

**OFFICIAL RULES OF**  
**THE INTERNATIONAL FEDERATION**  
**OF NETBALL ASSOCIATIONS**

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# SECTION I - ORGANISATION OF THE GAME

## RULE 1 : EQUIPMENT

### 1.1 Court

- 1.1.1 The Court shall have a firm surface and shall be 30.5 metres (100 feet) long and 15.25 metres (50 feet) wide. The longer sides shall be called Side Lines and the shorter sides Goal Lines.
- 1.1.2 The Court shall be divided into three equal parts - a Centre Third and two Goal Thirds - by two transverse lines drawn parallel to the Goal Lines.
- 1.1.3 A semi-circle with a radius of 4.9 metres (16 feet) and with its centre at the mid-point of the Goal Line, shall be drawn in each Goal Third. This shall be called the Goal Circle.
- 1.1.4 A circle, 0.9metres (3 feet) in diameter shall mark the centre of the Court. This shall be called the Centre Circle.
- 1.1.5 All lines are part of the Court, and shall be not more than 50mm (2 inches) wide.
- 1.1.6 For International Matches held indoors, the Court shall preferably be a sprung wooden floor.

### 1.2 Goalposts

- 1.2.1 A Goalpost which shall be vertical and 3.05 metres (10 feet) high shall be placed at the mid-point of each Goal Line. A metal ring with an internal diameter of 380mm (15 inches) shall project horizontally 150mm from the top of the post, the attachment to allow 150mm (6 inches) between the post and the near side of the ring. The ring shall be of steel rod 15mm (5/8 inches) in diameter, fitted with a net clearly visible and open at both ends. Both ring and net are considered to be part of the Goalpost. If padding is used on the Goalpost it shall not be more than 25mm (1 inch) thick and shall start at the base of the Goalpost and extend the full length of the post.
- 1.2.2 The Goalpost which shall be 65mm (2.5 inches) - 100mm (4 inches) in diameter or 65mm (2.5 inches) - 100mm(4 inches) square may be inserted in a socket in the ground or may be supported by a metal base which shall not project on the Court. The Goalpost shall be placed so that the back of the Goalpost is at the outside of the Goal Line. For International Matches the Goalpost will preferably be inserted into the ground or sleeved beneath the floor.

### 1.3 Ball

The ball shall be a Netball or an Association Football size 5, and shall measure between 690mm (27 inches) and 710mm (28 inches) in circumference and weigh between 400 grams (14 ounces) and 450 grams (16 ounces). The ball may be of leather, rubber or similar material.

### 1.4 Players

- 1.4.1 Shoes or boots may be worn. They shall be of lightweight material. Spiked soles are not allowed.
- 1.4.2 Registered playing uniforms, which shall include initials of playing positions, shall be worn at all times. Playing initials shall be worn both front and back above the waist and shall be not less than 100mm (4 inches) and no more than 150mm (6 inches) high.

1.4.3 No sharp adornment or item of jewellery, except a wedding ring, shall be worn. If a wedding ring is worn, it shall be taped.

1.4.4 Fingernails shall be kept short.

## **RULE 2 : DURATION OF GAME**

2.1 The game shall consist of four quarters of 15 minutes each, with an interval of 3 minutes between the first-second and third-fourth quarters and with an interval of 5 minutes at half-time. An interval may be extended by the Umpires to deal with any emergency. Teams shall change ends each quarter.

2.2 Playing time lost for an accident or any other cause must be noted and added to that quarter or half of the game. When a Penalty Pass or Shot is awarded and not taken before the whistle is blown to end a quarter, the player shall be allowed to take the penalty. [Refer Rule 15.1 (v)]

2.3 Where any one team plays two or more matches in one day, or where time is limited, the duration of the games shall be as agreed by the teams' Officials. In the event that agreement is not reached then the games shall consist of 2 halves of 20 minutes each with 5 minutes interval at half-time. Teams shall change ends at half-time. An interval may be extended by the Umpires to deal with any emergency.

## **RULE 3 : OFFICIALS**

The Match Officials are: Umpires, Scorers, Timekeepers.

The Team Officials are: Coach, Manager, Captain and two (2) Primary Care Personnel

The Team Officials, in addition to the five players not on Court, shall constitute the Team Bench.

3.1 Umpires

3.1.1 There shall be two Umpires who shall have control of the game and give decisions. They shall umpire according to the rules and decide on any matter not covered by the rules. The decisions of the Umpires shall be final and shall be given without appeal.

3.1.2 Before the start of play:-

- (i) Umpires will check that the Court, Goalposts and the ball conform to the rules of the game;
- (ii) Off the Court, the Umpires will inspect players for sharp adornments, jewellery, uniforms and the correct length of fingernails.

3.1.3 An Umpire's whistle shall:-

- (i) start and stop the game;
- (ii) signal the end of each quarter of the game;
- (iii) start, or re-start the game after an interval, which shall be controlled by the Umpire into whose half the play is to be directed;
- (iv) signal when an infringement is to be penalised;
- (v) signal when a goal is scored;
- (vi) signal the Timekeepers to hold time for stoppages.

3.1.4 After the players have taken their positions on the Court, the Umpires shall toss for goal end. The Umpire winning the toss shall control that half of the Court designated the northern half.

3.1.5 Umpires shall wear clothes distinct from those of the players and preferably white or cream in colour. Suitable shoes shall be worn.

