



Rules of Netball

2018 Edition



**INTERNATIONAL
NETBALL
FEDERATION**

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Netball is an exciting, fast and skilful game of fair contest. It is a game in which two teams of seven players each strive to keep or gain possession of the ball.

The team with the ball, through running, jumping, throwing and catching, attempts to move the ball into its goal circle from where a goal may be scored, while the opposing team uses defensive movements and strategies to prevent this and to gain possession. The team with the greater number of goals is the winner of the match.

Players have specified areas in which they can move. Play restarts after each goal with teams having alternate possession.

The Rules are based on the core values of equal opportunity, fair play and respect for an opponent's skill and safety.

- It is the responsibility of players to ensure that they are physically and technically prepared in a manner that enables them to play the Game, comply with the Rules and participate safely in a sporting and fair manner.
- It is the responsibility of those who coach or teach the Game to ensure that players are prepared in a manner that ensures compliance with the Rules of the Game as well as an understanding of both sporting behaviour and safe practices.

- It is the responsibility of umpires to apply the Rules of the Game with impartiality, fairness and consistency.
- It is the responsibility of controlling bodies at all levels to ensure that the Game is conducted and developed in accordance with disciplined and sporting behaviour.

While Netball developed first as a game predominantly played by women and girls, it is now played by boys and girls, women and men.

The Rules are written for international play. Variations in some Rules may be made locally for players of different levels or to meet other conditions (refer Section 15).

INF publishes the Rules of Netball in several different languages. If there is divergence in wording, the English text is authoritative.

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A

Astride the transverse line: standing with one foot in the goal third and one foot in the centre third

At the team bench: on or immediately beside (including behind or in front of) the team bench

Attacking team: team that has possession of the ball

B

Bench player: a player who is on the team bench at a given time during a match

Bench zone: area immediately outside the court surround where the official bench, team benches and umpires' bench are located (all on the same side of the court)

Breaking: early entry by a player to a third before the whistle is blown for a centre pass

C

Caution: inform a player regarding that player's infringing and/or behaviour

Controlling umpire: umpire in whose half play is at a given time

Co-umpire: umpire who is not controlling play at a given time

Court surround: area immediately surrounding the court

D

Defending team: team not in possession of the ball

During play: at any time during a quarter/half except when time is held

E

Event organiser: person/s with responsibility for the organisation of the match

Extra time: an additional period of time used when the scores are tied at full-time and a winner is required

F

Fake pass: player makes passing action but does not release ball

Field of play: area consisting of the court and the court surround

Free pass: sanction for a minor infringement

Full-time: end of the specified playing time for a match (60 minutes) excluding any extra time

G

Game: the Game of Netball

Goal end: end of the court where a team shoots for goal

Good sportsmanship: level of behaviour that meets generally accepted ethical standards in sport, including playing by the Rules, self-discipline, self-control and respecting opponents and officials

H

Half-time: interval between second and third quarters, in extra time the interval between the two halves

I

INF: the International Netball Federation

Infringement: action contrary to the Rules that may be penalised by an umpire

International play: a match between two countries played for INF ranking points

Interval: period of time between successive periods of play

L

Landing foot (one foot landing): foot on which a player either first lands after catching the ball or is standing on when the ball is caught

Landing foot (two feet landing): the foot NOT first moved when a player either catches the ball standing on both feet or lands on both feet simultaneously after catching the ball

M

Major infringement: infringement of the contact or obstruction rules or when the goalpost is knocked causing a shot to miss

Match: contest between two teams played according to the Rules of the Game

Match officials: two umpires and a reserve umpire

Minor infringement: infringement of the rules governing playing the ball, footwork, centre pass, offside and other related rules

N

Natural body stance: being stable and upright whether standing or moving, it may include slight arm movements for stability or momentum

O

Official bench: place where the scorers and timekeepers are located during a match

Opponent: player from the opposing team

P

Pass: action of player throwing, batting or bouncing the ball to a player

Penalty pass: sanction for a major infringement or for foul play

Period of play: a quarter in a match or a half in extra time

Pivot: a movement where the player with the ball swivels *either* on the heel *or* on the ball of the landing foot while this maintains contact with the original landing position

Playing enclosure: area consisting of the court, the court surround and bench zone

Playing time: time elapsed in a quarter/half not including any stoppages

Possession: player holds the ball with one or both hands

Primary care person: team official who is qualified to diagnose and treat injury or illness (for example doctor or physiotherapist)

R

Reserve umpire: match official seated at the umpires' bench who is ready to replace an umpire in the event of illness/injury during a match

Retaliation: player's inappropriate response to the action/s of another player

S

Sanction: action taken by an umpire (free pass or penalty pass) against an infringing player, team official or bench player

Scorers: technical officials responsible for maintaining a scoring record of the match together with a record of centre passes and details of players on court

Set: a sanction is 'set' once the player taking the sanction is positioned correctly with the ball; in the case of a penalty pass, the infringer must also be positioned correctly

Shot: a pass that directs the ball towards the ring in an attempt to score a goal

Simultaneous: occurs at exactly the same time

Substitution: when a player moves from the team bench to replace a player on the court

T

Team: up to twelve players (of whom a maximum of seven are on the court at any time) and up to five officials

Team bench: place where team officials and any players not on the court are located during a match

Team change: when players on court change playing positions

Team officials: up to five persons at least one of whom is a primary care person

Technical officials: scorers, timekeepers and any other officials specified for an event

Timekeepers: technical officials responsible for maintaining an accurate record of playing time (including advising the umpires when play should end), intervals and stoppages

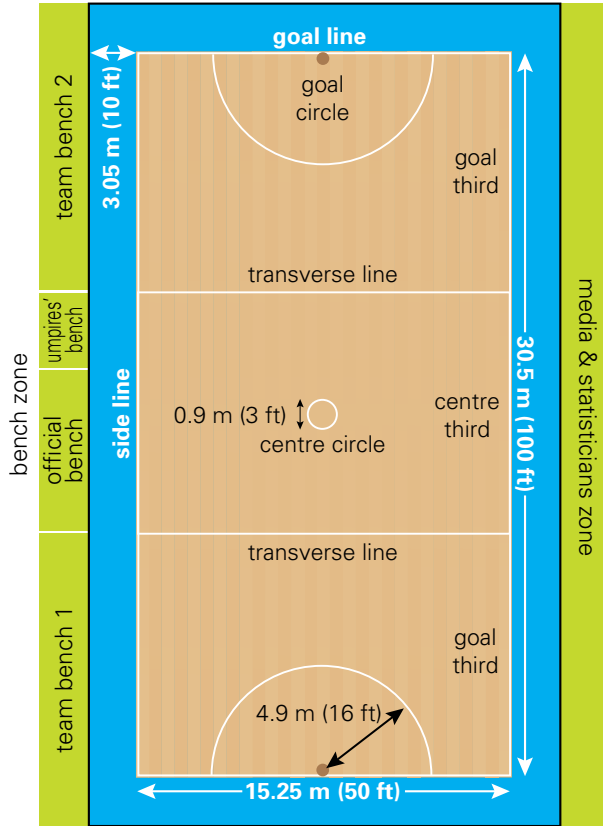
U

Umpires' bench: place where the umpires are seated when not on the court and the reserve umpire is seated during the match

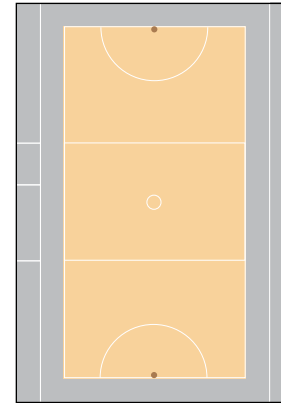
Measurements - the following abbreviations are used:

cm	centimetres
ft	feet
g	grams
in	inches
kPa	kilopascals
m	metres
mm	millimetres
oz	ounces
psi	pounds per square inch

