



Competition Rules

Indoor Netball

As at June 2016

In this competition the emphasis is on enjoyment, social atmosphere, and skill development/maintenance. While competitiveness is not discouraged, it should be remembered that novice players need some encouragement and the "win at all costs" philosophy is not appropriate. All rules are open to the interpretation of the Umpire and their decision is final.

1. Responsibility of Players

All players are responsible for reading and understanding the rules **contained** herein. If there are any rules that are not clear please discuss these with the Umpire prior to the commencement of the game or at quarter time intervals. Because of time constraints the Umpires will not discuss rules or rulings during the game. Should any player be found to consistently damage equipment, venue apparatuses or other materials, despite warnings, they shall be suspended from the competition and be required to pay for damages incurred.

2. Responsibility of Officials

Umpire

The Umpire is directly responsible for the game and ensuring the described rules are adhered to. They are responsible for the safety of the players; and the timing and conduct of the games. They have a duty to be respectful and considerate to teams, act in an unbiased manner and ensure the game remains social and enjoyable for everyone involved.

Convenor

The Convenor is responsible for the management of all the games, teams, venue, equipment, and administration. They will be present at all games to ensure First Aid treatment is administered, information is provided and that all players and Umpires are conducting themselves in an appropriate manner.

3. Conduct of Players

It is the responsibility of all the players to conduct themselves in a way that is respectful and considerate to team members, opposing teams, the officials (Umpires and Convenor) and any other person concerned. Any behaviour, act or language that is considered inappropriate by the officials will not be tolerated. Poor conduct either on or off the court will be determined by the Umpires or Convenor and action will be taken based upon the offence. This can include the removal of a player, or team from the competition, should they be deemed dangerous or offensive to players or officials.

Zero Alcohol: There is no consumption of alcohol at the Netball courts by players or spectators.

The Convenor or Umpires have the right to remove a player from the court, or from the venue if they are suspected to be under the influence of alcohol. Security will be notified if there is any lack of cooperation shown towards the Convenor or Umpires.

4. Location

Games will be played in the UQ Centre Building 27A, Union Rd, St Lucia, The University of Queensland St Lucia Campus.

5. Game Commencement

(a) Teams should arrive ten (10) minutes prior to the commencement of their game to allow for smooth transition of games. All players are also required to bring a form of PHOTO ID for the Convenor to check when signing the team registration form for every game.

(b) Any teams that are not ready to commence play with a minimum of 5 appropriate players five (5) minutes after the Umpire has signalled the game can start will forfeit and incur a 0-20 loss. Note that as this competition is social, the game may go ahead after 5 minutes; however the 0-20 loss will stand regardless of the score. See Section 6.

(c) The games commence with the first centre pass taken at the Umpires whistle. The Umpires whistle indicates the beginning and end of each quarter. In all circumstances, the games must finish at the scheduled time. Extra time due to illness/injury may be played at the end of the fourth quarter in finals games only.



6. Number of Players

(a) A team is allowed a maximum of seven (7) registered/eligible players on the court. Five (5) registered/eligible players is the minimum number of players that a team can have without a forfeit resulting. This must be indicated on the team registration form.

(b) A team fielding four (4) or less players five (5) minutes after the official start will automatically forfeit. If a team fields five (5) or six (6) players, one (1) player must assume the Centre position. (c) For Mixed divisions there must be a maximum of three (3) and a minimum of two (2) males on the court at any one time. A mixed team with only five (5) players present must have a minimum of three (3) females and two (2) males to start a game.

(d) Male players must be in three (3) different thirds on the court (Defending, Centre Positions and Attacking Positions):

1. Goal Keeper or Goal Defence (Defending Positions); 2. Wing Attack, Wing Defence or Centre (Centre Positions); 3. Goal Attack or Goal Shooter (Attacking Positions).

As an example, a team cannot have a male Centre and another male playing on the Wing.

(e) A team may take any number of substitutions at the quarter, half or three-quarter break as well as during a stoppage in play due to illness or injury.

(f) If the event that rule 6 (a), (c) or (d) are broken and the Umpire does not immediately notice, any goals scored by the offending team during this time shall be disallowed and a penalty will be awarded to the opposition. If the number of goals scored during this period is unknown then the offending team shall be deemed to have forfeited the match and the score recorded as a 0-20 loss. Should both teams agree to continue playing, this will be purely for social purposes.