3.1.6 Each Umpire shall:-

- (i) control and give decisions only in one half of the Court except as provided for in (iv) and (vi) below. An Umpire may appeal to the other Umpire for a decision in the other half and be ready for such an appeal at all times. For this purpose the length of Court is divided in half across the centre from Side Line to Side Line;
- (ii) umpire in the same half of the Court throughout the game;
- (iii) re-start the game after all goals scored in the half being controlled. Both Umpires must indicate the direction of the Centre Pass and if they disagree the Umpires shall appeal to the Scorer;
- (iv) give decisions for the Throw In for one Goal Line and for the whole of one Side Line. The Umpire responsible for the Side Line is responsible for making decisions related to infringements by the player throwing in and the defending opponents, and for any other incidental decisions related to infringements involving defending by, and of, a player who has voluntarily left the Court from that Side Line. Once the penalty has been awarded, the Umpire in whose half play is, resumes control of that half.
- (v) keep outside the Court except when it is necessary to enter it to secure a clear view of play, or to take a Toss Up.

If the ball strikes the Umpire during play, or if an Umpire interferes with the movements of the players, play does not cease unless one team has been unduly penalised, in which case a Free Pass shall be awarded to that team;

- (vi) when a Toss Up has been awarded, the nearer Umpire will conduct the Toss Up and shall control all relevant points listed in Section IV- 18.5 : Toss Up, except each Umpire shall control the Toss Up in the Goal Circle in their area of control;
- (vii) move along the Side Line and behind the Goal Line to view play and make decisions;
- (viii) refrain from blowing the whistle to penalise an infringement when by so doing the non-offending team would be placed at a disadvantage. An Umpire shall call "advantage" to indicate an infringement has been observed and not penalised. Having blown the whistle for an infringement the penalty must be taken unless a goal is scored which is to the advantage of the non-offending team;
- (ix) not criticise or coach any team while a match is in progress;
- (x) check that during a stoppage for injury or illness, other players remain on the Court. A Coach may coach during the stoppage.
- (xi) state the infringement and penalty and should use hand signals to clarify decisions.(Guidelines for appropriate signals are listed for some of the Rules in the Appendix).
- (xii) stop the game at any time to deal with an emergency;
- (xiii) notify the other Umpire of any disciplinary action taken.(Refer Rule 20)

3.2 Scorers

- 3.2.1 There shall be two Scorers for each game working independently with separate scoresheets. Scorer 1 shall be the official Scorer for the game.
- 3.2.2 There shall be one Caller for each game. The Caller shall call the attempts, misses and goals scored for each team as they occur.
- 3.2.3 The Scorers shall record the names of players, substitutions, team changes and suspensions of players.
- 3.2.4 The Scorers shall call the Centre Pass if appealed to by an Umpire.[Refer 3.1.6 (iii)]
- 3.3 Timekeepers
- 3.3.1 There shall be two Timekeepers who shall:-
- (i) start timing when the game is started by the Umpire's whistle and shall signal the end of each quarter or half to the Umpire;
  - (ii) hold time when instructed by the Umpire who shall blow the whistle to stop play. To restart play the Umpire shall signal to the Timekeepers and blow the whistle for play to be resumed;
  - (iii) ensure that, when instructed by the Umpire, time lost for a stoppage is played in the quarter or half in which this occurs.
- 3.4 Team Officials
- 3.4.1 A Team Official:-
- (i) shall, during an interval or stoppage for injury or illness, immediately notify the Scorers and the opposing Team Official of any substitutions and/or team changes;
  - (ii) during an interval, may appeal to the Umpires for extra time to deal with an emergency affecting a member of the team. If the appeal is granted the Umpires shall advise each team's Officials and the Timekeepers of the expected length of the stoppage.
- 3.4.2 Team Officials and bench players may not move up and down the Side Lines or along the Goal Lines outside the Court during the play.
- 3.5 Captains
- 3.5.1 The Captains shall toss for choice of goal end or first Centre Pass and notify the Umpires of the result.
- 3.5.2 The Captains have the right to approach an Umpire during an interval or after the game for clarification of any rule.
- 3.5.3 The Captains have the right to appeal to an Umpire if the Team Official was not notified of substitutions and/or team changes. [Refer Rule 3.4.1(i)]
- 3.5.4 The Captain will be informed by an Umpire when team players are warned, suspended or ordered off. (Refer Rule 20)

## **RULE 4 : THE TEAM**

- 4.1 The game is designed for single sex competition.

- 4.2 There shall be seven playing positions which shall be:-  
 Goal Shooter (GS) Wing Defence (WD)  
 Goal Attack (GA) Goal Defence (GD)  
 Wing Attack (WA) Goal Keeper (GK)  
 Centre (C)
- 4.3 No team may take the Court with fewer than five (5) players. If the Centre is not present the team must designate a player to fill this position.
- 4.4 The names of up to twelve (12) players must be provided to the Scorers before the start of the game. There shall be no limit to the number of substitutions which can be made in a game. [Refer Rules 6.1.4 and 7.1(iv)]

## **RULE 5 : LATE ARRIVALS**

- 5.1 No player arriving after play has started is allowed to replace a player who has filled the position of the late arrival, except that the late arrival may be used as a substitute in accordance with Rule 6: Substitution and Team Changes.
- 5.2 If a player has not filled the position of the late arrival, the late arrival may not enter the game while play is in progress, but after notifying the Umpire may take the Court:-
- (i) after a goal has been scored. In this case the player must play in a position left vacant in the team;
  - (ii) at a stoppage for injury or illness;
  - (iii) immediately following an interval.

### **PENALTY for 5.2**

Free Pass to the opposing team where the ball was when play stopped. The player concerned shall leave the Court until the next goal is scored or until after the next interval.