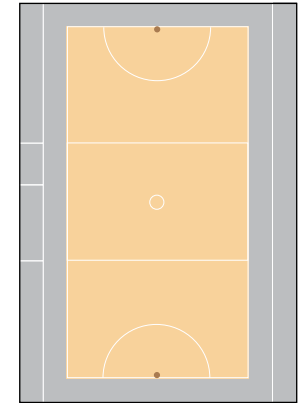
3.1 COURT AND RELATED AREAS



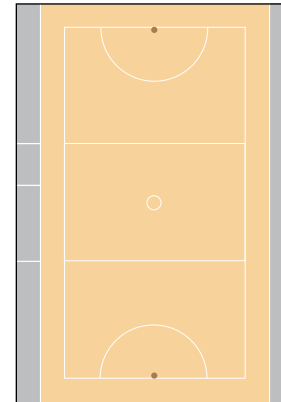
Court



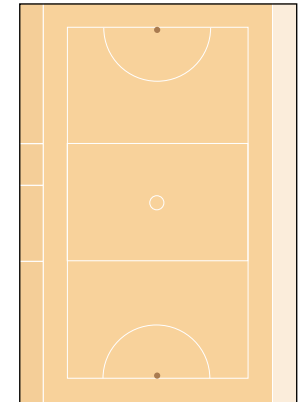
Court Surround



Field of Play



Playing Enclosure



3.1.1 Court

The court is rectangular in shape and is level and firm. The surface should be wooden (preferably sprung wooden) but may consist of other material provided that it is safe to play on.

- (i) The two longer sides are called side lines and measure 30.5 m (100 ft).
- (ii) The two shorter sides are called goal lines and measure 15.25 m (50 ft).
- (iii) Two lines parallel to the goal lines divide the court into three equal areas. These lines are called transverse lines. The middle area is called the centre third and the two end areas are the goal thirds.
- (iv) A circle 0.9 m (3 ft) in diameter is located in the centre of the court. This is called the centre circle.
- (v) A goal circle is located at each end of the court. This is a semi-circle of radius 4.9 m (16 ft) whose centre is the mid-point of the outside of the goal line.
- (vi) All lines (preferably white) are 50 mm (2 in) wide and are part of the court area they outline.

3.1.2 Court Surround

The court surround is rectangular in its outer shape and it surrounds the court. The distance between the edge of the court surround and the goal lines and side lines is 3.05 m (10 ft).

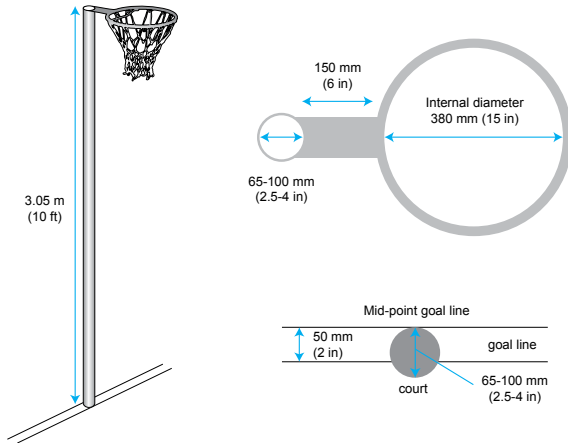
3.1.3 Field of Play

The field of play is rectangular in shape and consists of the court and the court surround. During play only on-court players and umpires are permitted in the field of play.

3.1.4 Playing Enclosure

- (i) A bench zone is located immediately adjacent to the field of play. The official bench, umpires' bench and team benches are all located on one side of the court in the bench zone.
- (ii) The playing enclosure consists of the field of play and the bench zone. Entry to the playing enclosure during a match is limited to those persons with official event accreditation.
- (iii) If desired, an equivalent zone on the opposite side of the court may also be included in the playing enclosure. This zone is to be used by media and other technical officials as needed.

3.2 GOALPOSTS



A goalpost is placed at the mid-point of each goal line. It consists of the following:

- (i) A vertical metal pole 65-100 mm (2.5-4 in) in diameter and 3.05 m (10 ft) high. The pole is:
 - (a) Inserted in the ground or sleeved beneath the floor so when it is knocked there is a minimal amount of movement and it remains stable
 - (b) Placed so the back of the pole is at the outside edge of the goal line
 - (c) Covered with padding of uniform thickness not more than 50 mm (2 in) thick and extending the full length of the pole

- (ii) A horizontal metal ring made of steel rod 15 mm (5/8 in) in diameter with an internal diameter of 380 mm (15 in)
- (iii) A horizontal metal bar of length 150 mm (6 in), projecting from the front edge at the top of the pole, to which the ring is attached
- (iv) A net (preferably white) fitted to the ring, clearly visible and open at top and bottom.

3.3 BALL



- (i) The match ball which is spherical in shape:
 - (a) Measures 690-710 mm (27-28 in) in circumference and weighs 400-450 g (14-16 oz)
 - (b) Is made of leather, rubber or suitable synthetic material
 - (c) Is inflated to a pressure of 76-83 kPa (11-12 psi).
- (ii) The same match ball is used throughout a match. A spare ball must be at the official bench and the umpire may order its use in the event of damage to the match ball or blood on the ball.
- (iii) The umpires check all match balls before play starts.

4.1 MATCH LENGTH

- (i) A match consists of four quarters, each of 15 minutes playing duration, with an interval of 4 minutes between the first-second and third-fourth quarters. The half-time interval is 12 minutes (except, with the agreement of the event organiser and both teams, half-time may be 8 minutes).

1st quarter	interval	2nd quarter	half-time	3rd quarter	interval	4th quarter
15 minutes	4 minutes	15 minutes	12 (or 8) minutes	15 minutes	4 minutes	15 minutes

- (ii) Teams change ends each quarter.
 (iii) A period of play must not exceed the specified playing time, except that if a team is awarded a penalty pass in its attacking goal circle before the timekeeper signals the end of play, the penalty pass must be taken before play is ended.
 (iv) An interval may be extended by the umpires for an emergency.

4.2 EXTRA TIME

Before a match begins the event organiser may advise teams and umpires that, in the event that scores are tied at full-time, extra time will be played to determine a winner. The length of each half will also be specified. The following procedure will apply:

- (i) There is an interval of 4 minutes at the end of full-time

- (ii) Extra time consists of two halves of equal length, not exceeding 7 minutes each, with a half-time interval of 1 minute. Teams change ends at half-time

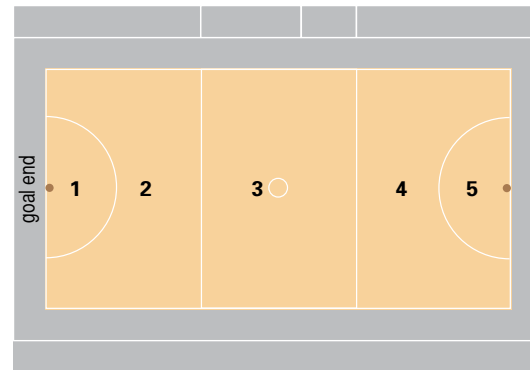
full-time - draw	interval	1st half	half time	2nd half
winner is required	4 minutes	not exceeding 7 minutes	1 minute	not exceeding 7 minutes

- (iii) The first centre pass in each half is taken by the team entitled to the next centre pass
 (iv) In the event of a tie remaining at the end of extra time, a visual signal is placed at the official bench to indicate that play will continue until one team leads by two goals.

end of extra time	match ends when
scores are tied	one team leads by two goals

5.1 TEAM

- (i) Before the start of a match, the names of all players and team officials must be provided to the scorers. Each team names one player as captain.
- (ii) During a match, a minimum of five and maximum of seven players from a team may be on the court at any one time, one of whom must play as Centre.
- (iii) Each team is allocated a team bench where team officials and bench players are located during play. Bench players may leave the team bench during play for a valid reason (such as to warm up).



