

Competition Rules

Outdoor Netball

This competition prioritises fun and aims to cultivate a social environment. While a competitive spirit is welcome, it's essential to bear in mind that beginners require positive reinforcement, and an overly aggressive "win at all costs" mindset is not suitable. The Referee holds the authority to interpret all rules, and their decisions are final.

1. Responsibility of Players

All players are responsible for reading and understanding the rules contained in this document. Everyone participating should also understand and comply with the Terms, Conditions and Competition Information..

Players and their associated spectators are not to BYO alcohol to UQ Sport venue, or have consumed any drugs or alcohol prior to playing. Condition of Entry are displayed at all facilities and must be adhered to.

If there are any rules that are not clear please discuss these with the Umpire or Convenor prior to the commencement of the game or at quarter time intervals. Because of time constraints, the Umpires may not discuss rules or rulings during the game.

Should any player be found to consistently damage equipment, venue apparatuses or other materials, they shall be suspended from the competition and be required to pay for damages incurred.

All players should be a minimum of 16 years of age. Team Contacts must be at least 18 years old. Players Under 18 will require a responsible adult to acknowledge their QR code sign in.

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, Incident reporting is followed, competition information is provided and that all players and Umpires are conducting themselves in an appropriate manner.

3. Conduct of Players

Please refer to the Terms, Conditions and Competition Information document for information regarding conduct of players, including sanctions guidelines for breaches to conduct.

4. Location

Games will be played on the UQ Sport outdoor netball courts located next to the Athletics Centre on Sir William Macgregor Drive, St Lucia, 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.
- b) Any teams that are not ready to commence play with a minimum of five (5) eligible players ten (10) minutes after the Umpire has signalled the start of the game will forfeit and incur a 0-20 loss. Note that as this competition is social, the game may go ahead after 10 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.

6. Number of Players & Substitutions

- 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 via the data from the UQ Sport Social Sport QR Code.
- b) For mixed competitions, regardless of team numbers, all teams must have a maximum of three (3) and a minimum of one (1) male/s on the court at any one time.
- c) (d) Male players must be in three (3) different thirds on the court (Defending, Centre Positions and Attacking Positions):
 - I. Goal Keeper or Goal Defence (Defending Positions);
 - II. Wing Attack, Wing Defence or Centre (Centre Positions);
 - III. Goal Attack or Goal Shooter (Attacking Positions).

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

- d) 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.
- e) If the event that rule 6 (a), (b) or (c) 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 deemed as a social game.
- f) During finals matches (quarter final, semi-final and grand final), each player on court must have signed in via the QR code and 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 Contact to ensure that all their players are eligible for finals matches. While the Umpires, Convenor, and Competitions Coordinator will try to prevent such situations via the QR Code, the responsibility does rest with the individual players and team captains.

- g) Continually breaching these rules may result in the offending team receiving an official warning. Persistent infringement may involve further disciplinary actions applicable to each case.
- h) In the women's competition, male players are not allowed. All members of the teams must identify as female.

7. Playing Attire

Uniform

UQ Sport does not require teams to be in a specific uniform, however players in a team should wear the same colour t-shirt or singlet. Bibs are required for each player. They are available for purchase at the UQ Sport Fitness Centre if required. Hard brimmed caps are not permitted.

Shoes

It is compulsory for all players to wear appropriate enclosed sports shoes. No bare feet permitted,

Safety

No player can take the field with jewellery of any kind (medical bracelets are permitted). All jewellery (including watches) MUST be removed prior to the game. The Umpire will ask any player breaking this rule to remove the piece of jewellery.

Only prescription glasses will be allowed. Other types of glasses are not permitted.

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 Duration

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. No clock stoppages will be made except under exceptional circumstances. Such circumstances will be at the sole discretion of the Umpire or Convenor. No time outs are allowed.

If a game commences late (and is not deemed a forfeit) then it still must finish at the scheduled time. If such a circumstance arises, the quarters may be shortened. This is up to the discretion of the Umpire.

In the event of extreme weather, game format may be changed (eg. Game times reduced; drink breaks permitted etc).

9. Start & Restart 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.

9. Playing and Goal Areas

The courts are divided into normal thirds as defined by World Netball. 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.

10. Goals

Goals can only be scored within Goal Circle. A goal is scored when a Goal Shooter (GS) or Goal Attack (GA) throws 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.