- 5.3 Late arrivals shall be checked by an Umpire for correct length of fingernails, sharp adornments, jewellery and uniforms before they are allowed to enter the Court.(Refer Rules 1.4.3 and 1.4.4)

## **RULE 6: SUBSTITUTION AND TEAM CHANGES**

- 6.1 Substitution occurs when a player leaves the Court and is replaced by another player.  
 Team Changes occur when players on Court rearrange playing positions.
- 6.1.1 Substitution and team changes may be made:
- (i) at an interval;
  - (ii) when play is stopped for injury or illness; [Refer Rule 7.1(iv)]
  - (iii) by the opposing team, in the event of failure to give notification of substitutions and team changes to the opposing Team Official (Refer Rule 6.1.2)
- 6.1.2 It is the responsibility of a Team Official to notify the Scorers and the opposing Team Official if substitutions and/or team changes are made. [Refer Rule 3.4.1(i)]
- 6.1.3 When a substitution or team change is made both teams have the right to make substitutions and/or team changes.
- 6.1.4 There is no limit to the number of substitutions which can be made by a team provided that players used do not exceed the twelve named for the match. (Refer Rule 4.4)

**PENALTY for 6.1.4**

Free Pass is awarded to the opposing team where the ball was when play stopped. The player concerned shall leave the Court. This position shall be left vacant, unless it is the Centre, when one player shall move to Centre to allow play to continue.

6.1.5 Players who have been substituted may return to the game at a later stage (Refer Rule 6.1.1)

6.1.6 If a team plays short while an injured or ill player is off the Court, this player or a substitute may not enter the game while play is in progress but after notifying the Umpire may take the Court:-

- (i) immediately after a goal has been scored. In this case the player or substitute must play in a position left vacant in the team;
- (ii) immediately following an interval
- (ii) at a stoppage for injury or illness;

**PENALTY for 6.1.6**

Free pass is awarded to the opposing team where the ball was when play stopped. The player concerned shall leave the Court until the next goal is scored, until the next interval or until the next stoppage for injury or illness.

6.1.7 When a substitution is made for loss of blood, the player who has been replaced may return to the Court as outlined in rule 6.1.1.

**RULE 7 : STOPPAGES**

**7.1 Injury or Illness**

- (i) After a call for time by an on Court player, play may be stopped for injury or illness, although the decision to stop play shall be at the discretion of the Umpire.
- (ii) To stop play the Umpire shall blow the whistle to signal the Timekeepers to hold time.
- (iii) When a player is injured or ill a stoppage of up to 2 minutes is allowed, from when time is called, to decide whether the injured or ill player is fit to continue play. This decision shall be left to the team's Officials.
- (iv) During a stoppage for injury or illness both teams may make substitutions and/or team changes if desired. However, the injured or ill player must be involved in the substitution or team change.
- (v) To restart play the Umpire shall signal the Timekeepers and blow the whistle for play to be resumed.
- (vi) The game is continued from the spot where the ball was when play stopped other than when:-
  - (a) the ball is out of Court, in which case a Throw In is taken;
  - (b) the Umpire is unable to say who was in possession of the ball, or the ball was on the ground when play stopped, in which case a Toss Up is taken between any two opposing players allowed in that area, where the ball was when play stopped;
  - (c) the stoppage is due to Obstruction or Contact, in which case a Penalty Pass or Penalty Pass or Shot is awarded where the infringer was standing, except where this places the non-offending team at a disadvantage, when the penalty shall be taken where the obstructed or contacted player was standing;

- (vii) After a stoppage for injury or illness, when no substitution is made for a player unable to resume play, the injured or ill player may not enter the game while play is in progress but, after notifying the Umpire, may take the Court:-
- (a) immediately after a goal has been scored. In this case the player must play in a position left vacant by the team;
  - (b) at a stoppage for injury or illness;
  - (c) immediately following an interval.

**PENALTY for 7.1(vii)**

Free Pass is awarded to the opposing team where the ball was when play stopped. The player concerned shall leave the Court until the next goal is scored, until the next interval or until the next stoppage for injury or illness.

**7.2 Blood Policy**

An umpire is required to hold time for a player who is bleeding when no "on Court" players have called time and an Umpire notices it.

To stop play the Umpire shall blow the whistle and signal the Timekeepers to hold time.

Normal injury time and procedures shall apply. [Refer Rule 6.1.7 and Rule 7.1 (iii - vii)]

In addition to treatment:

- (i) the wound must be cleaned and adequately covered;
- (ii) blood stained clothing shall be removed or cleaned;
- (iii) the ball and the Court shall be cleaned if necessary.

To restart play the Umpire shall signal to the Timekeepers and blow the whistle for play to be resumed.

**7.3 Emergencies**

Play may be stopped by an Umpire for any emergency relating to:-

- (i) the equipment, Court, weather or interference by outside agencies;
- (ii) a player's person or clothing;
- (iii) Officials officiating at the match.

To stop play the Umpire shall blow the whistle and signal the Timekeepers to hold time. The Umpire shall decide the length of time for the stoppage and shall ensure that play is restarted as soon as possible.

To restart play the Umpire shall signal to the Timekeepers and blow the whistle for play to be resumed.

## SECTION II - AREAS OF PLAY

### RULE 8 : PLAYING AREAS

8.1 The playing area for each player is listed below:

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

Lines bounding each area are included as part of that area.

### RULE 9 : OFFSIDE

9.1 One Player Offside

9.1.1 A player with or without the ball shall be offside if any area other than the playing area for that designated position is entered.

9.1.2 A player may reach over and take the ball from an offside area or may lean on the ball in an offside area, provided no body contact is made with the ground in the offside area.

#### PENALTY

A Free Pass to the opposing team where the infringement occurred.

9.2 Simultaneous Offside

When any two opposing players go offside at the same moment:-

- (i) if neither makes any contact with the ball, they are not penalised and play continues;
- (ii) if one of them is in possession of the ball or touches it, a Toss Up is taken between those two players in their own area of play, except as provided for under Rule 9.2 (iv);
- (iii) if both of them are in possession of the ball or touch it, a Toss Up is taken between those two players in their own area of play, except as provided for under Rule 9.2 (iv);
- (iv) if one player, who is allowed only in the Goal Third, goes offside into the Centre Third, and an opposing player simultaneously goes offside into the Goal Third, one or both in contact with the ball, a Toss Up is taken in the Centre Third between any two opposing players allowed in that area.