5.1.1 Players

- (i) During a match players must wear:
 - (a) Registered playing uniform and suitable sports footwear (spiked soles are not allowed)
 - (b) Playing position initials 150 mm (6 in) high which must be clearly visible and worn above the waist, front and back.
- (ii) The playing positions and initials are:
Goal Shooter (GS), Goal Attack (GA), Wing Attack (WA), Centre (C), Wing Defence (WD), Goal Defence (GD) and Goal Keeper (GK).
- (iii) All players have specified areas of the court where they are allowed to play. These are:

Position	Playing Areas				
Goal Shooter	1	2			
Goal Attack	1	2	3		
Wing Attack		2	3		
Centre		2	3	4	
Wing Defence			3	4	
Goal Defence			3	4	5
Goal Keeper				4	5

- (iv) Players may not wear anything that could endanger themselves or other players, specifically:
 - (a) No adornment or jewellery may be worn other than a wedding ring which must be covered with tape
 - (b) A medical alert bracelet may be worn provided it is covered with tape
 - (c) Fingernails must be short and smooth
 - (d) Hair must be suitably tied back.
- (v) Role of captain:
 - (a) Before the match starts, the two captains toss for choice of goal end or first centre pass and notify the scorers and the umpires of the result
 - (b) The captain has the right to approach the umpires during an interval for clarification of any rule. Any player/s for whom the clarification is relevant may accompany the captain
 - (c) The umpires may request the captain to speak to any on-court player/s whose behaviour is causing concern
 - (d) In the event that the captain is not on the court, an on-court captain will be advised to the umpires.

5.1.2 Team Officials

- (i) A team may have up to five team officials. These will include a coach and at least one primary care person.

- (ii) A primary care person:
 - (a) Must be qualified to diagnose and treat injury or illness (for example, doctor or physiotherapist)
 - (b) Must wear identification as specified by the event organiser (for example an arm band)
 - (c) Must not have any other roles (including as a player)
 - (d) Is permitted on the court during a stoppage for injury/illness of a player or blood issues
 - (e) Must advise the umpires if a player is too ill/injured to be removed from the court within 30 seconds and/or if further assistance is required.

5.2 MATCH OFFICIALS

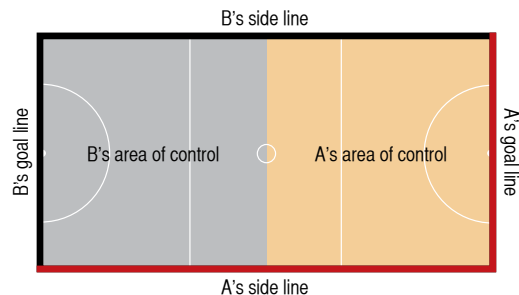
The match officials are two umpires and a reserve umpire.

- (i) The match officials:
 - (a) Wear clothing that is distinct from the teams' playing uniforms and suitable sports footwear
 - (b) Are responsible for ensuring the field of play (including the goalposts) and the ball conform to Rule 3 before play starts and throughout a match
 - (c) Before play starts, check the players off the court to ensure they meet the requirements of Rule 5.1.1 (i) and (iv).

5.2.1 Umpires

The umpires control a match according to the Rules and decide any matter not covered by them. Their decisions are final and are given without appeal.

- (i) After the captains have notified the umpires of the result of the toss for goal end or first centre pass, the umpires toss for goal end. The umpire winning the toss controls the side line nearer the official bench and the goal end to the right when facing the court. Each umpire controls the same half of the court throughout the match.
- (ii) An umpire's whistle :
 - (a) Starts and ends each quarter/half
 - (b) Restarts play after a goal has been scored
 - (c) Indicates when an infringement is penalised
 - (d) May be used to indicate when the ball is out of court if clarification is needed
 - (e) Signals when the timekeepers are to hold time for a stoppage and when to restart timing play.
- (iii) The umpires work co-operatively and may appeal to each other for decisions. An umpire must be ready for such an appeal at all times.
- (iv) Each umpire controls and gives decisions for one half of the court including the goal line except as provided for in (v) and (vi) below and Rule 6.1.1 (v). For this purpose the length of the court is divided in half across the centre from side line to side line.



- (v) Each umpire makes all decisions for the throw in on one side line including infringements by the player taking the throw in or any opponent defending that player. If the sanction is awarded in the co-umpire's half, the co-umpire resumes control once it has been set.
- (vi) Either umpire may hold time for injury/illness of a player, blood, foul play, an emergency or other appropriate circumstances.

5.2.2 Reserve Umpire

The reserve umpire:

- (i) Replaces an umpire who becomes ill/injured during a match
- (ii) May assist the umpires with any procedures prior to the match or during intervals
- (iii) Is seated at the umpires' bench during a match
- (iv) Supervises a suspended player during the suspension period.

5.3 TECHNICAL OFFICIALS

The technical officials are two scorers, two timekeepers and any other officials specified for the event. Only the scorers and timekeepers are seated at the official bench.

5.3.1 Scorers

The scorers are jointly responsible for keeping an accurate record of the score.

- (i) Before the start of play the scorers record the names of all players (including playing positions for the start of play) and team officials.
- (ii) During the match the scorers:
 - (a) Record any changes of players and/or positions
 - (b) Record goals scored for each team as they occur as well as any unsuccessful shots
 - (c) Keep a record of the centre pass taken by each team
 - (d) Call the centre pass if appealed to by an umpire
 - (e) Signal the direction of any centre pass to be taken immediately after a stoppage
 - (f) Notify the umpires if a wrong centre pass is indicated
 - (g) Record any warning, suspension and/or ordering off.

5.3.2 Timekeepers

The timekeepers are jointly responsible for ensuring that each playing period and each interval is of the correct length of time. The timekeepers:

- (i) Notify the umpires when there are 30 seconds and 10 seconds remaining before the start of a quarter/half
- (ii) Commence timing when the game is started by the umpire's whistle
- (iii) When the playing time specified for a quarter/half has elapsed, notify the umpires whose whistle ends play
- (iv) Hold time when signalled to do so by the umpire and restart timing when the umpire signals for play to resume
- (v) Notify the umpires when 10 seconds remain prior to the end of a stoppage for injury/illness or blood.

6.1 UMPIRE PROCEDURES

6.1.1 Procedures for Centre Pass

Play is started with a centre pass at the beginning of each quarter/half and after each goal scored.

- (i) The umpires notify the teams when there are 30 seconds and 10 seconds before the start of a quarter/half.
- (ii) The first centre pass in each quarter/half is started by the umpire controlling the goal end of the team taking the centre pass.
- (iii) During a quarter/half the centre pass is started by the umpire controlling the goal end where the last goal was scored.
- (iv) Immediately a goal is signalled both umpires indicate the direction of the next centre pass:
 - (a) If they disagree the umpires seek clarification from the scorer
 - (b) In the event that both umpires indicate the centre pass direction incorrectly, the scorer notifies the umpires.
- (v) The umpire controlling the centre pass is responsible for penalising any infringements by the Centre taking the centre pass and any opponent defending the pass (if a sanction is awarded in the co-umpire's half, the co-umpire assumes control once it is set).