(g) During finals matches (quarter final, semi-final and grand final), each player on court must have played a minimum of two (2) games to be eligible. If it is found that a player is on court that is ineligible for finals this will result in an immediate 20-0 forfeit by that particular team. It is the responsibility of individual players and team captains to ensure that all their players are eligible for finals matches. While the Umpire and Convenor will try to prevent such situations via the team registration form, the responsibility does rest with the individual players and team captains.



7. Required Uniform and Jewellery

All teams are required to provide their own bibs. Bibs are available from the UQ Sport Fitness Centre Reception at \$60.00 per set – not available for purchase at the Netball courts. It is compulsory for all players to wear appropriate enclosed sports shoes. No player can take the court with bare feet or while wearing jewellery of any kind. The Umpire will ask any player breaking this rule to remove the piece of jewellery. No player can wear a hard-brimmed hat (determined by the Umpire). Additionally, sunglasses cannot be worn unless both court Umpires agree. For safety reasons, it is recommended that players do not take the court wearing hats or sunglasses. **UQ Sport does not provide nail or strapping tape for any circumstances.** Strapping tape is required for jewellery that cannot be removed, longer nails and acrylic nails. If nails are considered too long (as determined by the Umpires) then they will have to be adequately taped or cut before the player can take the court. Official netball gloves may be worn - please advise the Umpire before the game.

Should the length, type or shape of a player's nail/s be such that taping cannot render them safe (what constitutes 'safe' is entirely at the discretion of the Umpire) then the player will be asked to cut the offending nail/s before taking the court.

8. Game Length

Games consist of four (4) equal quarters of no more than ten (10) minute quarters with a one (1) minute break after the first and third quarters and a two (2) minute half time break. Should rain force the cancellation of a game, then the result will be valid provided that two (2) complete quarters have been played.

9. Start of Play

The game commences and is restarted after each goal is scored and at the beginning of each quarter by a centre pass taken alternatively by the two (2) centres, irrespective of who scores the goal. The Centre shall stand, step or jump into the centre circle with at least one foot wholly within the circle (circle lines are deemed part of the circle). When the Umpire blows the whistle, the Centre player in possession of the ball must pass it within three seconds, obeying the footwork rule. All players are responsible for being in the correct position before the whistle for play.

The Centre Pass must be caught or touched by any player who:

- (a) is standing in the centre third,
- (b) lands with the first landed foot or both feet wholly within the centre third or
- (c) jumps from a stance wholly within the centre third. The Umpires whistle indicates the beginning and the end of each quarter. The Umpire will blow their whistle as

soon as the Netball Convenor rings the bell. If a team is particularly slow taking the court after 'break time', the Umpire may penalise the team by giving the centre pass to the opposing team if they are ready.



10. Playing and Goal Areas

The courts are divided into normal thirds as defined by The Australian Netball Association. There are no nets between the courts; hence, normal outdoor netball rules apply to the court. Over a Third The ball cannot be thrown over a complete third (over 2 transverse lines) without being touched by a player in that third. If this happens, a free pass is taken where the ball crossed the second transverse line. The free pass is taken from the third where the ball has crossed two (2) transverse lines. It does not matter if they step into an adjacent third to throw.

Offside Players must stay within their designated playing areas. A player may reach over and take the ball from an offside area provided that no part of their body touches the ground in that area. When two (2) opposing players go offside but neither touches the ball, they are not penalised, the Umpire may call advantage to signal to players they have seen the infringement but not penalised. If one (1) or both players are in possession of the ball when they go offside (i.e. breaking on a centre pass), a toss-up is given in their area of play. **Out of Court** When the ball goes out of court, it shall be put into play by a member of the opposing team where the ball crossed the line or where the Umpire indicates the “**Throw In**” is to be taken. The player taking the throw in must approach and stand behind the line where indicated by the Umpire and make sure all players are on court. The player taking a throw in shall obey the rules of the game (i.e. footwork, three (3) second rule, not enter the court before releasing the ball, offside whilst in possession of the ball). The player taking the throw in shall re-enter the court immediately after taking a throw in, and on court players must allow re-entry to the player taking the throw in. If a player has no contact with the ball, they may stand or move out of the court, but must make contact with the playing area and have no other contact with anything outside the court before attempting to touch the ball again.