### RULE 10 : OUT OF COURT

10.1 The ball is out of Court when :-

- (i) it touches the ground outside the Court;
- (ii) it touches an object or person in contact with the ground outside the Court;
- (iii) it is held by a player in contact with the ground, an object or a person outside the Court.

**PENALTY for 10.1**

A Throw in to the Team opposing the one who last had contact with the ball, to be taken where the ball crossed the line.

10.2 A ball which hits any part of the Goalpost and rebounds into play is not out of Court.

10.3 A player in contact with the ball is out of Court when:-

- (i) the ground outside the Court is touched;
- (ii) any object or person outside the Court is touched.

10.4 A player having no contact with the ball may stand or move out of Court but, before playing the ball, the player must re-enter the Court and no longer have contact with the ground out of Court.

**PENALTY for 10.3 and 10.4**

A Throw In to the opposing team, at the point where the player was out of Court.

10.5 Defending actions may only be attempted by players standing on Court or jumping from Court.

**PENALTY for 10.5**

Penalty Pass or Penalty Pass or Shot on Court opposite the point where the infringer attempted to defend.

10.6 If the ball is caught simultaneously by two opposing players, one of whom lands out of Court, a Toss Up is taken on Court between the two players concerned, opposite the point where the player was out of Court.

10.7 A player who has left the Court to retrieve a ball or to take a Throw In must be permitted to re-enter the Court directly.

**PENALTY for 10.7**

Penalty Pass or Penalty Pass or Shot to the opposing team where the infringer was standing.

## **SECTION III - CONDUCT OF THE GAME**

### **RULE 11 : POSITIONING OF PLAYERS FOR START OF PLAY**

11.1 The Centre in possession of the ball shall stand in the Centre Circle. The Centre may stand on either one or both feet, provided no part of this player's body is in contact with the ground outside the Circle. The line is considered part of the Centre Circle.

11.2 The opposing Centre shall be in the Centre Third, and free to move.

11.3 All other players shall be in the Goal Third which is part of their playing area and free to move.

11.4 No other player is allowed in the Centre Third until the whistle has been blown to start the game.

11.5 The Umpire shall ensure, before starting play, that all players are in their designated areas.

**PENALTY for 11.4**

1. If one player enters the Centre Third before the whistle is blown, a Free Pass is awarded to the opposing team where the infringement occurred.
2. When any two opposing players simultaneously enter the Centre Third before the whistle has been blown:-
  - (i) if neither makes contact with the ball, they are not penalised and play continues;
  - (ii) if one Umpire blows the whistle for the penalty and the other Umpire indicates that advantage has applied, the penalised decision shall stand [Refer Rule 3.1.6(viii)]
  - (iii) if one player touches or catches the ball, a Toss Up is taken between the two players concerned where the player caught or touched the ball.

**RULE 12 : START OF PLAY**

**12.1 Organisation for the Start of Play**

12.1.1 The Umpire shall blow the whistle to start and restart play.

12.1.2 The pass made by a Centre in response to the Umpire's whistle at the start and restart of play shall be designated a Centre Pass.

12.1.3 Play shall be started and restarted after every goal scored, and after each interval, by a Centre Pass taken alternately by the two Centres throughout the game.

12.1.4 If, at a Centre Pass, the ball is still in the Centre's hands when the Umpire's whistle is blown to signal the end of a quarter or half, that team will take the pass after the interval.

**12.2 Controlling the Centre Pass - Special Rule only for Centre Pass**

12.2.1 When the whistle is blown the Centre in possession of the ball shall throw it within three seconds and shall obey the Footwork Rule. (Refer Rule 14)

12.2.2 The Centre Pass shall be caught or touched by any player who:-

- (i) is standing in the Centre Third; or
- (ii) lands with the first landed foot, or both feet, wholly within the Centre Third; or
- (iii) jumps from a stance wholly within the Centre Third.

12.2.3 A member of the team taking the Centre Pass may not catch the ball in the Goal Third without it having been touched in the Centre Third as per Rule 12.2.2

**PENALTY for 12.2.3**

Free Pass shall be awarded to the opposing team, to be taken in the Goal Third where the ball crossed the transverse line.

12.2.4 If a member of the opposing team touches or catches the Centre Pass in the Goal Third, or with feet astride the transverse line, play continues. This player's subsequent pass is considered to have been made from the Goal Third.

12.2.5 If the ball from the 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.

## **RULE 13 : PLAYING THE BALL**

13.1 A Player may:-

- (i) catch the ball with one or both hands;
- (ii) gain or regain control of the ball if it rebounds from the Goalpost;
- (iii) bat or bounce the ball to another player without first having possession of it. If a ball is thrown and accidentally hits any part of another player, causing the ball to rebound onto the ground or into the air, it is not a bat or a bounce;
- (iv) tip the ball in an uncontrolled manner once or more than once and then;
  - (a) catch the ball; or
  - (b) direct the ball to another player;
- (v) having batted the ball once, either catch the ball or direct the ball to another player;
- (vi) having bounced the ball once, either catch the ball or direct the ball to another player;
- (vii) roll the ball to oneself to gain possession;
- (viii) fall while holding the ball, but must regain footing and throw within three seconds of receiving the ball;
- (ix) lean on the ball to prevent going offside;
- (x) lean on the ball on Court to gain balance;
- (xi) jump from a position in contact with the Court and play the ball outside the Court, provided that neither the player nor the ball make contact with the ground, or any object or person outside the Court while the ball is being played.

13.2 A Player may not:-

- (i) strike the ball with a fist;
- (ii) deliberately fall on the ball to get it;
- (iii) attempt to gain possession of the ball while lying, sitting or kneeling on the ground;
- (iv) throw the ball while lying, sitting, or kneeling on the ground;
- (v) use the Goalpost as a means of regaining balance or as a support in recovering the ball going out of Court;
- (vi) deliberately kick the ball, (if a ball is thrown and accidentally hits the leg of a player it is not a kick).