6.1.2 Procedures during Play

The umpires move along the side line and behind the goal line to view play and make decisions. They keep off the court during play except to take a toss up.

- (i) The umpires:
 - (a) When penalising an infringement: blow the whistle, state the infringement and the sanction given, using hand signals to support their decisions
 - (b) When applying an advantage [Rule 7.2]: refrain from blowing the whistle for an infringement
 - (c) Signal a goal has been scored by raising one arm vertically.
- (ii) If the ball strikes the umpire while on the court during play, or if an umpire interferes with the movements of the players, play does not cease unless one team has been unduly disadvantaged, in which case a free pass is awarded to that team.
- (iii) The umpires must not criticise or coach a team while a match is in progress.

6.1.3 Procedures for Out of Court

The umpires give decisions relating to the goal line in the half each controls and all of the nearer side line. The umpire controlling the goal/side line is responsible for:

- (i) Ruling when the ball is out of court and the team to take the throw in (no whistle is required if it is clear the ball is out of court)

- (ii) Penalising infringements by the player taking the throw in or by any opponent/s defending the throw in (if a sanction is awarded in the co-umpire's half, the co-umpire resumes control once it is set).

6.1.4 Procedures for Toss Up

- (i) The umpires enter the court to take a toss up as follows:
 - (a) In the goal circle the toss up is taken by the umpire controlling that goal end
 - (b) Outside the goal circle the toss up is taken by the nearer umpire who also controls all related procedures.
- (ii) The umpire ensures players are correctly positioned before taking a toss up.
- (iii) Before taking the toss up, the umpire momentarily is stationary, holding the ball in the palm of one hand at a point midway between the two players and just below the shoulder of the shorter player in normal standing position.
- (iv) The umpire flicks the ball vertically in the air no more than 600 mm (2 ft) and simultaneously blows the whistle.

6.1.5 Procedures for Stoppages

The umpire:

- (i) Signals to the timekeeper to hold time when required
- (ii) Where appropriate notifies the players when 10 seconds remain prior to the end of the stoppage

- (iii) Signals to the timekeeper when play restarts.

6.1.6 Procedures for Game Management

- (i) The umpire holds time to caution a player, to give a warning, to suspend a player or to order a player off, also using any hand signal that applies.
- (ii) The umpire advises the co-umpire of any warning, suspension or ordering off.

6.2 TEAM OFFICIAL PROCEDURES

- (i) Team officials and bench players may coach:
 - (a) While play is in progress provided they are positioned at the team bench
 - (b) During stoppages provided they remain either at the team bench or on the court surround and do not (except for the primary care person/s) enter the court
 - (c) During intervals.
- (ii) Team officials and bench players must not use offensive, insulting or abusive language and/or gestures.

7.1 TYPES OF SANCTIONS

During a match the umpires may penalise an infringement and award a sanction to the non-infringing team as follows:

- (i) Free pass – awarded for minor infringements
- (ii) Penalty pass – awarded for major infringements.

7.1.1 Conditions for all Sanctions

Sanctions are awarded to a team and may be taken by any player allowed in the area. The player taking the sanction must:

- (i) Take up the position indicated by the umpire as follows:
 - (a) For a free pass: the position is where the infringement occurred
 - (b) For a penalty pass: the position is where the infringer was standing unless this disadvantages the non-infringing team

Sanction: Free pass. If a player deliberately or repeatedly takes a sanction from the incorrect position, the player will be penalised for delaying play [Rule 13.2.1 (i)]

- (ii) Obey the footwork rule [Rule 9.6]. The foot placed at the point indicated is considered as equivalent to a 'one foot landing'

Sanction: Free pass

- (iii) Release the ball within 3 seconds of the sanction being set.

Sanction: Free pass

7.1.2 Conditions for Free Pass

A player taking a free pass may not shoot for goal.

Sanction: Free pass – no goal is scored

7.1.3 Conditions for Penalty Pass

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

Sanction: A further penalty pass is awarded (which may be advanced if it is judged to be delaying play)

- (ii) An opposing player may not obstruct or contact the player taking a penalty pass before the ball has been released.

Sanction: Penalty pass where second infringer was standing – both infringers stand out of play

- (iii) If Goal Shooter or Goal Attack takes a penalty pass in the goal circle the player may either pass or shoot for goal. If this has been awarded but has not been taken when the timekeeper signals the end of a period of play, the penalty pass must be taken before play is ended.
- (iv) A player who is correctly positioned to take a penalty pass may choose to play the ball before the sanction has been set. If the player chooses to play the ball immediately:
 - (a) The infringer may not take part in play until the ball has been released or make any attempt to intercept the penalty pass
 - (b) The penalty pass will be retaken if the infringer interferes with it.

- (v) If an infringer is substituted or changes positions before a penalty pass is taken, the player who takes the position of the penalised player stands out of play.

7.2 ADVANTAGE

The umpire should refrain from blowing the whistle for an infringement when by so doing the non-infringing team would be disadvantaged.

- (i) The umpire indicates an advantage is being applied by:
- Calling 'advantage' and stating the infringement
 - Using the hand signal for advantage.
- (ii) If the whistle is blown for an infringement the sanction must be awarded, except that if a goal is scored that is to the advantage of the non-infringing team, the umpire will award the goal.

8.1 ORGANISATION FOR START OF PLAY

- (i) For each quarter/half:
- When the umpires indicate there are 10 seconds before the start of play, players must take the court
 - Players must be positioned in the correct thirds when play is due to start.
- (ii) A team must take the court if there are at least five players present, one of whom must play as Centre.

8.1.1 Failure to Take the Court

- (i) If a team does not have five players present at the start of a quarter/half, the umpires will wait up to 30 seconds for additional player/s to arrive:
- If the team takes the court within 30 seconds: the offending team will be penalised immediately following the whistle for the centre pass
Sanction: Penalty pass taken in centre third by the transverse line at the goal end of the non-infringing team – the whistle is blown to start play then the infringement is penalised. The Centre stands out of play for the penalty pass
 - If the team is not able to take the court within 30 seconds: the umpires will award the match to the opposing team.
- (ii) If a team delays taking the court after a stoppage when requested by the umpires, the umpires penalise the team for delaying as soon as play resumes. If play was due to restart with a centre pass, the

sanction is awarded immediately following the whistle for the centre pass.

Sanction: Penalty pass that may be advanced unless it disadvantages the non-infringing team – the whistle is blown to start play then the infringement is penalised

8.2 CENTRE PASS

- (i) Play is started at the beginning of each quarter/half and after each goal by a centre pass. The centre pass is taken alternately by the Centre of each team.
- (ii) If at a centre pass the ball is still in the Centre's hands and no player from that team has been penalised before the whistle was blown to end the quarter/half, the centre pass will be ruled not to have been taken.

8.2.1 Positioning of Players for Centre Pass

- (i) The Centre in possession of the ball stands with at least one foot wholly within the centre circle.

Sanction: Free pass – the whistle is blown for the centre pass then the infringement is penalised

- (ii) The opposing Centre is in the centre third and free to move.
- (iii) All other players are in their respective goal thirds and are free to move but must not enter the centre third until the whistle has been blown to start play.

Sanction: Free pass – the whistle is blown for the centre pass then the infringement is penalised

- (iv) If two opposing players enter the centre third simultaneously before the whistle is blown:
 - (a) If neither player makes contact with the ball they are not penalised and play continues
 - (b) If either player catches or touches the ball, either while standing in the centre third or immediately before or after landing in the centre third, a toss up is taken between the two players concerned where the player caught or touched the ball
 - (c) If one umpire blows the whistle for a sanction and the other umpire indicates an advantage has applied, the sanction will stand.