11. Goals

Goals can only be scored within Goal Circle. A goal is scored when a Goal Shooter or Goal Attack throw the ball completely through the goal ring, and have no contact with the ground outside the goal circle (including pivoting outside the goal circle area, - once contact has been made with ground outside the circle, the goal is not awarded and any attempt to score a goal results in a free pass to the opposing team). The Umpires hand signals that a goal is scored.

A defending player may not deflect a ball on its downward flight towards the ring, including touching the ball up through the net. Any attempt to score a goal taken by a GS or GA may still be awarded a goal if the ball is touched or tipped by a defending player and the ball continues and passes through the ring.

Note that if the Umpires whistle to end the quarter is blown before or the precise moment the ball has passed wholly through the ring, the goal is not scored.

12. General Playing Rules and Infringements

Held Ball A player must pass the ball or shoot for goal within three (3) seconds, free pass is awarded to the opposing team where the infringement occurred.

Footwork (Stepping)

(a) One Foot Landing When a player lands on one foot they may step with the other foot, lift the landing foot, but must throw the ball before re-grounding it. They may use the landing foot as a pivotal foot, stepping in any direction with the other foot as many times as they wish. Once the pivoting foot is lifted they must pass or shoot before re-grounding this foot. A player may jump from the landing foot onto the other foot and jump again, providing they throw the ball before re-grounding either foot. A player cannot drag or slide the landing foot or hop on either foot.

(b) Two Foot Landing If a player catches the ball and lands with both feet simultaneously, they may step in any direction with one foot, lift the other foot but must throw the or shoot before re-grounding the foot. They may pivot on one foot, stepping in any direction with the other foot as often as they wish. Once the pivot foot is lifted they must throw the ball before re-grounding the foot.

They may jump from both feet onto either foot, or step and jump but must throw or shoot before re-grounding either foot. **Playing the Ball (or replay)** A player who has possession of the ball (caught the ball) may not bounce the ball and regain possession. They may however, tip the ball towards a team mate. If a player does not catch the ball cleanly, it may be bounced or batted in an uncontrolled manner once or more than once to either gain possession or to pass the ball to another team mate. It is up to the Umpire to decide what is controlled or uncontrolled.

The penalty awarded for replay is a free pass to the opposing team.

Note that a controlled bat (or deliberately striking the ball with a fist) will result in a free pass to the other team. After throwing the ball, a player cannot play it again until it is touched by another player, or rebounds off the goal post.

Short Pass There must be room for a third player to move between the hands of the thrower and those of the receiver when passing. Passes that do not have room are called short passes and the penalty awarded is a free pass to the opposing team.

Using the Post

A player (any player) may not use the Goalpost as a means of regaining balance, as support in recovering the ball going out of court; or in any other way for any other purpose, which does not include the ball rebounding from the goalpost. A free pass is awarded to the opposing team near to where the infringement occurred.

Contact on the Post



Whilst the GS or GA is taking a shot on goal, the post shall not be contacted or bumped accidentally or on purpose as to make it sway. This decision is completely at the discretion of the Umpire. If this occurs and causes a shot to be unsuccessful, the player contacting the post shall be penalised and penalty taken under or near the post unless it places the GS or GA at disadvantage, where the penalty pass/shot will be taken where the GS or GA was originally standing.

Contact

A player cannot accidentally or deliberately contact with another player in a way which interferes with the play of that opponent or causes contact to occur. In an attempt to attack or defend, or to play at the ball a player shall not move into the path of an opponent who has committed to a particular landing space, position so closely to another player as to cause a contact, knock or remove the ball from possession of an opponent or use while holding the ball push it into the opponent.

For example; pushing, shoving, charging, tripping, scratching, biting, throwing the body against an opponent or using the ball to push or contact an opponent. Players must not push, trip, hold or lean on an opponent, nor keep their elbows against another player. It should be noted that the Umpires will not tolerate dangerous, continual and/or deliberate contact from any player.

A penalty pass (or in in the goal circle and the penalty is awarded to the GS/GA – A penalty pass or shot) is awarded to the opposing team. Obstruction A player with arms extended cannot defend closer than 0.9m (3 feet). This distance is measured from the first landed foot of the attacking player to the nearer foot of the defending player. A player may stand closer to an opponent provided their arms are not extended and the player in possession of the ball can freely move the ball around their body. If the attacking player lessens the distance in their throwing or shooting action, then the defending player is not considered to be obstructing because it was the attacking player, and not the defending player, that shortened the distance.

