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THE
ACTION NETBALL
RULE
BOOK

Version 2008

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This version of the rules for Action Netball South Africa was revised in January 2008 and will be applicable at all arena leagues, league finals, Inter-provincial Tournaments, Club Championships, Provincial Tournaments, Superleague and any other event designated as a prestigious event. Each arena and tournament organiser may create bye-laws to these rules that will satisfy their local needs and requirements.

The following points are the most common variations from the official rule book, which occur at Arena, Superleague and IPT levels respectively:

Arena:

- 1.4 Matching uniform is not compulsory, but 2 bonus points are awarded per game that the team wears matching uniform.
- 2.3 c) During finals, if a draw results, then 5 minutes extra time shall be played with the same players on the court. If the result is still a drawn, A toss-up must be taken by any member of the two opposing teams. The player that wins the toss-up, wins the right to the next centre pass, and the first team to score a goal will be declared the winner.
- 4.1 The game shall consist of 2 x 15 minute halves, with a 3 minute interval at half time.

Superleague:

- 1.4 Matching uniform is not compulsory, but 2 bonus points are awarded per game that the team wears matching uniform.
- 2.3 c) During finals, if a draw results, then 5 minutes extra time shall be played with the same players on the court. If the result is still a drawn, A toss-up must be taken by any member of the two opposing teams. The player that wins the toss-up, wins the right to the next centre pass, and the first team to score a goal will be declared the winner.
- 4.1 The game shall consist of 4 x 10 minute quarters, with two 1 minute intervals at quarter times and a 3 minute interval at half time.

IPT:

- 4.1 The game shall consist of 4 x 10 minute quarters, with two 1 minute intervals at quarter times and a 3 minute interval at half time.



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I: Equipment

1.1 The Court

- The court shall be rectangular in shape and shall measure between 28 to 30 metres in length and 10 to 12 metres in width being no less than 4 metres and no more than 4.5 metres in height.
- The long lines shall be called 'side lines' and the short lines, 'back net lines'. Two transverse lines parallel to the back net lines shall divide the court into a 'centre third' and two 'goal thirds'.
- There shall be a circle (0.9 metres in diameter) in the exact centre of the court. This shall be the 'centre circle'.
- In each goal third a semi circle (3.66 metres in radius) shall be drawn with its centre the mid-point of the back net line. These shall be called the 'goal circles'.
- The width of all court markings (i.e. transverse lines, goal circles and centre circle) shall be between 50-60mm.

NOTE: These are the minimum and maximum measurements.

1.2 Goal Rings

- A steel ring 380mm in diameter shall be attached to a post or other wall mounting outside the court. The top part of the 'goal rings' must be 3.05 metres above the floor and shall project horizontally onto the court at the central point of each end line.
- The attachment shall not allow more than 152mm between the end net and the near side of the goal rings. The ring shall be fitted with a net which shall be open at each end, and shall be classed as part of the goal rings.

NOTE: This means that any attempt that interferes with either the ring OR the net of the ring must be classed as per Rule 9.2 and 10.8 (c).

- Any post used to support the goal rings must be inserted into a socket in the floor outside the nets or may be supported by a metal base which shall not protrude onto the court.

1.2 Ball

- The ball shall be a universally accepted Netball or Association Football Size 5 and shall be supplied by the arena.

I: Equipment

1.4 Players

- a) Players must wear a form of rubber-soled sport shoe or boot which shall be non-marking for Indoor competition and acceptable to the netball coordinator.
- b) Teams must wear a uniform which must be registered with the arena. It shall consist of matching tops and matching skirts.
- c) Singlet tops, jumpers or wind cheaters will be permitted with the netball coordinator's approval.
- d) All players must wear bibs identifying their court position. Playing initials are to be included on both the front and back of the bibs. The initials must be a minimum of 200mm in height and clearly visible above the waist when the bibs are worn. In the event of two teams having similar or identical uniforms, including bibs, team captains shall determine by toss which team shall wear the neutral bibs supplied by the arena, before the game commences.
- e) Advertising by team sponsors is permitted on the playing bibs but shall in no way encroach upon the initials of the bibs. Advertising is permitted on any other item of the playing uniform.
- f) No jewellery shall be worn with the exception of a wedding ring or medical bracelet which must be taped to the satisfaction of the umpire.

NOTE: This must be enforced from the lowest league to ensure safety of the players.

- g) Fingernails shall be cut short or taped (band-aids and the like and electrical tape excluded) to the satisfaction of the umpire. The umpire may, at any time, request a player to re-tape their nails. (Gloves may be worn with the umpire's/Netball coordinators approval).

NOTE: This must be enforced from the lowest league to ensure safety of the players.

PENALTY: Players in breach of proceeding requirements (Rule 1.4) shall be penalised. The offending player may be removed from the court or a three (3) goal penalty will be awarded to the non-offending team at the umpire's discretion.