8.2.2 Controlling the Centre Pass

- (i) When the whistle is blown to start play, the Centre in possession of the ball may step outside the centre circle but must obey the footwork rule [Rule 9.6]. If when the whistle was blown:
 - (a) Only one foot was wholly inside the centre circle, this foot will be considered the 'landing foot'
 - (b) Both feet were wholly inside the centre circle, the foot not moved first will be considered the 'landing foot'.
- (ii) The Centre must release the ball within 3 seconds.

Sanction: Free pass

- (iii) A centre pass must be touched or caught by a player who:
- (a) Is standing wholly within the centre third
 - or
 - (b) Lands with the first or both feet wholly within the centre third.

Sanction: Free pass

- (iv) If the ball from a centre pass goes untouched over the side line bounding the centre third, a throw in is awarded to the opposing team where the ball crossed the line.
- (v) A player from the team taking the centre pass may not:
- (a) Touch or catch the ball in the air then land on both feet simultaneously astride the transverse line
 - or
 - (b) Touch or catch the ball in the goal third if it has not been touched as in Rule 8.2.2 (iii).

Sanction: Free pass in goal third where ball crossed the transverse line

- (vi) The umpire may apply advantage [Rule 7.2] and allow play to continue if a player from the opposing team:
- (a) Catches the centre pass in the goal third
 - or
 - (b) After catching the ball in the air lands with feet astride the transverse line (this player's subsequent pass is deemed to have been made from the goal third).

8.3 OUT OF COURT

8.3.1 Ball Out of Court

- (i) The ball is out of court when:
- (a) It touches the ground outside the court
 - (b) It touches any person or object in contact with the ground outside the court.

Action: Throw in by team that did not touch the ball last on court

- (ii) The ball is put out of court by a player who:
- (a) Catches the ball in the air just before landing with the ball either wholly or partly outside the court
 - (b) Catches or touches the ball while standing on the ground, partly inside and partly outside the court.

Action: Throw in by team that did not catch or touch the ball

- (iii) If the ball is caught simultaneously by two opposing players, either of whom lands or is standing wholly or partly outside the court, a toss up is taken on court between the players concerned.
- (iv) A ball is not out of court if it hits any part of the goalpost and rebounds into the court.

8.3.2 Player Outside the Court

- (i) A player may jump from a position inside the court and throw or bat the ball before landing outside the court.
- (ii) A player having no contact with the ball may move into the court surround provided this is done solely for the purpose of repositioning back onto the court.

Sanction: Free pass on court (near where the player left the court)

- (iii) A player who has left the court to retrieve a ball or to take a throw in must be allowed direct re-entry to the court.

Sanction: Penalty pass on court (near where the player left the court)

- (iv) A player who is partly or wholly in the court surround must re-enter the court and have no contact with the court surround before playing the ball.

Action: Throw in by the opposing team

- (v) A player who leaves the field of play without the permission of the umpire may not be replaced. If this player is the Centre, one player must immediately move to play as Centre. The player may, after first reporting to the umpire, return to the court immediately after:
 - (a) A goal has been scored (in this case the player must play in the vacant position)
 - (b) A stoppage for injury/illness
 - or
 - (c) An interval.

Sanction: Free pass where ball was when play stopped – the player is sent from the court until the correct time for entry

8.4 THROW IN

When the ball is ruled to be out of court play restarts with a throw in.

8.4.1 Requirements for Taking Throw In

- (i) The player taking the throw in:
 - (a) Stands outside the court with at least one foot within 15 cm (6 in) of the line at the point indicated by the umpire (this foot is considered 'the landed foot')
 - (b) Ensures all other players are on the court before releasing the ball
 - (c) Throws the ball within 3 seconds of taking up this position
 - (d) Observes the rules for footwork and playing the ball [Rules 9.4-9.6]
 - (e) May not enter the court (including the lines bounding the court) until the ball has been released
 - (f) May not step behind any offside area while holding the ball.

Action: Throw In by opposing team

- (ii) The player taking the throw in must throw the ball:
 - (a) From the goal line: into the goal third
 - (b) From the side line: into the nearest or adjacent third.

Sanction: Free pass taken in the third where ball entered incorrectly

- (iii) If the ball from a throw in goes out of court without being touched, a throw in is taken by the opposing team where the ball went out.
- (iv) If the ball from a throw in fails to enter the court, a throw in is taken by the opposing team from the same position.

8.5 TOSS UP

A toss up is taken to restart play when:

- (i) Two opposing players gain possession of the ball simultaneously (with one or both hands)
- (ii) Two opposing players send the ball out of court simultaneously or the umpire is unable to determine which player touched it last
- (iii) Two opposing players are offside simultaneously and one or both touch or catch the ball [Rule 9.7.1 (ii) (b)]
- (iv) At a centre pass, two opposing players enter the centre third before the whistle and one or both touch or catch the ball
- (v) Two opposing players contact each other simultaneously
- (vi) After a stoppage, the umpires are unable to determine which player had the ball or the ball was on the ground when play stopped.

8.5.1 Position for Toss Up

The toss up is taken between the two opposing players concerned at the point where the incident occurred, except when it involves players who have different playing areas as follows:

- (i) if the two players have a common playing area: the toss up is taken between them in their common area as close as possible to the original position
- (ii) If the two players have no common playing area: the toss up is taken in the centre third between any two opposing players allowed in the area at a point as close as possible to the original position.

8.5.2 Position of Players for Toss Up

- (i) Before taking the toss up the umpire checks the two players are positioned as follows:
 - (a) the players face each other and their goal ends
 - (b) there is a distance of 0.9 m (3 ft) between the nearer feet of the players
 - (c) their arms are straight with hands at sides.
- (ii) The two players remain stationary until the whistle is blown as the umpire releases the ball.

Sanction: Free Pass

- (iii) All other players may stand or move anywhere within their playing areas provided they do not interfere with the toss up.

8.5.3 Outcome of Toss Up

- (i) Either player may catch the ball or bat it in any direction except directly at another player.

Sanction: Free Pass

- (ii) A Goal Shooter or Goal Attack who catches the ball at a toss up in the goal circle may either shoot for goal or pass.

9.1 SUBSTITUTIONS AND TEAM CHANGES

- (i) Both teams have the right to make substitutions and/or team changes:
 - (a) During an interval
 - (b) When play is stopped for injury/illness or blood.
- (ii) The number of substitutions is not limited provided the players used are those named for the match.

9.2 LATE ARRIVALS

- (i) A player who arrives after a match has started must be checked by an umpire before taking the court.
- (ii) A late player may not immediately replace a player who is already on the court but may be used subsequently as a substitute.
- (iii) If a position has been left vacant the late arrival may not enter the match while play is in progress but may take the court immediately after:
 - (a) A goal has been scored (in this case the player must play in the position left vacant)

Sanction: Free pass where ball was when play stopped – the player is sent from the court until the correct time for entry

- (b) A stoppage for injury/illness or blood
- (c) An interval.

9.3 STOPPAGES

- (i) The umpires hold time for injury/illness upon appeal from an on-court player or for blood and may hold time for an emergency or such other circumstances as they consider appropriate. During a stoppage:
 - (a) For injury/illness of a player or blood: all players not affected or being substituted remain on the court
 - (b) In an emergency or other circumstances: the umpires decide whether the players leave the court or not.
- (ii) Play restarts from where the ball was when play stopped:
 - (a) If the ball was out of court play restarts with a throw in
 - (b) If an infringement was signalled before play was held play restarts with the sanction awarded
 - (c) If the ball was on the ground or the umpire is unable to say which team had possession of the ball, play restarts with a toss up between any two opposing players allowed in the area.
- (iii) In extreme circumstances and in consultation with the event organiser, the umpires may decide to abandon a match if the safety of players and/or officials is considered to be at risk.