Intimidation

A player may not use intimidating actions against an opponent with or without the ball. What constitutes "intimidating" shall be at the sole discretion of the Umpire. Other A player cannot: (a) punch, roll, kick or fall on the ball; (b) pass the ball in any way while lying, sitting or kneeling on the ground; (c) use the goal post as a way to regain balance or as a support while stopping the ball from going out of court

13. Penalties

(a) Penalty Pass Awarded for contact, intimidation and obstruction infringements. The pass is taken where the infringer was standing, except if it places the non-defending at a disadvantage. The pass can be taken by any player who is allowed in this area and they can choose to either play the ball immediately or wait for the penalised player to stand out of play. The penalised player cannot attempt to take any part in play or make any attempt to intercept the penalty pass. The penalty pass will be retaken if the penalised player interferes.



(b) Penalty Pass or Shot If a penalty is given to a Goal Attack or a Goal Shooter in the goal circle, they are awarded a 'penalty pass or shot'. (c) Free Pass A free pass is awarded for other infringements on court. The pass is taken where the infringement occurred by any player who is allowed in the area. The offending player does not have to stand beside the thrower taking the pass. If a free pass is awarded in the goal circle, the players may only pass the ball - not shoot for goal. Advantage Rule This call is used when an infringement occurs and it would be a disadvantage to the non-offending team if it were pulled back. 'Advantage' is called to let the players and the other Umpire know the infringement has been seen, but it was decided that it really didn't impede play. Advantage is most often used for Offside, Obstruction and Contact.

The Toss Up The Toss Up is used to put the ball into play when:

- (a) opposing players simultaneously contact each other;
- (b) opposing players simultaneously knock the ball out of the court;
- (c) opposing players simultaneously gain possession of the ball;
- (d) the Umpire is unable to decide who last touched the ball out of court;
- (e) the opposing players are simultaneously offside with one in possession of the ball. The two (2) players stand 0.9m apart, facing each other and their goal ends. Their arms should be straight by their sides. Once in position, they cannot move until the Umpire has tossed the ball into the air, from just below the shoulder height of the shorter player, and blown the whistle. The ball may be caught or batted, as long as it is not done directly at the opponent or Umpire. A Goal Shooter or Goal Attacker may shoot for goal from a successful possession at a toss-up.

14. The Sin Bin

This competition is social. Any rough play, abusive language, bickering or challenge to the Umpires authority will not be tolerated. Rough play can include, but is not limited to, any act or omission that, in the Umpire's opinion, places the safety of the players at risk. In most instances the following procedure will apply for the above infringement. Please note however, that the Umpire is entitled to send off any player, or team, at any stage, for any reason, for any period of time, if they feel it was necessary to do so for player safety or their ability to effectively control the game.

First Offence – Verbal warning will be given by the Umpire.

Second Offence – The player will be asked to leave the court for three (3) centre passes, or any length of time the Umpire deems necessary. No substitute player is allowed to replace a player who is sent off.

Third Offence – The player is sent off for the remainder of the game. Should the behaviour be deemed excessive, then the player may be asked to leave the venue.

Should the player remain, the team will forfeit the game. This is awarded for a third infringement or a single incident that an Umpire feels is sufficiently dangerous to warrant its award. Again, no substitute is allowed to replace a player who is sent off.



15. Finals

Only those players who have played a minimum of two (2) rounds for an eight (8) week competition will be eligible to play in the finals (quarter final, semi-final and grand final). If it is a ten (10) week competition, players are required to play a minimum of three (3) rounds to be eligible to play in the finals (quarter final, semi-final and grand final). If a team uses a player who is not eligible to play in the final rounds an automatic forfeit and disqualification will be recorded to the offending team. See Section 6 (g). Prior to the start of each game, the individual players must sign on with a signature indicating they were present and playing that particular night.

Team registration forms will be highlighted where players are not present and any signatures over the highlighted regions will not be valid. In the event that a game is drawn during the finals series, teams will change ends and play for a further 5 minutes. If the game is still a draw after this extra time, then play will continue until a team reaches two (2) goals ahead. This team is declared the winner.