2: Officials

2.1 Umpire

- a) There shall be at least one appointed umpire who shall have control of the game and give decisions and shall umpire according to the rules and decide on any matter not covered by the rules. The decisions of the umpire shall be *FINAL* and shall be given without appeal.

NOTE: This must be enforced from the lowest league to ensure effective discipline of the players. This also means that if an arena chooses not to use two umpires per game the players may not appeal at ALL and therefore NO COMPLAINTS against ANY umpire may be entertained, tabled, recorded or investigated.

- b) The umpire shall wear a uniform distinct from the players, preferably white or any uniform as designated by the arena management.
- c) The umpire's whistle shall stop and start the game.
- d) The umpire shall re-start the game after each goal is scored and after each interval or stoppage.
- e) The umpire shall officiate within the court and endeavour to move into position to see play and make decisions without interfering with play. However, it may be necessary to move onto the playing area to indicate where a penalty is to be taken, or take a toss-up or to gain an uninterrupted view of play. If the ball strikes the umpire or the umpire interferes with the progress of play, play will not cease unless either of the teams has been unduly penalised.

PENALTY: Free pass to the team, or if two opposing players have been unduly penalised the decision shall be a toss-up between the players concerned.

- f) The umpire has the right to send off any player out of uniform, or give a three (3) goal penalty if prior arrangements have not been made with the coordinator.
- g) The umpire shall ensure that players remain inside the court during a stoppage for injury or illness and will ensure that there is no coaching during such stoppages.
- h) The umpire will state the infringement and penalty and it is preferable that the umpire use hand signals to clarify the decisions.

2: Officials

2.1 Umpire

- i) The umpire shall not criticise or coach any team while a match is in progress.

Use of Advantage Rule

The umpire shall call "advantage" to indicate that an infringement has been noted whenever possible to ensure that play is continuous and to avoid unduly penalising the non-offending team. If the whistle is blown for any infringement the penalty must be taken.

2.2 Scorer *The appointed scorer shall:*

- a) Operate the electronic score-board and/or keep a written record of the score.
- b) Record each goal as it is scored unless the goal is disallowed by the umpire.
Where both methods of scoring are kept, the written record shall be the official score of the game.
- c) If a written score is kept a written record of centre passes should be kept, and advise the umpire of centre passes when approached by the umpire.

2.3 Timekeeper *The appointed timekeeper shall:*

- a) Start the time clock by the umpire's whistle and shall signal the end of each quarter/half to the umpire. The game will also finish on the umpire's whistle, NOT the siren.
- b) During finals stop the clock when signalled to do so by the umpire and re-start the clock by the umpires whistle to re-start play, time lost for stoppage is played at the end of the quarter/half in which the stoppage occurred.
- c) During finals, if a draw results, then extra time shall be played. After one (1) minute break the teams shall change ends and the centre pass shall continue to alternate. Two x Five minute halves shall be played with a one (1) minute break at half time for teams to change ends. If the result at the end of this extra time is still a draw, the two captains shall toss for the next centre pass, play continues until one team has a two (2) goal clear advantage.

2.4 Captains *The captains shall:*

- a) Toss for the first centre pass or direction of play at the commencement of the match with the winning captain notifying the umpire and scorer of the result of the toss.
- b) Toss-up for neutral bibs if necessary per Rule 1.4 d.
- c) Ensure each player's name is officially recorded on the appropriate registration card. (Including all interchange players).

2: Officials

2.4 Captains

- d) Notify the umpire and the opposing captain of any changes in position or substitution of players which may take place during any interval or after any stoppage for injury or illness.

PENALTY: The penalty for a breach to (2.4 d) will be a free pass to the opposing team immediately any player enters an area that was offside prior to that player being changed or substituted.

The free pass shall be taken:

- (i) From the place in the offside area where the player was first deemed to be offside.
- (ii) By any player allowed in that area.
- (iii) After the opposition captain has been given the opportunity to re-arrange her/his team if desired. The offending player is allowed to remain in the position now being played.
- e) Have the right to approach the umpire before, during an interval or after the game for clarification of any rule or interpretation

NOTE: This must be enforced from the lowest league to ensure effective discipline of the player. This also means that any player challenging any decisions made by an umpire may be penalised. The severity of the penalty should match the severity of the challenge.