### **PENALTY**

Free Pass to the opposing team where the infringement occurred.

13.3 A Player who has caught or held the ball shall play it or shoot for goal within three seconds. To play the ball a player may:-

- (i) throw it in any manner and in any direction to another player;
- (ii) bounce it with one or both hands in any direction to another player.

13.4 A Player who has caught or held the ball may not:-

- (i) roll the ball to another player;
- (ii) throw the ball and play it before it has been touched by another player;
- (iii) toss the ball into the air and replay it;
- (iv) drop the ball and replay it;
- (v) bounce the ball and replay it.
- (vi) replay the ball after an unsuccessful shot at goal unless it has touched some part of the Goalpost.

**PENALTY**

Free Pass to the opposing team where the infringement occurred.

13.5 Passing Distances

13.5.1 Short Pass

- (i) On the Court: at the moment the ball is passed there must be room for a third player to move between the hands of the thrower and those of the receiver.
- (ii) At the Throw In: at the moment the ball is passed there must be room on the Court for a third player to move between the hands of the thrower and those of the receiver.

**PENALTY**

Free Pass to the opposing team where the ball was caught.

13.5.2 Over a Third

- (i) The ball may not be thrown over a complete Third without being touched or caught by a player who, at the time of touching or catching the ball, is standing wholly within that Third or who lands in that Third.
- (ii) A player who lands with the first foot wholly within the correct Third is judged to have received the ball in that Third. The subsequent throw shall be considered to have been made from the Third in which the player first landed.
- (iii) A player who lands on both feet simultaneously with one foot wholly within the correct Third and the other in the incorrect Third, shall be penalised.

**PENALTY**

Free Pass to the opposing team taken just beyond the second line that the ball has crossed, except where the ball thrown from the Centre Third passes out of Court over the Goal Line, when a Throw In shall be taken behind the point where the ball crossed the line.

**RULE 14 : FOOTWORK**

14.1 A player may receive the ball with one foot grounded, or jump to catch and land on one foot, and then:-

- (i) step with the other foot in any direction, lift the landing foot and throw or shoot before this foot is regrounded;
- (ii) step with the other foot in any direction any number of times, pivoting on the landing foot. The pivoting foot may be lifted but the player must throw or shoot before regrounding it;

- (iii) jump from the landing foot onto the other foot and jump again but must throw the ball or shoot before regrounding either foot;
  - (iv) step with the other foot and jump but must throw the ball or shoot before regrounding either foot.
- 14.2 A player may receive the ball while both feet are grounded, or jump to catch and land on both feet simultaneously and then:-
- (i) step with either foot in any direction, lift the other foot and throw or shoot before this foot is regrounded;
  - (ii) step with either foot in any direction any number of times pivoting on the other. The pivoting foot may be lifted but the player must throw or shoot before regrounding it;
  - (iii) jump from both feet onto either foot, but must throw or shoot before regrounding the other foot;
  - (iv) step with either foot and jump but must throw the ball or shoot before regrounding either foot.
- 14.3 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 unless the ball has been released before landing.

#### **PENALTY**

Free Pass to the opposing team where the infringement occurred.

#### **RULE 15 : SCORING A GOAL**

- 15.1 A goal is scored when the ball is thrown or batted over and completely through the ring by Goal Shooter or Goal Attack from any point within the Goal Circle including the lines bounding the Goal Circle:-
- (i) If another player throws the ball through the ring no goal is scored and play continues.
  - (ii) If a defending player deflects a shot for goal and the ball then passes over and completely through the ring a goal is scored.
  - (iii) Goal Shooter or Goal Attack may shoot for goal or pass if the ball is won at a Toss Up in the Goal Circle.
  - (iv) If the whistle for an interval or 'time' is blown before the ball has passed completely through the ring, no goal is scored.
  - (v) If the whistle for an interval or 'time' is blown after a Penalty Pass or Penalty Pass or Shot has been awarded in the Goal Circle, the Penalty Pass or Shot shall be taken. (Refer Rule 2.2)
- 15.2 In taking a shot for goal a player shall:-
- (i) have no contact with the ground outside the Goal Circle either during the catching of the ball or whilst holding it. It is not contact with the ground to lean on the ball, but if this happens behind the Goal Line the ball is considered to be out of Court;
  - (ii) shoot within three seconds of catching or holding the ball;

- (iii) obey the Footwork Rule. (Refer Rule 14)

**PENALTY**

Free Pass to the opposing team in the Goal Circle where the infringement occurred.

- 15.3 A defending player may not cause the Goalpost to move so as to interfere with the shot at goal.

**PENALTY**

Penalty Pass or Shot to the opposing team to be taken:-

- (i) from where the infringer was standing unless this places the non-offending team at a disadvantage;
- (ii) if the infringer was out of Court, on Court where the infringer was standing.

**RULE 16 : OBSTRUCTION**

- 16.1 An attempt to intercept or defend the ball may be made by a defending player if the distance on the ground is not less than 0.9m (3 feet) from a player in possession of the ball. When the ball is received, this distance is measured as follows:-

- (i) if the player's landing, grounded or pivoting foot remains on the ground, the distance is measured from that foot to the nearer foot of the defending player;
- (ii) if the player's landing, grounded or pivoting foot is lifted, the distance is measured from the spot on the ground from which the foot was lifted, to the nearer foot of the defending player;
- (iii) if the player is standing or lands on both feet simultaneously and remains grounded on both feet, the distance is measured from whichever is the nearer foot of that player to the nearer foot of the defending player;
- (iv) if the player is standing or lands on both feet simultaneously and either foot is lifted, the other foot is considered to be the grounded foot from which the 0.9m (3 feet) distance is measured.