11. 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. Please refer to the Sanction Guidelines.

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

12. 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 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.

13. The Sin Bin Conduct Breaches – Sanction Guidelines

The Code of Conduct sets standards for respectful, fair, and safe sporting environments. In the event these standards are not upheld, UQ Sport may implement the following sanctions for breaches in conduct. The table below encompasses standards set by the National Integrity Framework by Sport Integrity Australia,

Offence

	Examples	Minimum Sanction Guideline	Maximum Sanction Guideline
Undirected Physical or Verbal Misconduct	Mistake with an absence of intent to harm. Aggressive tone, swearing (not directed at a specific person), unintended overly physical contact (not involving sexual misconduct); overly competitive behaviour.	Warning (verbal or written)	Warning (verbal or written)



Directed Verbal Misconduct	Use of offensive, insulting or abusive language and/or gestures directed at a team/individual. Use of discriminatory language and/or gestures, including racist, homophobic, religious, ethnic or sexist remarks. May be towards other participants, Officials, or spectators.	Warning (verbal or written)	Suspension for remainder of competition season
Directed Physical Misconduct Against a Match Official	Conduct that intends to cause or causes significant harm. Eg. pushing, striking, kicking, elbowing, headbutting; spitting; intimidation.	Suspension for remainder of competition season	Life
Physical Misconduct	Excessive force when challenging for the ball when it is in play. eg: tackle from behind that endangers the safety of an opponent; pushing; shoving; striking; kicking; elbowing; spitting. Excludes gender based violence/sexual misconduct.	2 matches	Suspension for remainder of competition season
Serious Physical Misconduct	Excessive force or brutality when NOT challenging for the ball, including but not limited to striking, kicking, elbowing, headbutting. This may occur either on the field of play or outside its boundaries; whether the ball is in play or not; against an opponent, team-mate or any other person; or before/after fixture has occurred. Violent conduct of the most serious nature that intends to cause or causes significant harm to any person. Involvement in a brawl (but not if person has tried to prevent a fight, shield others or separate those involved in a brawl).	Suspension for remainder of competition season	Life

Further to the above:

- Acts of violence or harassment may also be referred to UQ under the [National Code](#), the Police, Human Rights Commission or to Sport Integrity Australia for advice or follow up.
- UQ Sport may determine that the actions of a team member or spectator were of such a nature that it warranted a sanction greater than the maximum guideline. Repeat offences may be taken into consideration.
- Deduction of competition points, suspension from attending UQ Sport venues and facilities, or a recommendation for further education may also apply for conduct breaches.
- If a team member plays in multiple teams or across multiple social sport competitions, the sanction applies to their participation in all UQ Sport social sport competitions.
- Suspension from matches includes participation and spectating.

14. Finals

To qualify for participation in the finals (quarterfinal, semifinal, and grand final), players are required to both sign in and play a minimum of two (2) games during the regular season. Utilizing a player who does not meet this eligibility criterion in the final rounds will result in an automatic forfeit and disqualification for the offending team, as outlined in Section 6(e)

All players are also required to bring a form of PHOTO ID for the Convener to check player eligibility for every final game. The convener can ask for this at any time, failure to provide may lead to the game being forfeited.

All finals matches must have a winning outcome for one team. In the event that a game is drawn during the finals series, teams will change ends and play for a further five (5) minutes. If the game is still a draw after the extra time, then play will continue until a team reaches two (2) goals ahead. This team is then declared the winner of the match.

15. Team Fixtures

It is the responsibility of the Team Contact and individual team members to read the draw. All correspondence will be forwarded via e-mail to Team Contacts and will be available through the UQ Sport website, and UQ Sport 'Social Sport' Facebook Page.

Please check the fixtures right up until game day as fixtures can change from time to time.

16. Scoring & Competition 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.

Competition points will be allocated as follows -

- Win – 2 points
- Draw – 1 point each team
- Loss – 0 points

Should teams finish with equal competition points at the end of the regular season, For/Against will be used to separate the teams ie. (Team A goals scored – Team A goals scored against). 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. If the teams in question did not play each other, or, there is still a tie, the team with greater goals scored finishes above the other team.

17. Unforeseeable Acts

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

- A fixture called off anytime in the first half will aim to be rescheduled, unless one team is leading by a margin of 20 or more points. In this instance, the result will stand at the score line when the game is called off.
- A fixture called off anytime in the second half will be determined based on the score when the game was called off.