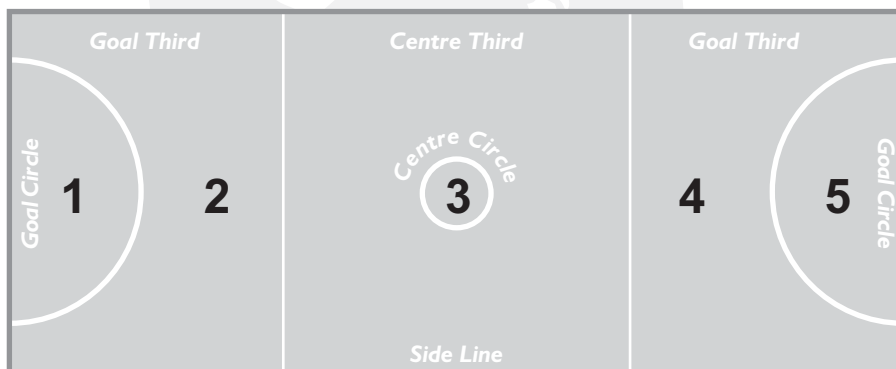
Rule 3: Area of Play/Playing Positions

3.1 Positions

A team shall consist of seven (7) players and their positions and areas of play are as follows:

3: Area of Play/Playing Positions

Player Position	Bib	Areas allowed (refer to diagram)
Goal Shooter	GS	1,2
Goal Attack	GA	1,2,3
Centre	C	2,3,4
Wing Defence	WD	3,4
Goal Defence	GD	3,4,5
Goal Keeper	GK	4,5



3.2 Minimum Players

Teams must have a minimum of five (5) registered players present on the court for the duration of the game.

3.3 Boundary

The transverse lines bounding each area are included as part of that playing area.

4: Duration of Game

4.1 Duration

- The game shall consist of four (4) x twelve (12) minute quarters with two (2) minutes interval at quarter times and three (3) minutes at half time, or two (2) twenty minute halves with two (2) minutes interval at half time.
- The above times may be adjusted according to the needs of each arena or tournament; and must be communicated to all participants prior to the commencement of such.

4.2 End of Half

Teams shall change ends at the commencement of each quarter/half.

4.3 Stoppages

Time shall NOT be added to compensate for any time lost because of an accident or any other cause except in finals matches when the time lost for a stoppage shall be added to the quarter/half in which it occurs.

4.4 Penalty Shot

Extra time shall be allowed to take a penalty shot in any game if a penalty has been awarded just prior to the whistle indicating the end of the period or game.

5: Late Arrivals

5.1 Game Entry

Late comers may not enter the court after the game has started unless:

- after a goal has just been scored, OR
- immediately after the interval, OR
- play is stopped for injury/illness AND the officiating umpire has granted permission.

5.2 Positions

No latecomer may take up a position on court already occupied by an existing player.

5: Late Arrivals

5.3 Notification

The late comer must notify the umpire and the opposing captain before entering the court.

PENALTY: *If any of the above conditions are infringed there will be a free pass to the opposing team where the infringer entered the court unless this is a disadvantage to the non-offending team in which case the free pass shall be taken where the ball was at the time of the infringement.*

5.4 Conditions

The infringer shall leave the court until able to comply with Rule 5.1 and 5.3

6: Player Interchange/Substitution

6.1 Player Interchange

- a) Player interchange is the action of alternating players on and off the court.
- b) A maximum of three interchange players are permitted to be used by any team at any game.
- c) Interchanges will be allowed at any interval.
- d) Included in these three interchange players shall be any player who is utilised as a substitute in the event of an injury/illness.
- e) A player coming onto the court as an interchange player must first report to the umpire who shall check the player's jewellery, nails and uniform and conform to the rules.

6.2 Player Substitution

A substitute player is one who joins the game after the game has officially commenced to replace an existing player who is incapable of completing the games due to injury or illness. This may occur on the approval of the umpire. A maximum of two (2) minutes can be taken in order to determine whether a player is fit to continue and to deal with the injury or illness. If further time is required, the captain may appeal to the umpire for additional time.

6: Player Interchange/Substitution

6.2 Player Substitution

NOTE: *This may not be possible to be enforced from the lowest league due to time constraints. The determination of the fitness of the player is made OFF COURT and no injury time may be added, unless in the circumstance of Rule 2.3 b and 7.1.*

- b) Once an injured player has been replaced, this player *SHALL HAVE NO FURTHER PART IN THE GAME.*

NOTE: *This includes any substitution due to blood (Rule 6.3).*

PENALTY: *Free pass to the opposing team. The infringer must leave the court and take no further part in play. A substitute may be utilised to take up the vacant position. No team changes are permitted for either team whilst this is occurring.*

- c) If a substitution has *NOT* been made for a player who leaves the court due to injury, that player may return to the vacant position at any time later in the match, abiding by the following rules:
 - (i) Play be stopped for injury or illness *OR* following the scoring of a goal or at any interval.
 - (ii) The player notifies the umpire of their intention to resume playing.