16. Team Draws

It is the responsibility of the team captain and individual team members to read the draw and ensure players register and arrive at the correct court in time for kick-off. All correspondence will be forwarded via e-mail to the team contacts and will be available through the website.

Please ensure that you check the fixtures right up until game day as changes can be made to the fixtures from time to time.

17. Scorecards and Points

It is the responsibility of players to score. Umpires will not keep score of goals during a game on the official scorecard. In the event that a game has not been scored, it is up to team captions to reach a decision of the score. At the end of the game, a team captain from each team is required to sign off and confirm the score on the scorecard, and rate the Umpires using the scale of one (1) poor - five (5) excellent.

Competition points will be allocated as follows -

- Win – 3 points
- Draw – 2 points each team
- Loss – 1 point
- Forfeit - 3 points to winning team, 0 point to team forfeited (20-0 score).



Please note that the Competitions Coordinator reserves the right to ask a team to leave the competition, without refund, should they forfeit more than two (2) games and do not provide a valid reason. In this instance, what is deemed "valid" shall be at the sole discretion of the Competition Coordinator.

Should teams finish with equal competition points at the end of the regular season then For/Against will be used to separate the teams i.e. (Team A goals scored – Team A goals scored against) – (team B goals scored – Team B goals scored against). If there is still a tie the team with greater goals scored finishes above the other team. If it is still a tie the result of the game between those two teams during the season will determine the final position of the teams on the table.

18. Unforeseeable Acts

The following formula is to be used to determine the result for a game that cannot be completed for whatever reason (e.g. serious injury requiring ambulance attention, fields unsafe, power outages, etc.).



- A game called off anytime in the first half (i.e. in either the first or second quarter) will be declared a draw, unless one team is leading by a margin of 20 points or more. In this instance the result will stand at the score line when the game is called off.
- A game called off anytime in the second half (i.e. in either the third or fourth quarter) will be determined based on the score line when the game was called off.

19. Injury and Insurance

A player may call for 'time' due to an injury or illness, although the decision to stop play shall be at the sole discretion of the Umpire. If a player is injured, it is their or their team mate's responsibility to immediately inform the Umpire. The Umpire may stop the game at any time. For a minor injury, the Umpire should send the injured player to Convenor for treatment. At the time of the injury an Incident Report Form must also be filled out by the injured or other responsible person. Insurance cannot be claimed if this form is not completed. If the injury is minor (or there is blood on their clothing or person), the injured person has a maximum of two (2) minutes to be treated (or remove all signs of blood) and to return to the court. Alternatively, they have a maximum of two (2) minutes to substitute with another player (provided the Umpire agrees to the substitution).

The Umpire can stop a game for any period of time to deal with an emergency. However, when possible after two (2) minutes have elapsed, the Umpire should immediately restart the game. Time for injury will not be added on to the final quarter during grading or round games – only in finals games. Time for medical emergencies will not be added on to the final half during grading or round games. See section 18 for information regarding the protocol for games that cannot continue due to injury. During finals matches the above injury rules apply with injury time added to the final quarter of the game. This includes any time taken for an emergency. However the injury time able to be accumulated is to be a maximum of ten (10) minutes. During time for injury, all players must remain on the field unless involved in a substitution.

In the event that a player is bleeding, they must leave the field immediately (for health and safety reasons) and not return until the wound has been cleaned and all blood and blood stained items have been removed and covered. If necessary, the ball and court surface shall be cleaned before play resumes.

Many injuries that occur during officially sanctioned and managed UQ Sport activities are covered by our insurance policy. For further information regarding insurance please email insurance@uqsport.com.au or call 3365 6612. Alternatively you can contact the Competitions Coordinator at socialsport@uqsport.com.au or call (07) 3365 6612.



20. Grievance and Disciplinary Procedures

Should any player, team or official conduct themselves in a manner that is deemed inappropriate, discriminatory, disrespectful or dangerous, then action will be taken by UQ Sport Officials and Management. Indoor Netball Competition Rules Page 12 of 12

UQ Social Sport

If you feel that a player, team or official has conducted themselves in such a manner, you may lodge a formal [Grievance Form](#) in order to report the incident. Disciplinary Procedures are in place to ensure that action is taken against any player, team or official who has acted in an inappropriate manner. Any action(s) taken will be at the sole discretion of the UQ Sport Officials and Management.