9.3.1 Injury/Illness or Blood

- (i) The umpires hold time for blood when noticed or for injury/illness when requested by an on-court player (in extreme circumstances the umpires may hold time without a request being made).
- (ii) The player concerned must leave the court within 30 seconds and receive any treatment off the court. The timekeepers advise the umpires when 10 seconds remain.
- (iii) Only primary care person/s are permitted on the court to assess the player's medical condition and to assist the player from the court.
- (iv) In the event that the primary care person/s advise the umpires that the player concerned cannot be removed safely within 30 seconds, the umpires will extend the time for the player to leave the court.
- (v) The umpires may authorise other persons (including team officials) to assist the player to leave the court if needed.
- (vi) Any blood on the ball or the court must be cleaned before play restarts and any blood-stained clothing replaced.
- (vii) During the stoppage both teams may make substitutions and/or team changes, provided these are completed within the time allowed for the stoppage by the umpires.
- (viii) If no substitution is made for the injured/ill player, or for a player who is bleeding, play may resume with the position left vacant. If the player is the Centre and no substitution is made, one player must move to play as Centre to allow the match to continue.
- (ix) If the position is left vacant the player concerned or a substitute may

subsequently, after advising the umpire, take the court immediately after one of the following:

- (a) A goal has been scored (in this case the player or the substitute must play in the position left vacant)

Sanction: Free pass where ball was when play stopped – the player is sent from the court until the correct time for entry

- (b) A stoppage for injury/illness or blood
- (c) An interval.

9.3.2 Other Stoppages:

- (i) The umpires may hold time or extend an interval if considered appropriate. Examples for which time may be held include (but are not limited to):
 - (a) Emergencies such as serious injury/illness of a player, injury/illness of an umpire or technical official/s, the equipment, the court, the weather or technical equipment
 - (b) Retrieving the ball
 - (c) Disciplining a player, team official or bench player.
- (ii) The umpires decide the length of such a stoppage and ensure play restarts as soon as possible.
- (iii) Team officials are not permitted on the court during a stoppage other than specified in Rule 9.3.1 (iii) and (v).

9.4 PLAYING THE BALL

9.4.1 Methods of Playing the Ball

- (i) To gain possession a player may:
 - (a) Catch the ball with one or both hands
 - (b) Roll the ball to oneself
 - (c) Catch the ball if it rebounds from the goalpost.
- (ii) A player who has possession of the ball may throw or bounce it in any direction to another player with one or both hands. The player with the ball:
 - (a) May not throw it deliberately at another player
 - (b) May not roll it to another player
 - (c) Must release the ball within 3 seconds
 - (d) After releasing the ball, may not replay the ball until it has been touched by another player or it rebounds from the goalpost.

Sanction: Free pass

- (iii) Without having possession of the ball a player may:
 - (a) Bat or bounce the ball to another player but may not bat it deliberately at another player
 - (b) Tip the ball in an uncontrolled manner once or more than once, then either catch the ball or bat or bounce it to another player
 - (c) Bat the ball once before either catching the ball or batting or bouncing it to another player
 - (d) Bounce the ball once before either catching the ball or batting or

bouncing it to another player.

Sanction: Free pass

- (iv) A player may not deliberately:
 - (a) Kick the ball
 - (b) Fall on the ball to gain possession
 - (c) Strike the ball with a fist.

Sanction: Free pass

- (v) A player who falls to the ground while holding the ball must regain footing before playing the ball and release it within 3 seconds of first catching it.

A player may not:

- (a) Gain possession of the ball while lying, sitting or kneeling on the ground
- (b) Throw or play the ball while lying, sitting or kneeling on the ground.

Sanction: Free pass

- (vi) A player may not use the goalpost to regain balance or as a support to recover the ball.

Sanction: Free pass

9.5 PASSING DISTANCES

9.5.1 Short Pass

- (i) When a player passes the ball there must be sufficient space for an opposing player on the court to be able to intercept the ball as it moves from the hands of the thrower to those of the receiver.

Sanction: Free pass

- (ii) If two players from the same team gain possession of the ball in quick succession, the second player's hands must be removed or it will be deemed to be a short pass.

Sanction: Free pass

- (iii) If two opposing players gain possession of the ball in quick succession, the umpire calls 'possession', indicates the player who caught the ball first and allows play to continue.

9.5.2 Over a Third

The ball must be caught or touched by a player in each third of the court.

- (i) The player who touches or catches the ball must:
- (a) Be standing wholly in the third concerned when the ball is caught or touched
 - or
 - (b) After catching or touching the ball in the air, land either with the first foot or both feet wholly in the third concerned.

Sanction: Free pass taken by the transverse line where the ball first entered the third incorrectly, except if the ball goes out of court over the goal line a throw in is awarded

- (ii) After catching the ball correctly a player may step into an adjacent third. Any subsequent throw is deemed to have been made from the third where the player first landed.
- (iii) If a player either catches the ball before landing with feet astride the transverse line, or is standing on both feet astride the transverse line when the ball is caught, the pass made by this player must be touched or caught in one of these two thirds.

Sanction: Free pass taken in the goal third by the transverse line where the ball entered the third incorrectly

9.6 FOOTWORK

9.6.1 One Foot Landing

A player who either receives the ball with one foot on the ground or, who after catching the ball in the air lands on one foot, may:

- (i) Step with the second foot in any direction, lift the landing foot and throw or shoot before the landing foot is regrounded

- (ii) While pivoting on the landing foot, step with the second foot in any direction one or more times. The landing foot may be lifted but the player must throw or shoot before regrounding it
- (iii) Jump from the landing foot onto the second foot and jump again but must throw the ball or shoot before regrounding either foot
- (iv) Step with the second foot and jump but must throw the ball or shoot before regrounding either foot.

Sanction: *Free pass*

9.6.2 Two Foot Landing

A player who receives the ball while both feet are on the ground, or who catches the ball in the air and lands on both feet simultaneously, may:

- (i) Step with one foot in any direction, lift the second foot and throw or shoot before the second foot is regrounded
- (ii) Step with one foot in any direction one or more times while pivoting on the second foot. The second foot may be lifted but the player must throw or shoot before regrounding it
- (iii) Jump from both feet onto one foot but must throw or shoot before regrounding the second foot
- (iv) Step with one foot then jump but must throw the ball or shoot before regrounding either foot.

Sanction: *Free pass*

9.6.3 Other Foot Movements

A player in possession of the ball may not:

- (i) Drag or slide the landing foot
- (ii) Hop on either foot
- (iii) Jump from both feet and land on both feet while still in possession of the ball.

Sanction: *Free pass*

9.7 OFFSIDE

- (i) A player is offside when the player enters a court area not designated for that player's position. This applies whether the player has contact with the ball or not.

Sanction: *Free pass*

- (ii) A player may reach across and pick up a ball from an offside area or lean on the ball in an offside area, provided the player makes no physical contact with the ground in that area.

9.7.1 Opposing Players Offside

- (i) If two opposing players enter an offside area, one before the other, the first player is penalised.

Sanction: *Free pass*

- (ii) If two opposing players enter an offside area simultaneously:
 - (a) If neither player makes any contact with the ball they are not penalised and play continues.
 - (b) If either player catches or touches the ball while standing in the offside area, or immediately before or after landing in the offside area, a toss up is taken between the two players in their own area of play.

10.1 REQUIREMENTS FOR SCORING A GOAL

A goal is scored when the ball is thrown or batted above and completely through the ring by Goal Shooter or Goal Attack from any point within the goal circle including the lines bounding the goal circle.