6.3 Blood Bin

- a) A player must be stopped if the umpire notices or is made aware of any player who is bleeding. The player **MUST** leave the court immediately to be treated.
- b) The wound must be securely covered and any blood stained clothing replaced to the satisfaction of the umpire.
- c) The player may be substituted as per Rule 6.2 - if the player is substituted though they shall take no further part in the game. Injury time is permitted as per Rule 2.3 b and 7.1.
- d) If the team elects not to utilise a substitute, neither team may make positional changes. If the player concerned is the centre (C), one (1) positional change is permitted by that team. When the centre (C) returns to the court. All players must return to the playing position they

6: Player Interchange/Substitution

6.3 Blood Bin

occupied prior to the injury unless there has been an interval or another stoppage for injury or illness.

- e) Before play can re-commence the umpire must ensure that there is no blood on the ball, the court or any other player.

6.4 Position Changes

Player positions may be changed at any interval or at any stoppage for injury or illness. The injured or ill player, if remaining on the court, must be involved in any change of playing positions. In the event of this happening the umpire must ensure that both teams are given the option of changing positions.

6.5 Notification

The team captain must notify the umpire and opposing captain of all injury substitutions and interchanges.

PENALTY: If the captain does not follow this rule a free pass will be awarded to the opposing team immediately as any player enters an area that was offside prior to that player being interchanged or substituted. The free pass shall be taken from the place where the player was first deemed to be offside by any player allowed in that area, and after the opposing captain has been given the opportunity to make positional changes if desired. The offending player is now allowed to remain in the new position.

6.6 Leaving the Court

Any player who leaves the court without permission of the umpire shall be **UNABLE TO TAKE ANY FURTHER PART IN THE GAME** (except at the discretion of the umpire).

No substitute shall be permitted, except if the departure is due to injury or illness.

7: Stoppages

7.1 Finals

During Semi-Finals or Finals, play may be stopped for injury or illness. A time limit of two (2) minutes will be allowed while team officials decide whether the player is fit to continue, and to deal with the injury, keeping in mind that coaching is not permitted at this time.

7.2 Causes

Play may be stopped for any emergency relating to the equipment, court, nets and openings or interference by outside agencies, a players' person or clothing or officials in charge of the match.

7.3 Signalling

To stop play the umpire shall blow the whistle and, in the event of the match being a semi-final or final, instruct the timekeeper to hold time whilst using the agreed hand signal.

7.4 Re-starting

Play will be re-started when the umpire blows the whistle after first notifying the timekeeper of the intention to do so whilst using the agreed hand signal.

7.5 Positioning

Play is continued with the same player and from the position where the ball was when play was stopped, except:

- (i) When the umpire is unable to say who was in possession of the ball, or the ball was on the ground or in flight when play was stopped.
Decision: A toss-up between any two (2) opposing players allowed in that area and as near as possible to where the ball was when the play was stopped.
- (ii) When the stoppage was due to an infringement in which case the infringement shall be penalised and play continued.

7.6 Coaches

During any stoppage for injury or illness players must remain inside the court and no coaching is permitted.

NOTE: This means that team managers and/or team physicians must determine the fitness of any player, NOT the coach.

7 : Stoppages

7.6 Coaches

PENALTY: If the coach contravenes Rule 7.6 a free pass will be awarded to the opposing team immediately as the coach enters the court or starts coaching. The free pass shall be taken from the place where the coach was first deemed to be in violation, unless it is to the disadvantage of the opposing team.

7.7 Substitutes

After stoppage for injury or illness, when no substitute has been made for a player unable to continue when play resumes, that player may return to the vacant position at any time later in the match, abiding by the substitution rules, and after notifying the umpire and opposing captain.

7.8 Emergencies

Any player who wishes to leave the court for an emergency:

- (i) Must get the umpire's permission
- (ii) May only re-enter the court as per Rule 5.1

8: Offside

8.1 Areas

A player shall be offside if they enter any area other than their designated playing area whether they are in possession of the ball or not. (refer Rule 3.1)

8.2 Notifications

A player shall be offside, despite the positional bib worn, if the captain fails to notify officials of positional changes or substitution. That player is deemed to be still in the original playing position.

8.3 Boundaries

A player may take the ball from an offside area or lean on the ball to gain balance but shall not be deemed offside unless body contact is made with the floor or net in the offside area.

8: Offside

8.3 Boundaries

PENALTY: Free pass to the opposing team where the offside occurred.

8.4 Simultaneous offside

When two (2) opposing players are simultaneously offside:

- (i) If neither is in contact with the ball and no advantage is gained by either side play will continue with no penalty.
- (ii) If one or both is in possession of the ball or touches it, a toss-up is taken between the two players in their own area.
- (iii) If in different areas and either is in contact with the ball, a toss-up between any two opposing players allowed in the area will be taken where the infringement occurred.

9: Nets

The side line, back net line and ceiling nets shall form part of the court and the ball shall be in play off any net.