- 16.2 From the correct distance, a defending player may attempt to intercept or defend the ball:-

- (i) by jumping upwards or towards the player with the ball, but if the landing is within 0.9m (3 feet) of that player and that player is still in possession of the ball, obstruction may occur; (Refer Rule 16.3 and Rule 16.6)
- (ii) if the player with the ball steps forward to lessen the distance of 0.9m (3 feet) between them.

- 16.3 A player may be within 0.9m (3 feet) of an opponent in possession of the ball providing no effort is made to intercept or defend the ball and there is no interference with that opponent's throwing or shooting action.

- 16.4 From the correct distance, a defending player may not attempt to intercept or defend the ball by stepping towards an opponent with the ball or as a result of falling off balance and obstructing. (Refer Rule 16.3 and 16.6)

- 16.5 Obstruction of a Player not in Possession of the Ball.

16.5.1 A player is obstructing if within a distance of 0.9m (3 feet) measured on the ground from an opponent without the ball, any movements are employed by that player, whether attacking or defending, which take the arms away from the body, other than those involved in natural body balance. Within this distance a player is not obstructing if the arms are outstretched:-

- (i) to catch, deflect or intercept a pass or feint pass;
- (ii) to obtain a rebound from an unsuccessful shot at goal;
- (iii) momentarily to signal for a pass, or to indicate the intended direction of movement.

#### 16.6 Obstruction by Intimidation

When a player with or without the ball intimidates an opponent it is obstruction.

#### PENALTY for 16.1 to 16.6

Penalty Pass or Penalty Pass or Shot where the infringer is standing except where this places the non-offending team at a disadvantage, when the penalty shall be taken where the obstructed player was standing.

#### 16.7 Defending a Player who is out of Court:

16.7.1 A player may defend an opponent who has chosen to go out of Court provided that the defending player does not leave the Court or own playing area in order to defend.

#### PENALTY

Penalty Pass or Penalty Pass or Shot at the point where the infringer leaves the Court.

16.7.2 A player who goes out of Court to take a Throw In or collect a ball must be allowed back into the area of play 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.

#### PENALTY

Penalty Pass or Penalty Pass or Shot on Court where the infringer was standing.

16.7.3 A player who goes out of Court for no valid reason, i.e not to take a Throw In or collect a ball or secure a better playing position, may not enter the game while play is in progress but, after notifying the Umpire, may take the Court:

- (i) immediately after a goal has been scored;
- (ii) at a stoppage for injury or illness;
- (iii) immediately following an interval.

#### PENALTY for 16.7.3

Free Pass is awarded to the opposing team where the ball was when play stopped. The player concerned shall leave the Court until the next goal is scored, until the next interval or until the next stoppage for injury or illness.

#### 16.8 Obstruction by a Player from out of Court:

16.8.1 A player who is standing out of Court may not attempt to defend a player who is on the Court.

#### PENALTY

Penalty Pass or Penalty Pass or Shot on the Court opposite the point where the infringer was standing.

## **RULE 17 : CONTACT**

### 17.1 Personal Contact and Contact with the Ball

17.1.1 No player may come into contact with an opponent in such a way that it impedes the play of that opponent.

17.1.2 In an effort to attack or defend or to play the ball a player shall not:-

- (i) move into the path of an opponent who is committed to a particular landing position;
- (ii) push, trip, hold or lean on an opponent or use other forms of physical contact;
- (iii) place a hand or hands on a ball held by an opponent, except that, if a player places a hand or hands on a ball after it has been caught by an opposing player, the Umpire may use the Advantage Rule to allow the player in possession of the ball to continue play;
- (iv) knock or remove the ball from the possession of an opponent;
- (v) while holding the ball push it into an opponent;
- (vi) position so closely to an opponent that the Umpire considers that player is unable to move without contacting.

PENALTY for 17.1.1 to 17.1.2

Penalty Pass or Penalty Pass or Shot where the infringer is standing except where this places the non-offending team at a disadvantage, when the penalty shall be taken where the contacted player was standing.

17.2 If two opposing players contact simultaneously, a Toss Up may be awarded between the two players concerned if the Umpire considers that both players have been unfairly affected by the contact.

## **SECTION IV- GAME CONTROL**

The game is controlled by two umpires who penalise infringements of the rules. They may award:-

Free Pass  
Penalty Pass  
Penalty Pass or Shot  
Throw In  
Toss Up

## **RULE 18 : AWARDING OF PENALTIES**

### 18.1 The Taking of Penalties

- (i) A penalty for an infringement on Court is taken where the infringement occurred except:-
  - (a) where advantage applies i.e. the Umpire shall refrain from blowing the whistle to penalise an infringement when by so doing the non-offending team would be placed at a disadvantage;
  - (b) as provided for under Penalty for Rules 16 and 17, Obstruction and Contact.

- (ii) The penalties, with the exception of the Toss Up, are awarded to a team. Any member of the opposing team may take the penalty if allowed in the area where the penalty is awarded.
- (iii) The player taking the penalty must throw the ball within three seconds after being in possession of the ball and taking up the position indicated by the Umpire.
- (iv) In the taking of a Free Pass, Penalty Pass or Penalty Pass or Shot or Throw In, the Footwork Rule applies as though the foot placed at the point indicated is equivalent to the landing foot in a one foot landing or to receiving the ball with one foot grounded.
- (v) If the player taking a Free Pass, or Penalty Pass or Penalty Pass or Shot, infringes (iii) and (iv) above, a Free Pass is awarded to the opposing team.
- (vi) If a player taking a Throw In infringes (iii) and (iv) above, a Throw In is awarded to the opposing team.

## 18.2 Free Pass

18.2.1 A Free Pass is awarded for infringements of the rules on the Court with the exception of the Rules of Obstruction, Contact, simultaneous offences by two opposing players and interference with the Goalpost.

18.2.2 When a Free Pass is awarded, the ball may be thrown by any player in the opposing team allowed in that area, but the ball may not be thrown over a complete third of the Court without being touched or caught by a player who is standing or who lands within that Third.