- (i) If the whistle to end play or to hold time is blown before the ball has passed completely through the ring no goal is scored.
- (ii) If a player other than Goal Shooter or Goal Attack throws or bats the ball through the ring no goal is scored and play continues.
- (iii) If a defending player deflects a shot for goal and the ball then passes above and completely through the ring a goal is scored.
- (iv) If the ball is won at a toss up in the goal circle the Goal Shooter or Goal Attack may either shoot for goal or pass.

10.2 REQUIREMENTS FOR TAKING A SHOT

- (i) In taking a shot at goal the player must:
 - (a) Have no contact with the ground outside the goal circle either while catching or holding the ball. The player may lean on the ball in the goal third outside the goal circle or may roll the ball or pick it up from this area, provided the player makes no physical contact with the ground outside the goal circle
 - (b) Shoot within 3 seconds of catching the ball
 - (c) Obey the footwork rule [Rule 9.6].

Sanction: *Free pass*

- (ii) A defending player may not:
- Cause the goalpost to move so as to interfere with a shot at goal and cause it to miss

Sanction: Penalty pass

- Deflect a ball on its downward flight towards the ring, including touching the ball up through the net.

Sanction: Penalty pass. If a shot is successful the goal is scored

Sanction for obstruction infringements: Penalty pass

11.1 OBSTRUCTION OF A PLAYER IN POSSESSION OF THE BALL

An opposing player may attempt to intercept the ball or defend a player in possession of the ball, provided there is a distance of not less than 0.9 m (3 ft) from the landing position of the player with the ball. This distance is measured on the ground as follows:

- One foot landing by the player with the ball:
 - If the player remains in the landing position: from the landing position to the nearer foot of the defending player
 - If the player steps away from the landing position: from the point where the player landed to the nearer foot of the defending player.
- Two foot landing by the player with the ball:
 - If the player does not move either foot: from whichever foot is closer to the nearer foot of the defending player
 - If the player moves one foot: from the foot that remains grounded to the nearer foot of the defending player.
- An opposing player who is the correct distance from a player with the ball may attempt to intercept the ball or defend the player with the ball:
 - Either by jumping upwards or towards the player with the ball and landing within 0.9 m (3 ft) provided this does not interfere with the shooting or passing action
 - If the player with the ball reduces the distance between them.

- (iv) A defending player may be within 0.9 m (3 ft) of an opponent with the ball provided there is no interference with the throwing or shooting action of this player. The defending player may not make any effort to intercept the ball or defend the player with the ball.

11.2 OBSTRUCTION OF A PLAYER NOT IN POSSESSION OF THE BALL

- (i) A player who is within 0.9 m (3 ft) of an opponent (measured on the ground) may stretch out arms to:
- Catch, deflect or intercept a pass or a fake pass
 - Catch, deflect or bat a rebound from an unsuccessful shot at goal
 - Momentarily signal for a pass or to indicate the intended direction of a movement.
- (ii) A player who is within 0.9 m (3 ft) of an opponent (measured between nearer feet on the ground) may not, whether attacking or defending, use movements that take the arms away from the body so as to limit the possible movement of an opponent, except as required for natural body stance.

11.3 DEFENCE INVOLVING A PLAYER OUTSIDE THE COURT

11.3.1 Defending a Player from Out of Court

A player who is standing outside the court may not attempt to defend a player on the court whether that player has the ball or not.

The sanction is taken on the court close to where the infringer was standing

11.3.2 Defending a Player who is Out of Court

- A player may defend an opponent who has chosen to go out of court provided the defending player does not leave the court or own playing area or obstruct the player as in Rule 11.2 (ii).
- A player who goes out of court to retrieve a ball or to take a throw in must be allowed back onto the court at the point where the player left the court or took the throw in. Any opponent attempting to prevent the player from re-entering the court is penalised.

Sanction for contact infringements: *Penalty pass*

12.1 CONTACT AND CONTEST

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.

12.2 INTERFERENCE

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.

12.2.1 Moving into Player's Space

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 is committed to a particular landing space.

12.2.2 Inevitable Contact

Player/s, whether moving or stationary, may not position so closely to an opponent that this player is unable to move without contacting.

12.2.3 Simultaneous Contact

If two opposing players contact simultaneously a toss up is taken between the two players concerned.

The umpires apply the Rules of the Game fairly, communicate clearly and maintain a calm, decisive control.

A player who infringes any part of the foul play rule [Rule 13.2] will be disciplined. Players on the court are expected to respond to rulings by the umpires and adjust their play accordingly.

Similar requirements apply to team officials and bench players.

13.1 ACTIONS THAT MAY BE TAKEN BY UMPIRES

- (i) To manage a match the umpires may, in addition to the normal sanction, use any of the following:
 - (a) Caution a player: a player is advised that the behaviour specified must change
 - (b) Issue a warning to a player: a player is warned that suspension will follow if the behaviour specified continues
 - (c) Suspend a player: a player who is suspended takes no part in play for 2 minutes
 - (d) Order a player off: a player who is ordered off takes no further part in the match.
- (ii) A decision to give a warning, to suspend a player, or order a player off, will be considered to have been made jointly by the two umpires and is thus binding on the co-umpire:
 - (a) The umpires may confer before deciding on the action to be taken
 - (b) The controlling umpire should ensure the co-umpire is aware of

the action taken and, if appropriate, the reasons for it.

13.1.1 Warning

If a player continues to infringe after receiving a caution for a specified behaviour, the umpire will issue a warning to the player. Where appropriate a warning may be given even if no caution has been issued.

The umpire:

- (i) Advises the player by:
 - (a) Using the term 'warning'
 - (b) Specifying the behaviour for which the warning is being given
- (ii) Signals to the official bench that a warning has been given
- (iii) May also state any action that will follow if the behaviour does not change.

13.1.2 Suspension

The umpire will suspend a player following a warning for foul play if the player continues to infringe the Rules. In the case of dangerous play or misconduct, a player may be suspended without a warning if the umpire considers this action is justified.

- (i) The umpire advises the player of the suspension and signals to the official bench that the player has been suspended.
- (ii) A player who is suspended must immediately leave the court.

- (iii) While off the court the player is seated at the umpires' bench under the supervision of the reserve umpire.
- (iv) No substitute is permitted and the suspended player's position is left vacant unless this player is the Centre. In this case one player must move to play as Centre during the suspension.
- (v) The suspension period of 2 minutes playing time begins when play recommences. Once the suspension period has been completed, the player is able to return to the court at the next break in play (after a goal is scored, during a stoppage or interval, when a sanction is awarded, a throw in or toss up taken).
- (vi) The suspended player returns to the original playing position and any player who moved to play as Centre during the suspension returns to the previous playing position.
- (vii) A suspended player may join the team during any interval that occurs during the suspension but must return to the umpires' bench when play resumes.

13.1.3 Ordering off

The umpire may order a player off the court for serious misconduct or continued foul play. While this will normally follow a suspension or warning this is not a prerequisite if the umpire considers such action is justified.

- (i) The umpire advises the player of the ordering off and signals to the official bench that the player has been ordered off.
- (ii) The player reports to the appropriate team officials on the team bench and takes no further part in the match.

- (iii) No substitute is permitted and the player's position is left vacant for the remainder of the match. In the event that this player is the Centre, one player must move to play as Centre and the position of this player is left vacant for the remainder of the match.

13.2 FOUL PLAY

Foul play is anything a player does within the field of play that is contrary to the letter and spirit of the Rules of the Game or does not meet accepted standards of good sportsmanship. It includes unfair play, dangerous play and misconduct.