9.1 Use of Nets

- (i) Players may use the nets to direct the ball to another player. They may bounce the ball off any of the side nets or the ceiling net obeying the 'over a third' rule. See Rule 10.6
- (ii) The one exception is the centre pass:
The pass must be directed to a player allowed in the centre third. It may not be bounced off the nets or in any circumstances touch any of the nets before being touched by a player.

PENALTY: Free pass to the opposing team where the infringement occurred.

- (iii) The ball shall be 'live' off all nets. Once a player has released the ball that player may not touch or regain possession until it is first touched by another player or makes contact with the goal ring.

9: Nets

9.1 Use of Nets

The nets must *NOT* be construed as another player.

PENALTY: Free pass to the opposing team where the infringement occurred.

9.2 Net Abuse

- a) A player may not deliberately hold the nets or use the nets to 'push off' to gain an advantage.
- b) A player may not step, land or jump into the nets.

PENALTY: Penalty pass or penalty shot on court close to the point from where the infringer was standing. The call shall be for "Net Abuse."

- c) The nets may not be used to 'pin' a player in such a manner as to prevent movement by said player.

PENALTY: Penalty pass or penalty shot from the point where the infringer was standing unless this places the non-offending team at a disadvantage when the penalty will be taken from where the attacking player was standing. The call shall be for "Pinning."

- d) A player may not deliberately hold the ball into the net or push off with the ball to gain an advantage

PENALTY: Penalty pass or penalty shot on court close to the point from where the infringer was standing. The call shall be for "Net Abuse."

NOTE: "Brushing" of the net is allowed. Traditionally this rule has been overblown and the application thereof should be considerably relaxed.

10: Game Conduct

10.1 Positioning of players to commence game

- The attacking centre, with the ball shall stand wholly in the centre circle.
- The opposing centre shall be in the centre third and shall be permitted to move freely.
- All other players shall be in whichever goal third is part of their playing area and shall be permitted to move freely within it.
- No other player shall enter the centre third until the whistle has been blown to start or re-start the game.
- The usual defensive distance must be kept from the player with the ball.

PENALTY: Free pass to the opposing team where the player entered the centre third. The call shall be for "breaking."
If two opposing players simultaneously enter the centre third before the whistle, Rule 8.3.i applies.

10.2 Start of Play

- (i) The umpire shall blow the whistle to start and re-start play.
- (ii) The pass made by the centre is the 'centre pass'.
- (iii) Play shall be re-started after the scoring of every goal and after each interval and shall be taken alternately by the opposing centre players throughout the game.
- (iv) The centre pass is not deemed to have been taken until the ball is released from the centre's hands.
- (v) Any team not ready for play, provided that the opposition team is on court and ready for play, shall be penalised at the rate of one (1) goal per minute for up to twelve (12) minutes, when the game shall be awarded to the non-offending team. The match will then be regarded as a forfeited match.

NOTE: The application of this rule as well as the prescribed penalty may be adapted to the needs of any arena or tournament with prior notification of all participants.

10.3 Centre Pass

- (i) When the whistle is blown the centre player will throw the ball within three (3) seconds, obeying Rule 10.7.
- (ii) The centre pass must be caught or touched by a member of the attacking team who lands wholly in the centre third.

10: Game Conduct

10.3 Centre Pass

- (iii) A player who lands with the first foot or on both feet simultaneously wholly in the centre third is deemed to have received the ball in the centre third.
- (iv) An attacking player who lands both feet simultaneously astride the transverse line shall be deemed to have taken the ball in the goal third.

PENALTY: Free pass shall be awarded to the opposing team, to be taken in the goal third close to the point where the player grounded across the transverse line.

- (v) If a member of the opposing team touches or catches the centre pass in the centre third or in the goal third or with feet astride the transverse line, the advantage rule shall apply.
- (vi) If the ball touches the net after first being touched by a member of the opposing team, the advantage rule shall apply.

10.4 Playing the Ball (Including Replay)

- a) A player may:
 - Catch the ball with one or two hands.
 - Catch the ball if it rebounds from the goal rings.
 - Bat or bounce the ball to another player.
 - Tip the ball in an uncontrolled manner any number of times in an effort to gain control or to direct it to another player.
 - Bat the ball once and then catch it or direct it to another player.
 - Bounce the ball once and then catch it or direct it to another player.

NOTE: The application of the replay rule should be relaxed to conform to international standards. Replay rests on whether the player had CONTROL of the ball or not.

- Roll the ball to oneself to gain possession.
- Fall while holding the ball but must regain footing and dispose of the ball in a legitimate manner whilst obeying the held ball rule.
- Lean on the ball to gain possession, unless leaning onto a net.
- Lean on the ball in an offside area.
- Bounce the ball off any of the nets to another player.