18.2.3 When a Free Pass is awarded in the Goal Circle to the attacking team, the player taking the penalty may not shoot for goal

### PENALTY for 18.2.3

Free Pass to the opposing team in the Goal Circle where the infringement occurred.

## 18.3 Penalty Pass or Penalty Pass or Shot

18.3.1 A Penalty Pass or a Penalty Pass or Shot is awarded for infringement of the Rules of Obstruction and Contact.

18.3.2 The Umpire shall ensure that a player penalised for obstruction or contact stands beside and away from the player taking the penalty so as not to impede this player in any way. The penalised player may not move from this position or take part in play until the Penalty Pass or Penalty Pass or Shot has left the hands of the thrower.

If the infringer moves before the ball has left the thrower's hands the penalty shall be retaken by that thrower unless the Penalty Pass or Shot is successful or the advantage applies.

18.3. The penalty shall be taken where the infringer was standing except where this places the non-offending team at a disadvantage, when the penalty shall be taken where the obstructed or contacted player was standing.

18.3.4 Any player allowed in the area may take the penalty.

18.3.5 (i) An attempt to intercept the Penalty Pass or Penalty Pass or Shot may be made by any opposing player other than the offender.

(ii) If an opponent obstructs or contacts the thrower during the taking of the Penalty Pass or Penalty Pass or Shot, a Penalty Pass or Penalty Pass or Shot shall

be awarded where the second infringer was standing unless this places the non-offending team at a disadvantage.

(iii) Both the original and second offenders must stand beside and away from the thrower taking the penalty and make no attempt to take part in the play until the ball has left the thrower's hands.

18.3.6 When two members of a team simultaneously obstruct or contact a member of the opposing team, each offender shall stand beside and away from the thrower taking the penalty. They must make no attempt to take part in the play until the ball has left the thrower's hands.

18.3.7 A Goal Shooter or Goal Attack taking a Penalty Pass or Shot in the Goal Circle, may either pass or shoot for goal.

#### 18.4 Throw In

18.4.1 When the ball goes out of Court, it shall be put into play by a member of the team opposing either:-

- (i) the player on Court who last had contact with the ball or
- (ii) the player who received the ball while any part of that player was touching the ground, object or a person outside the Court.

18.4.2 The player throwing the ball in shall:-

- (i) ensure that all other players are already on the Court before taking the Throw In;
- (ii) stand outside the Court and place one or both feet behind the point where the ball crossed the line;
- (iii) throw within three (3) seconds of taking up this position;
- (iv) observe the rules governing footwork and methods of playing the ball;
- (v) not enter the Court (which includes lines bounding the Court) until the ball has been thrown;
- (vi) not step behind any area of the Court which would be offside to that player, whilst still in possession of the ball;
- (vii) throw the ball into the nearest Third of the Court from behind a Goal Line, or the nearest or adjacent Third from behind a Side Line

#### PENALTIES for infringements occurring at the Throw In

1. For (i) to (vi) a Throw In is awarded to the opposing team where the infringement occurred.
2. For (vii) a Free Pass is awarded as for the rules governing a ball being thrown over a third without being touched.
3. When the ball from a Throw In goes out of Court without being touched a Throw In shall be taken by the opposing team behind the point where the ball last went out.
4. If the ball is sent out of Court simultaneously by two players in opposing teams or the Umpire is unable to determine which player touched the ball last, a Toss Up shall be taken opposite the point where the ball went out.
5. If the ball fails to enter the Court the penalty Throw In shall be taken by the opposing team from the original Throw In point.

## 18.5 Toss Up

### 18.5.1 A Toss Up is taken when:-

- (i) opposing players gain simultaneous possession of the ball with either or both hands;
- (ii) opposing players simultaneously knock the ball out of Court;
- (iii) opposing players are involved and the Umpire is unable to determine the last player to touch the ball before it goes out of Court;
- (iv) opposing players are simultaneously offside, one in possession of or touching the ball;
- (v) opposing players make simultaneous contact and both have been unfairly affected;
- (vi) after an accident the Umpires are unable to say who had the ball, or the ball was on the ground when play stopped.

### 18.5.2 The Toss Up is taken on Court between the two opposing players concerned at the point where the incident occurred.

### 18.5.3 The two players shall stand facing each other and their own goal ends with arms straight and hands to sides, but feet in any position. There shall be a distance of 0.9m (3 feet) between the nearer foot of each player concerned. It is the responsibility of the Umpire to ensure that the players are standing correctly before taking the Toss-Up. They shall not move from that position until the whistle is blown. If one player moves too soon a Free Pass is awarded to the opposing team where the infringement occurred.

### 18.5.4 The Umpire shall release the ball midway between the two players from just below the shoulder level of the shorter player's normal standing position. Momentarily, the Umpire shall be stationary and shall hold the ball in the palm of one hand and shall flick it vertically not more than 600 mm (2 feet) in the air as the whistle is blown.

### 18.5.5 The ball may be caught, or it may be batted in any direction except directly at the opposing player. All other players may stand or move anywhere within their playing area as long as they do not interfere with the Toss Up.

### 18.5.6 Goal Shooter or Goal Attack may shoot for goal or pass, if the ball is won at a Toss Up in the Goal Circle.

### 18.5.7 When the Toss Up cannot be taken where the incident occurred because of the boundaries involved, the following applies:-

- (i) where the incident involves two opposing players across a line dividing areas one of which is common to both players, the Toss Up is taken between those two players in the common area.
- (ii) where the incident involves two opposing players from adjoining playing areas across a transverse line and no area is common to both, the Toss Up is taken in the Centre Third between any two opposing players allowed in that area;
- (iii) when two opposing players simultaneously knock the ball out of Court over a line bounding an area which is not common to both, the Toss Up is taken between any two opposing players allowed in that area, on Court opposite the point where the ball crossed the line.