13.2.1 Unfair Play

A player must not play unfairly. This includes delaying play, intentional infringing (including when the ball is not in play), persistent infringing, intimidation or retaliation.

- (i) Delaying play

A player may not intentionally waste time or delay play.

Sanction: Penalty pass which is advanced (unless the non-infringing team is disadvantaged) and the player is cautioned

1. *The sanction may be advanced up to half a third (this may be to inside the goal circle if the infringement is in the goal third)*
2. *The infringer stands out of play at the new position. If this is in an offside area the infringer moves to the edge of this area.*

(ii) Intentional infringing

A player must not intentionally infringe any rules.

Sanction: Penalty pass and the player is cautioned. If the player continues to infringe either a warning will be given or, if considered appropriate, the umpire will suspend the player

(iii) Infringements when the ball is not in play

A player must not infringe when the ball is not in play. This includes:

- (a) Between the ball going out of court and a throw in being taken
- (b) Between the awarding and the taking of a sanction or a toss up
- (c) Between the scoring of a goal and the taking of a centre pass
- (d) During a stoppage.

Sanction: Free pass (for minor infringement) or penalty pass (for major infringement). If the action is considered appropriate, the player is cautioned

1. For (a) and (b) the infringement is penalised immediately
2. For (c) and (d) the whistle is blown to start play then the infringement is penalised

(iv) Persistent infringing

A player must not persist in repeatedly infringing a rule or combination of rules.

Sanction: Penalty pass and the player is cautioned. If the player continues to infringe either a warning will be given or, if considered appropriate, the umpire will suspend the player

(v) Intimidation

A player, either with or without the ball, may not intimidate an opponent by using intentional behaviour (including verbal comments) designed to distract.

Sanction: Penalty pass and the player is cautioned

(vi) Retaliation

A player must not retaliate even if an opponent infringes the Rules.

Sanction: Penalty pass and the player is cautioned. If the action is considered to be serious the player is given a warning or suspended

13.2.2 Dangerous Play

A player may not take any action, either deliberate or accidental, that could affect the safety of another player. Such actions may include but are not limited to:

- (i) Punching, kicking or striking a player with any part of the body
- (ii) Tripping or pushing a player
- (iii) Causing a player in the air to fall by moving into the path of that player.

Sanction: Penalty pass

1. *Accidental action: the umpire will issue a warning or suspend the player*
2. *Deliberate action: the umpire will suspend the player or, in a serious case, order the player off*

13.2.3 Misconduct

Misconduct is any behaviour that is contrary to accepted standards of good sportsmanship.

(i) Dissent with an umpire

A player may not dispute a ruling given by an umpire or direct any offensive, insulting or abusive language and/or gestures at an umpire. If an umpire's call is not clearly heard a player may ask the umpire to repeat the infringement penalised or seek clarification of where a sanction is to be taken.

Sanction: Penalty pass and the player is either cautioned or given a warning. In a serious case the umpire will suspend the player

(ii) Actions contrary to good sportsmanship

A player must not act in a manner contrary to accepted standards of good sportsmanship.

Sanction: Penalty pass and the player is either given a warning or suspended. In a serious case the umpire will order the player off

(iii) Continued misconduct

A player who has been suspended in a match must not continue to infringe the Rules.

Action: The player is ordered off

13.3 DISCIPLINE OF TEAM OFFICIALS AND BENCH PLAYERS

During play team officials and bench players must remain at the team bench, except that bench players may leave the team bench for a valid

reason (such as to warm up).

- (i) During a match team officials and bench players may not:
 - (a) Criticise the umpires or their decisions
 - (b) Use offensive, insulting or abusive language and/or gestures
 - (c) Use excessive noise or interruption
 - (d) Encourage foul play by on-court players.
- (ii) Either umpire may hold time and notify the person/s concerned regarding such behaviour.
The following progression of actions will normally be used:
 - (a) Caution
 - (b) Warning
 - (c) Order the person's removal from the playing enclosure.
- (iii) A warning may, if appropriate, be advised as applying to all team officials and bench players of the team concerned.

Sanction: Free pass taken where the ball was when play stopped

1A Start/restart of play

Arm held high, angled towards goal end of team with pass



1B Start/restart of play

Arm held high, angled towards goal end of team with pass



2 Hold time

Facing timekeeper, one hand vertical and other horizontal to form 'T'



3 Direction of pass

for centre pass, sanction, throw in
Arm outstretched to side pointing to goal end of team with pass



4 Throw in - goal line

for attacking team at its goal end
Arm angled down, pointing to base of goalpost



5 Toss up

Hand, palm up, makes upward flicking movement



6 Advantage

Arm sweeps across body towards goal end of team with advantage

**7 Goal Scored**

Arm held vertically

**8 Goal not scored**

Arms below waist move from side to side across each other

**9 Footwork**

Hands, palms down, move vertically up and down in opposite directions

**10 Centre positioned incorrectly**

no foot completely in centre circle
Hand traces horizontal circle

**11 Incorrect entry to area**

for offside, breaking
Hand traces small upward arc in direction of player's movement



12 Ball over a third

Hand traces medium upward arc in direction of ball

**13 Held ball**

Arm held vertically with 3 fingers displayed

**14 Short pass**

Hands, palms inward a short distance apart, one hand moves towards the other held stationary

**15 Incorrect playing the ball**

Hands, palms inward a short distance apart, twist from side to side in parallel motion

**16 Obstruction of player with ball**

Hands, palms inward, held short distance apart

**17 Obstruction of player without ball**

Arms angled out from body below waist



18 Intimidation

Hand traces small arc in front of face



19 Contact

Hand, palm facing down, taps opposite forearm



20 Caution

Elbow bent, arm angled across head, palm facing towards player



21 Warning

Arms crossed above head



22 Suspension

Arm held vertically with 2 fingers displayed



23 Ordering off

Hand sweeps from player towards team bench



Variations to the Rules may be made for matches that are not for international play. The extent of these variations will depend on the level of competition. For elite level competitions it is likely that few changes will be made, while for matches at lower levels changes may be more extensive.

Decisions regarding variations will normally be made by the controlling authority for the competition. Any variations should maintain the integrity of the Game on the court and should not change the way it is played. The following are some examples of variations that might be used.

15.1 Teams

- (i) Teams may be made up of players of the same gender or may be mixed
- (ii) Team officials may be fewer than specified and may therefore undertake several duties. However, primary care person/s must not be players and it is preferable that they do not hold any other role.

15.2 Equipment

- (i) Courts may be outdoors where different surface materials may be used
- (ii) While international play uses 3-ply balls, a lower grade of ball (2-ply) may be used at lower levels. 2-ply balls will usually have a lower inflation level of 62-69 kPa (9-10 psi). For matches played outdoors the ball will usually have a lower inflation level.

15.3 Time

- (i) Time may be played in halves rather than quarters and these may vary in length up to a maximum of 20 minutes
- (ii) Quarters may be of a shorter length
- (iii) Intervals may be of a shorter length
- (iv) Extra time requirements may be varied.

15.4 Match and Technical Officials

- (i) A reserve umpire may not always be appointed
- (ii) The number of technical officials may be fewer (at least one scorer and one timekeeper should be appointed).
- (iii) Umpires may use more specific terms if required for clarification eg for 'penalty pass' the umpire may state 'penalty pass or shot'.

15.5 Matches for Young Players

For primary school age children, who are just beginning to play Netball, it is likely more extensive modifications may be desirable to allow for differences in stature, strength and skill level. Thus a lower goalpost or a smaller ball may be used. A modified game with variations to the playing rules may be developed to meet the needs of such players.

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