10: Game Conduct

10.4 Playing the Ball (Including Replay)

- b) A player may not:
 - Deliberately kick the ball or deliberately use the leg to influence the direction of the ball.
 - Punch the ball.
 - Fall on the ball.
 - Attempt to gain possession of the ball whilst lying, sitting, kneeling or in contact with the nets.
 - Throw the ball whilst lying, sitting, kneeling or using the nets to gain advantage.
 - Regain possession of the ball after it has rebounded from the nets unless it has been touched by another player or make contact with the goal ring either before or after striking the net.

Held Ball Rule

- c) A player in possession of the ball must dispose of it in a legitimate manner within three (3) seconds.
- d) A player in possession of the ball may not:
 - Roll the ball to another player.
 - Throw the ball and replay the ball before it has been touched by another player or some part of the goal ring.
 - Toss the ball in the air and replay it.
 - Drop or bounce the ball and replay it.
 - Replay the ball after an unsuccessful shot at goal unless it is touched by another player or some part of the goal ring.
 - Replay the ball after it has rebounded from the net unless it has been touched by another player.

PENALTY: for Rule 10.4 b, c and d: Free pass to the opposing team where the infringement occurred.

10.5 Short Pass

When the ball is released there must be room for a third player to move between *THE HANDS* of the thrower and the receiver.

NOTE: This includes the use of a bounce pass.

10: Game Conduct

10.5 Short Pass

PENALTY: Free pass to the opposing team where the infringement occurred.

10.6 Over a Third

- a) The ball may not be thrown completely over a third of the court without being touched or caught by a player who is deemed to be in that third. The player must be wholly in that third or must land in that third to be deemed correctly in that third.
- b) A ball thrown from the centre third which hits the back line net of the goal third shall be deemed to be over a third if it is untouched by any player deemed to be in the goal third.

PENALTY: Free pass to the opposing team just beyond the second transverse line that the ball has crossed except when the ball thrown from the centre third hits the back line net of the goal third where a free pass shall be taken. (On court adjacent to where the ball hits the net).

NOTE: As this is a free pass, the pass for over third from the back line net may cross into the centre third.

10.7 Footwork

- a) A player may:
 - Catch the ball with one foot grounded or jump to catch and land on one foot - this is the landed foot.
 - The pivoting foot may be lifted but the player must throw or shoot the ball before re-grounding the foot.
 - Step with the other foot, lifting the landing foot, but must release the ball before either foot is re-grounded.
- b) A player who catches the ball with both feet grounded or who lands after receiving the ball simultaneously on both feet may:
 - Step with the other foot in any direction and lift the grounded foot but must release the ball before either foot is re-grounded.
 - Step with either foot any number of times whilst pivoting on the landed foot.

10: Game Conduct

10.7 Footwork

- Jump from both feet landing on either foot but must release the ball before re-grounding the other foot.
 - Step with either foot, then jump releasing the ball before either foot is re-grounded.
- c) The player in possession of the ball may not:
 - Drag the landed foot.
 - Hop.
 - Jump from both feet and land on both unless the ball is released whilst the player is still in the air.

PENALTY: Free pass to the opposing team where the infringement occurred. The call may be either for “Stepping” or “Footwork.”

NOTE: Closer attention should be paid to the strict application of this rule.

10.8 Scoring a Goal

- a) A goal is scored when the ball is thrown or batted or rebounded completely through the goal ring by either the GA or GS who must be wholly within the goal circle. The GA or GS may shoot for the goal after winning the ball in a toss-up in the goal circle. When taking the shot for goal a player shall shoot within three (3) seconds of receiving the ball and obeying all footwork rules. GA or GS must have no personal contact with the ground outside the goal circle whilst receiving the ball or in the action of shooting for goal; and then shoot for goal.

PENALTY: Free pass to the opposing team where the infringement occurred.

- b) A goal will not be scored when:
 - A player other than the GA or GS throws or bats the ball and it passes completely through the goal ring in which instance play shall continue uninterrupted.
 - The whistle for time or an interval has sounded before the ball has passed completely through the goal ring.

10: Game Conduct

10.8 Scoring a Goal

- An infringement occurs by a player from the attacking team before the ball passes completely through the goal ring.
- c) No player may cause the goal ring or back line net to move so as to interfere with the shot at goal.

PENALTY: Penalty pass or penalty shot to the opposing team to be taken from where the infringer was standing unless this places the non-offending team at a disadvantage.

10.9 Obstruction

- a) A defending player must not be within 0.9 metres of the player with the ball when an attempt to intercept or defend is made. The distance is measured from the landing foot or in the case of a simultaneous landing, from the nearer foot of the attacker to the nearer foot of the defender.

NOTE: This means that jumping forward is NOT deemed to be obstruction, however, landing within the required distance and STILL using defensive mode IS OBSTRUCTION.

