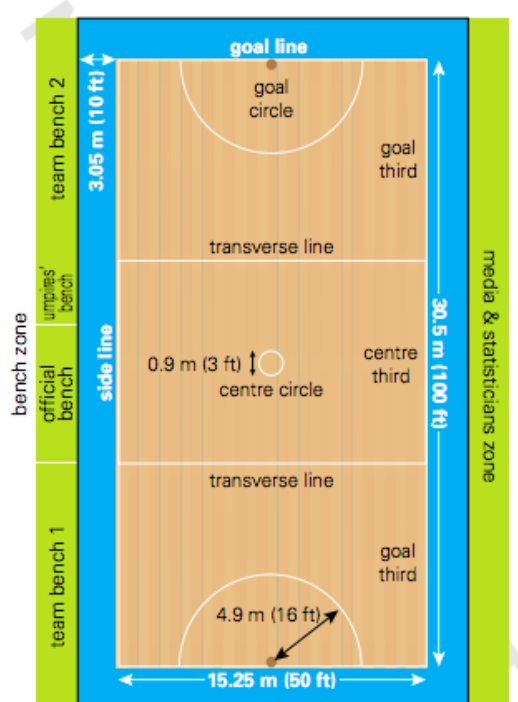
SOCIAL NETBALL RULES

1. Game Format:

- a) 12 minute halves/2 minute half-time break
- b) 7 players a side. There must be at least 5 players, one of whom must play centre.
- c) Maximum number of males on the court at one time is 3 – one in each third of the court.
- d) The positions are:

GK (Goal Keeper) GD (Goal Defence) |
WD (Wing Defence) C (Centre) WA (Wing Attack) |
GA (Goal Attack) GS (Goal Shooter) |

3.1 COURT AND RELATED AREAS



(Image created by International Netball Federation)

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2. Substitutions

- a) Substitutions can only be made at half time or when a player is injured. There is no limit to the number of substitutions that a team can make.
- b) If you start a match with 5 or 6 players but more members of your team arrive after the game has started, they must wait until the next centre pass before being allowed to come onto the court.

3. Starting the game – centre pass

- a) The first centre pass is decided between the two captains by the toss of a coin or scissors, paper rock. The centre passes then alternate between the teams, regardless of which team has scored.
- b) Before the whistle, all players must start in the goal thirds except the two Centres. The Centre with the ball must step wholly into the Centre Circle with at least one foot and must obey the footwork rule after the whistle has been blown. The opposing Centre stands anywhere within the Centre Third and is free to move.
- c) After the whistle, the Centre pass must be caught or touched by a player standing in or landing wholly within the Centre third.
- d) A player must not 'break' at the centre pass, which is moving into the Centre third before the whistle is blown for the Centre pass.
- e) A free pass would be awarded to the opposing team in any of these instances above.

4. Offside rule

- a) A player with or without the ball cannot move into an area of the court that isn't designated for their position.
- b) This will result in a free pass being awarded to the opposing team.

5. Footwork

A player can receive the ball:

- a) With both feet grounded or jump to catch the ball and land on two feet simultaneously. You may then take a step in any direction with one foot (but not both) and pivot on the spot with the other foot. Once one foot is moved, the other is considered to be the landing foot.
- b) With one foot grounded or jump to catch the ball and land on one foot. The landing foot cannot be moved, other than to pivot on the spot, whilst the other foot can be moved in any direction. Once the landing foot is lifted, it must not be re-grounded until the ball is released.
- c) Hopping or dragging the landing foot is not allowed.
- d) If you break the footwork rule, a free pass will be awarded to the opposing team

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6. Obstruction

- a) A player attempting to intercept or defend the ball must be at least 3ft (0.9m) away from the player with the ball. This distance is measured from the landing foot of the player in possession of the ball. The defender may jump to intercept or defend the ball from this 0.9m (3ft) feet distance but you must ensure if you do jump to defend a ball, you don't land any nearer than 3ft or this is obstruction (i.e. shortening your distance).
- b) A penalty pass will be awarded if you obstruct a player as described above.
- c) Your arms can be outstretched when you are marking your player off the ball if you are trying to:
 - I. Catch, deflect or intercept a pass
 - II. Obtain a rebound from an unsuccessful shot at goal
 - III. Momentarily signal for a pass or indicate the intended direction of movement
- d) These instances are not classed as obstruction but you will be penalised if you mark a player with your arms out or potentially if you stand under the post with your arms up whilst waiting for a rebound (although the umpire may choose to play advantage if the opposition isn't being impeded).