For fixtures called off before they commenced, UQ Sport will endeavour to re-schedule, however due to time constraints for season start and end dates, this may not always be possible.

18. Injury and Insurance

A player may request a 'time' pause in the game due to injury or illness, but the decision to halt play lies solely with the Umpire. In the event of an injury, it is the player's or their teammate's responsibility to promptly notify the Umpire, who retains the authority to stop the game at any moment.

In cases of minor injuries, the Umpire should direct the injured player or a bystander to the Convenor for initial first aid treatment. QR Codes displaying the UQ Sport 'Incident Report' form are visibly placed throughout venues for anyone to report injuries.

If a player sustains a minor injury (or has blood on their clothing or person), they are allotted a maximum of two (2) minutes for on-court treatment (or to remove any signs of blood), or else they will be substituted with another player. 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.

The Umpire has the discretion to pause the game for any duration to address emergencies.

In the event of a medical emergency, the Umpire should stay with the injured player and designate someone else to inform the Convenor of the emergency.

Many injuries that occur during officially sanctioned and managed UQ Sport activities may be covered by our insurance policy. For further information regarding insurance please email insurance@uqsport.com.au or call 1300 755 293 . Alternatively, you can contact the Competitions Coordinator at socialsport@uqsport.com.au

UQ Sport Conditions of Entry

1. You must comply with these conditions of entry and follow instructions displayed within the Facilities or given by Us (and any person appointed by Us to manage the Facility) from time to time.
2. You must use the Facilities in accordance with Your membership or booking and, if applicable, strictly only between the times and the dates specified in Your booking.
3. You must not allow any person to use Your membership or student card to gain access to the Facility. Failure to observe this condition may result in eviction from the Facility and Your access rights being immediately cancelled.
4. You are responsible for the conduct of anyone participating with You.
5. Smoking is not permitted in this Facility, or on any University of Queensland campus or recognised site.
6. You must not litter or cause damage to the Facilities. We reserve the right to on-charge for any damage to the Facilities.
7. No alcohol, illegal or offensive substances or items, weapons, glass or sharp objects or oversized items of any kind are permitted in the Facilities.
8. The use of cameras, drones, audio or video recorders and other recording devices within the Facilities is strictly prohibited, unless We specifically advise otherwise.
9. It is a condition of entry that You consent to bag searches and We may confiscate prohibited items and items which in Our opinion may cause injury or a nuisance to other patrons using the Facilities.
10. Protect your valuables as thieves operate on campus despite security patrols and surveillance throughout the campus.
11. Surveillance cameras may be in use at this Facility.
12. Persons under 16 years of age must always be accompanied and supervised by a responsible adult (aged 18 years and older).
13. You must not obstruct entry, exit or general movement of any person using any of the Facilities. Animals are not permitted at any of the Facilities with the exception of assistance animals unless We specifically advise otherwise.
15. We may refuse entry to, or require a person to leave the Facility if the person is abusive, uses offensive language or inappropriate behaviour, is under the influence of drugs or alcohol, or the person's behaviour is threatening or offensive to others.
16. We may evict or refuse entry to any person if such eviction or refusal is reasonably necessary to ensure the safety or comfort of other patrons of the Facilities.
17. We reserve the right to close the Facilities at any time without notice for, but not limited to, an emergency, due to current or potential extreme and/or inclement weather, or for maintenance and construction works.
18. You must promptly report to Us any health or safety concerns You become aware of while in the Facilities.
19. Report any incidents, injuries or near misses to Us.
20. You must wear appropriate attire for the activity and non-marking footwear at all times (footwear excepted in the pool).
21. You must not use Our equipment or the Facilities for any other purpose than the relevant sporting activity.
22. Unless otherwise approved by Us, only We are permitted to coach in this Facility.
23. You must carry your student card, membership card or have a valid casual pass or proof of booking when using the Facility.
24. Patrons assume all risk of any damage or loss (including property damage, personal injury, economic and consequential loss) however it arises at this Facility. Patrons bring their personal effects into the Facilities at their own risk. We will not be responsible for any damage or loss or theft of a patron's personal property.
25. Observe and follow any other rules and signage in the Facility.

"You" and "Your" means the person who enters or uses the Facilities. "We", "Our" and "Us" means UQ Sport Ltd ACN 135 537 183, its employees, agents and contractors, and where the context requires, includes the University of Queensland.