- b) From the correct distance a player may maintain position if the player with the ball steps towards the defending player.
- c) A player may be within 0.9 metres of the player with the ball if no attempt is made to defend or intercept the ball and no interference is made to the throwing of the ball.
- d) A defending player may not shorten the correct distance of 0.9 metres in an attempt to intercept or defend the throw.
- e) Obstruction of a player not in possession of the ball occurs:
- When a player makes any movements which may take the arms away from the body except as an attempt to catch or intercept the ball, to gain a rebound or to momentarily signal for a pass.
 - When a player uses an intimidating movement or sound.
 - When a player 'pins' an opponent against the net or in the corner of the court in such a manner as to prevent the opponent from moving in any direction without causing contact.
- f) When a player with or without the ball intimidates an opponent it is obstruction.

10: Game Conduct

10.9 Obstruction

PENALTY: Pass or penalty shot where the defending player was standing unless this places the non-offending team at a disadvantage when the penalty will be taken from where the obstructed player was standing.

NOTE: The application of "Free contest" should be applied from the lowest level.

10.10 Contact

a) Personal contact

- No personal contact with an opponent shall be allowed, deliberately, or accidentally **if it interferes** with an opponent's play.
- No player shall hold an opponent, feel for an opponent or charge an opponent.
- No player shall deliberately move into the path of an already moving opponent. A player may not move into the natural landing area of an airborne player after that player has left the floor.

NOTE: This should not be construed as so-called "landing space." Each player works for an area and should an attacking player jump into an area already occupied by an opposing player, the attacking player must be penalised.

b) Contact with the ball

- No player shall push the ball into an opponent or touch an opponent with the ball in order to interfere with that opponent's play.
- A player shall not either accidentally or deliberately, place a hand or hands on, or remove from an opponent's possession, a ball held by an opposing player in such a manner as to interfere with that opponent's play.
- Where simultaneous contact occurs, a toss-up is taken between those two players.

10: Game Conduct

10.10 Contact

NOTE: The application of “Free contest” should be applied from the lowest level.

PENALTY: for infringement of all contact rules: Penalty pass or penalty shot to the opposing team where the infringer was standing except where this places the non-offending team at a disadvantage, in which case the penalty will be taken where the contacted player was standing.

11: Penalties

11. Penalties

The penalties awarded are:

- Free Pass
- Penalty Pass
- Penalty Pass or Shot
- Penalty Shot
- Toss-up

- (i) Penalties are awarded where the infringement occurred or where the infringer was standing unless the advantage rule is applied. The footwork rule still applies whilst taking a penalty.
- (ii) All penalties are awarded to the team, except for the toss-up.

11. Free Pass

- (iii) Free pass is awarded for all infringements except obstruction, contact and 'net abuse'.

NOTE: Where an infringement occurs simultaneously from both teams a toss-up will occur.

11. Penalty Pass

- (iv) Penalty pass is awarded for all obstruction, contact and 'net abuse' offences.

11: Penalties

11. Penalty Pass

- (v) Penalty pass or shot is awarded to the attacking team when obstruction, contact and 'net abuse' occur in the goal circle.
- (vi) A player penalised for obstruction, contact and 'net abuse' must stand beside and away from the player taking the penalty and shall have no further part in play until the ball has been released. This includes any movement and speech prior to or on the release of the ball.

PENALTY: Penalty Shot is awarded in the circumstances described in Rule 4.4.

11. Toss-Up

- (vii) A toss-up is necessary when:
- two opposing players gain possession simultaneously.
 - opposing players are simultaneously offside, and one of the players is in possession of the ball or touches it.
 - opposing players make simultaneous contact.
 - after a stoppage and the umpire is unable to say where the ball was prior to the stoppage.
 - when the umpire interferes with two opposing players striving for the ball.

11. Toss-up procedure

- (viii) The toss-up is taken between two opposing players who shall stand facing each other and their own back net line with arms straight and at their sides, there shall be a distance of 0.9 metres between the nearer foot of one player and that of their opponent, they shall not move until the whistle is blown. The umpire shall release the ball midway between the two players from just below the shoulder level of the shorter player's normal stance, momentarily the umpire shall be stationary and hold the ball and flick it vertically not more than 60cm in the air as the whistle is blown. A goal shooter or goal attack may shoot directly for a goal after winning a toss-up inside the goal circle.

PENALTY: Free pass to the opposing team where the infringement at the toss-up occurred.

11: Penalties

11. Announcing a penalty

(ix) After blowing the whistle, the umpire shall announce the infringement, guilty party and the penalty awarded. This shall be done whilst “placing” the penalty clearly by indicating the infringement as well as the direction of play.