## **SECTION V - DISCIPLINE**

### **RULE 19 : DISCIPLINE OF PLAYERS**

19.1 The breaking of the rules and/or the employment of any action not covered by the wording of the rules, in a manner contrary to the spirit of the game, is not permitted. This includes:

- (i) The breaking of the rules:-
  - (a) between the scoring of a goal and the restart of play;
  - (b) between a ball going out of Court and the Throw-In;
  - (c) between the awarding and taking of any penalty on Court.

PENALTY for 19.1(i)

Immediately play restarts the Umpire shall penalise the infringement, by awarding a Free Pass, a Penalty Pass or a Penalty Pass or Shot, or Throw-In as appropriate to the situation, unless the non-offending team is placed at a disadvantage. In (b) and (c) above the Umpire may choose to penalise the infringement immediately it occurs.

- (ii) the deliberate delaying of play:-

PENALTY for 19.1(ii)

Free Pass unless the non-offending team is placed at a disadvantage.

- (iii) dispute with an Umpire:-

PENALTY for 19.1 (iii)

The Umpire may choose to penalise the disputing player with whatever action is considered appropriate under the rules of the game.

### **RULE 20 : WARNING, SUSPENSION AND ORDERING OFF**

For rough or dangerous play, misconduct or any other conduct which is considered inappropriate, the Umpire may, in addition to any penalty awarded, warn a player, suspend (stand off the Court) for a specified time or order a player to leave the Court and take no further part in the game.

#### **20.1 WARNING**

20.1.1 A formal warning may be given to a player whose behaviour is considered inappropriate in any way. At the time when the warning is given, the Umpire shall signal to the Timekeepers to hold time and shall take the following actions:

- (i) Advise the player of the penalty or course of action which is likely to occur if there are any further breaches;
- (ii) Advise the Captain of this player's team of the warning and the proposed actions;
- (iii) Advise the other Umpire of the warning and the proposed actions.

20.1.2 In the event that any further breach occurs in the Court area controlled by the Umpire who did not issue the warning, this Umpire may take any action considered appropriate, including suspension of the player concerned. In such a case, the warning given may be considered to have been made jointly by the two Umpires. It shall not however, be binding on the second Umpire.

#### **20.2 SUSPENSION**

20.2.1 A player may be suspended from a game for a specified period. Except in extreme circumstances, this will not be done unless an appropriate warning has been given. At the time that the player leaves the Court, the Umpire shall:-

- (i) Signal to the Timekeepers to hold time;
- (ii) Advise the player of the reasons for the suspension and the time for this to apply (examples would be until the next goal is scored; until the next interval; for five minutes). The length of time should be appropriate to the level of seriousness of the behaviour concerned;
- (iii) Advise the other Umpire of the action taken;
- (iv) Advise the Captain of the team concerned of the action taken;
- (v) Advise the Timekeepers of the length of the suspension.

20.2.2 The suspended player shall remain beside the score bench or in such other place as designated before the game.

20.2.3 When a player is suspended no substitution may be made for the player concerned. The suspended player's position shall remain vacant during the suspension, except if a Centre is suspended. In this case, the team shall move only one player in order to allow play to continue. That player shall remain as Centre until the end of the suspension period. At the end of the suspension, the suspended player and any other player moved to the Centre shall return to their original positions.

20.2.4 At the end of the suspension period, after notifying the Umpire, the suspended player may return to the game immediately after a goal has been scored or following an interval.

### 20.3 ORDERING OFF

20.3.1 In the case of more serious misconduct or of misconduct following a suspension, the Umpire may order a player to leave the Court and take no further part in the game. This action shall be taken only when the ordinary penalty is considered insufficient and, except in extreme cases, only after a warning. The player sent off shall report to the appropriate Team Bench.

20.3.2 No substitution may be made for a player ordered off. The playing position of that player shall be left vacant, except that if this player is the Centre, one player must be moved to Centre to allow the game to continue.

## **RULE 21: FAILURE TO TAKE THE COURT**

21.1.1 A team shall be required to take the Court when requested to do so by the Umpires at the start of the game or after any interval. If there are at least five players present, a team shall be required to take the Court to start play. Players arriving after the game has started are "Late Arrivals" and will be able to enter the game only as specified in Rule 5. If the Centre is missing, one player shall move to this position.

21.1.2 In the event that there are fewer than five players present, the following procedures shall be used:

- (i) At the beginning of the game a maximum period of five minutes shall be allowed for at least five players of a team to arrive. If, at the end of this time, there are fewer than five players present, the game shall be awarded to the non-offending team.
- (ii) Prior to the end of an interval, the Umpire shall give a 30 second warning for the team to take the Court.

- (iii) If the team fails to take the Court at the end of that 30 seconds, the Umpire shall give a one minute warning and require that team to take the Court within that time.

**PENALTY FOR 21.1.2(iii)**

If the offending team fails to take the Court by the end of the one (1) minute warning, the game shall be awarded to the non-offending team.

## **APPENDIX**

Hand signals used to clarify decisions (Rule 3.1 Umpire: Clause 3.1.6(xi))

Guidelines for appropriate signals are given for some of the Rules as follows:

Stepping	-	hands moving up and down
Obstruction	-	hands apart in front of body
Short Pass	-	hands close together in front of the body
Personal Contact	-	open hand slaps the other arm
Held Ball	-	any 3 fingers held up
Direction of Pass	-	arm pointed in the direction of play
Toss-Up	-	palm of hand moved vertically upwards
Hold time	-	make a T with the fingers of one hand against the palm of the other
Offside	-	semi-circular action of one arm
Over a Third	-	semi-circular action of one arm
Breaking into the Centre Third	-	semi-circular action of one arm
Goal Scored	-	arm raised high as whistle is blown
Advantage	-	high wave of arm held momentarily indicating the direction of play.