7. Contact and Contest

- a) 'When attacking, defending or playing the ball, opposing players may come into physical contact with each other. Provided the players do not interfere with each other's play or use their bodies to gain an unfair advantage over their opponent, it is deemed to be 'contest' and play continues'. 'Contact' occurs when a player's actions interfere with an opponent's play whether these are accidental or deliberate.
- b) Interference may occur in the following ways:
 - I. Physical contact using any part of the body to limit an opponent's ability to move freely (this includes, but is not limited to, pushing, tripping, holding or leaning on an opponent)
 - II. Knocking or hitting a player including when shooting for goal
 - III. Placing hand/s on the ball held by an opponent
 - IV. Hitting the ball held by an opponent or removing it from an opponent's possession
 - V. While holding the ball, pushing it into an opponent
- c) A player causes contact by:
 - I. Landing in a place already occupied by an opponent before the movement began
 - II. Moving into the path of an opponent who's committed to a particular landing space
 - III. Generally, an attacker is moving into a space to receive the ball and a defender is drawn into causing contact when trying to intercept. If the attacker was in that space first, the decision goes their way and against the defender. A defender must be able to intercept the ball cleanly.
- d) However, no contact is allowed off the ball. This includes attackers pushing off, backing into or pushing through a defender to get into space to receive the ball. If the defender was in that space first, then the decision goes their way and against the attacker.

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8. Penalties against a player

- a) The infringer must stand out of play. This means the infringer must:
 - I. Move quickly to the position indicated
 - II. Stand beside but away from the player taking the penalty so as not to impede that player
 - III. Remain in this position and not move or take any part in play (including verbal comments) until the ball has been released.

- b) Once the player taking the penalty pass is in the correct position, the player may choose either to play the ball immediately or to wait for the infringer to stand out of play. If the player chooses to play the ball immediately:
 - I. The infringer may not take part in play until the ball has been released or make any attempt to intercept the penalty pass
 - II. The penalty pass will be retaken if the infringer interferes with it

- c) Please observe the above rule if a penalty is given against you!

9. Taking free passes and penalties

- a) You have 3 seconds from setting the free pass/penalty in which to take it. If you decide that another player would be better taking it, you must place the ball back on the floor.
- b) Do not walk towards the other player to pass it to them (footwork) or hand it to them (short pass).
- c) Any player allowed in that area may take the free pass/penalty.

10. Shooting

Only the GS and GA are able to score goals for your team. They must be wholly inside the goal circle to shoot.

11. Throw in

- a) The ball is thrown back into play from the point where it went off the court. It is out of court when it contacts anything outside the court area (except the goalpost).
- b) When taking a throw in, a player places her foot up to but not on the sideline or backline of the court. The lines are part of the court. If any part of your foot is touching the line or you step into the court in the process of taking the throw in, this is deemed to be a foul throw.
- c) At least one foot must be within 15cm (6in) of the line though.

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12. Over a third

- a) The ball cannot be thrown over a complete third of the court without being touched or caught by a player (i.e. it cannot cross two transverse lines).
- b) A free pass shall be taken from the area where the ball crossed the second transverse line (i.e. where the ball shouldn't have been).

11. Replayed ball

- a) A player may not replay the ball. Specifically you can't:
 - I. lose control of the ball and pick it up again if it has not been touched by another player
 - II. catch a rebound from a shot on goal if the ball has not touched the post or another player
 - III. toss the ball into the air and catch it again without it being touched by another player.

12. Held Ball:

A player has three seconds once they receive the ball to either pass or shoot. If a penalty such as a contact or obstruction occurs against them; the three seconds will restart.