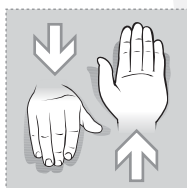
11. Hand Signals

(x) Hand signals may be used to clarify decisions AND should re-enact the infringement:

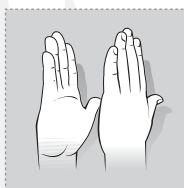
Infringement	Hand Signal
Stepping/Footwork	Hands moving up and down three times
Obstruction	Hands apart in front of body
Contact	One hand indicates the body part or shows motion
Ball held	Fingers apart held up
Direction of penalty/play	Arm pointed towards one back net line
Toss-up	Palm of hand moved vertically upward
Stoppage	Make a 'T' with the fingers of one hand on other palm
Time	Arm extended upright to ensure visible to timekeeper
Net Abuse	Fingers interlaced

Umpires shall show signal when making a decision to assist with clarification of decisions.

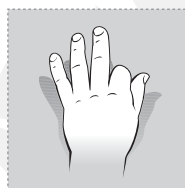
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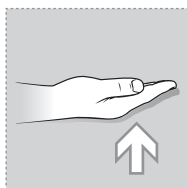
Stepping



Obstruction



Ball Held



Toss-Up



Direction of Penalty/Play



Stoppage

12: Discipline

12. Breaking Rules

The breaking of rules and/or the employment of any action not covered in the rules which is contrary to the spirit of the game is not permitted. This includes:

- The breaking of rules between the scoring of a goal and the restart of play and between the awarding and taking of any penalty on court.
- Deliberate delaying of play.

12. Send Off

An umpire may send a player from the court but only when sure the original penalty is insufficient, and except in extreme cases, a warning should be given.

Penalty:

- Warning to the infringing player. This is the so-called Yellow Card.**
- 'Penalty pass' or 'Penalty pass or shot' or advancement of penalty up court within that third, from where the infringer was standing - unless this places the non-offending team at a disadvantage.**
- Offending player removed from the court for a period of time or number of goals scored.**
- If the player persists in dangerous play or an infringement that a yellow card has been issued for the offending player is removed from the court for the duration of the game and will serve a one game suspension. This is the so-called Red Card.**

When a player is sent from the court:

- No replacement is permitted
- No team changes are permitted, unless the player is in the centre position, in which case one team change is allowed to move a player already on court to the centre position.

NOTE: The use of the Yellow and Red Card may be determined by each arena or tournament coordinator and only after prior notification of all participants.

12: Discipline

12. Coaching

Coaching will be permitted only in the designated area allocated. Derogatory comments or directions to officials, players or spectators will not be permitted. The umpire has the authority to warn and further award a penalty against that team if these actions continue.

12. Supporters

Supporters of a team will not be permitted to heckle or intimidate the opposing team's players or the umpire in anyway whatsoever. The umpire will warn the supporters and may penalise the team if this action is deemed necessary.

Penalty: Free pass to the opposing team where the infringement at the toss-up occurred.

13: Rules Particular to Mixed Games

To be read in conjunction with rules 1-12.

13. The Team

For the duration of the game:

- a) There will be a minimum of three (3) females and a maximum of three (3) males. A team may play a minimum of two (2) males even if three are available to play, but still following by the rule 13.1 b
- b) the male players **MUST** play in the following positions:
 - One (1) Goal Shooter **OR** Goal Attack
 - One (1) Centre court player (either Centre, Wing Attack **OR** Wing)
 - One (1) Goal Defence **OR** Goal Keeper
- c) Three (3) interchange/substitute players are permitted in any game.

These players may be made up in any ratio of male and female players, but can only be used in conjunction with 13.1 (a) and (b) and Rule 6.

14: Application of Age Group Rules

14.1 18 and Under

Players competing in the 18 and Under division at the Inter-provincial Tournament must not turn 19 years of age in the year of the tournament.

14.2 21 and Under

Players competing in the 21 and Under division at the Inter-provincial Tournament must not turn 22 years of age in the year of the tournament.

14.3 30 and Under

Players competing in the 30 and Over division at the Inter-provincial Tournament must have turned 30 by the day the national championships commence.

15: Points

	Win	Draw	Goal Bonus	T's/Bibs	Reg.	N./ Fees
Arena	4	2	0.5 for every 5 goals Maximum of 5points	2	2	10
Superleague	4	2	0.5 for every 5 goals Maximum of 5points	2	2	
IPT	4	2	0.5 for every 5 goals Maximum of 5points			

16: Log Standings

- 16** If, during a competition, teams finish on equal points, place finishing will be determined as follows:
- i) The result of the match between the two teams during the round robin, if equal.
 - ii) The team with the highest amount of wins in the competition, if equal.
 - iii) The team with the highest goal average, calculated by dividing the goal for by the goals against, if equal.
 - iv) The team scoring the most goals, if equal.
 - v) The team with the least goals against, if equal.
 - vi) The toss of a coin.