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FOREWORD

Dear Player,

This is your guide to the Rules of Indoor Netball. A fast skilful and exciting game for Women and Men of all ages.

The game of Indoor Netball is played with 7 players and 3 Interchange players. The added

attraction of Interchange players and the nets which keep the ball in play creates a fast and most exciting game.

These are the Official Rules of Indoor Netball Australia which have been adopted by all States.

As with most sports the majority of the Rules are easy to follow but some need interpretation and expert adjudication. That's where the Umpire comes in.

Remember each rule is framed with a spirit of intent and should be read with this in mind.

Your Umpire is well versed in these rules and their application. Remember the Umpire is in sole control of your game and while even Umpires are human and may make an error their decision is final.

If you have a question or require a ruling your Team Captain should speak for the team at all times, at the same time you should know the rules and standards of on court behaviour expected in competitions.

A sound knowledge of the rules will improve your enjoyment of the game. Remember the most important thing is to enjoy yourself.

GOOD LUCK.

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INDOOR NETBALL AUSTRALIA

OFFICIAL RULES

1. Equipment

1.1 The Court

(a) 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 court shall be fully enclosed by netting.

(b) The long lines shall be called "Side Lines" and the short lines, "End Lines". Two Transverse Lines parallel to the End Lines shall divide the court into a "Centre Third" and two "Goal Thirds".

(c) There shall be a circle (0.9 metres in diameter) in the exact centre of the court. This shall be the "Centre Circle".

(d) In each Goal Third a semi circle (3.66 metres in radius) shall be drawn with its centre the mid-point of the End Line. These shall be the "Goal Circles".

(e) The width of all court markings (i.e. Transverse Lines, Goal Circles and Centre Circle) shall be between 5060mm.

1.2 Goal Rings

(a) 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.

(b) 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.

(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.

1.3 Ball

(a) The ball shall be a universally accepted Netball or Association Football Size 5 and shall be supplied by the Centre.

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 Co-Ordinator.

(b) Teams must wear a uniform which must be registered with the Centre. It shall consist of matching shirts/tops and matching skirts/shorts (Men Only).

(c) Singlet tops, jumpers or wind-cheaters will be permitted with the Netball Co-Ordinators 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 which team shall wear the neutral bibs supplied by the Centre.

- .(e) Advertising by team sponsors is permitted on the playing bibs but shall in no way encroach upon the initials on 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.
- .(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 Umpires'/Netball Co-Ordinators approval.)

Penalty: Players in breach of proceeding requirements 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.

2. Officials

The Officials are Umpires, Scorers and Timekeepers who are appointed by the Centre. Team officials are Coaches, Managers/ess and Captains.

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.
- .(b) The Umpire shall wear a uniform distinct from the players, preferably white or any uniform as designated by the Centre 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 that team, or if two opposing players have been unduly penalised the decision shall be a Toss-Up between the players concerned.
- .(f) 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.
- .(g) The Umpire has the right to stand off any player out of uniform, or give a three goal penalty if prior arrangements have not been made with the Co-Ordinator.
- .(h) The Umpire will ensure that players remain inside the court during a stoppage for injury or illness and will ensure that there is no coaching during such stoppage.
- .(i) The Umpire will state the infringement and penalty and it is preferable that the Umpire use hand signals to clarify the decisions.
- .(j) The Umpire shall not Criticise or Coach any team while a match is in progress.

2.2 Scorer

The appointed Scorer shall:

- .(a) Operate 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 is 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/or half to the Umpire. The game will also finish on the Umpire's whistle not the hooter/siren.
- .(b) During Finals stop the clock when signalled to do so by the Umpire and re-start the clock by the Umpire's whistle to re-start play, time lost for a 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 a 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 the game 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) Ensure each player's name is officially recorded on the appropriate registration card. (Including all

interchange players.)

.(c) 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.

.(d) Have the right to approach the Umpire before, during an interval or after the game for clarification of any Rule or interpretation.

Penalty for Failure to Comply with (c):

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:

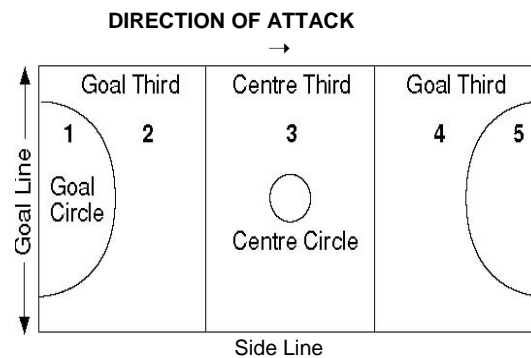
- .(i) From the place in the offside area where the player was first deemed to be offside.
- .(ii) By any player allowed in the area.

(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.

3. Area of Play

3.1 A team shall consist of Seven (7) Players and their positions and areas of play are as follows:

GOAL SHOOTER (G.S.) 1,2. WING DEFENCE (W.D.) 3,4. GOAL ATTACK (G.A.) 1,2,3. GOAL DEFENCE (G.D.) 3,4,5. WING ATTACK (W.A.) 2,3. GOAL KEEPER (G.K.) 4,5. CENTRE (C) 2,3,4.



1. **3.2** Teams must have a minimum of five registered players present on court for the duration of the game.

2. **3.3** The Transverse lines bounding each area are included as part of that playing area.

4. Duration of the Game

1. **4.1** The game shall consist of four (4) twelve minute quarters with two (2) minutes at quarter times and three (3) minutes at half time, or two (2) twenty minute halves with two (2) minutes at half time.

2. **4.2** Teams shall change ends at the commencement of each quarter/or half.

3. **4.3** Time shall not be added to compensate for any time lost because of 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. **4.4** Extra time shall be allowed to take a penalty shot in any game.

5. Late Arrivals

5.1 Latecomers may not enter the court after the game has started unless:-

- .(i) after a goal has been scored, or
- .(ii) immediately after the interval, or
- .(iii) play is stopped for injury or illness.

1. **5.2** No latecomer may take up a position on court already occupied by an existing player.

2. **5.3** The latecomer must notify the Umpire and the opposing Captain before entering the court.

Penalty for infringement of any of the above:

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 The infringer shall leave the court until able to comply with Rules 5.1 & 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 changes players shall be any player who is utilised as a substitute in the event of injury or illness.
- .(e) A player coming onto the court as an interchange must first report to the umpire who shall check the player's jewellery, nails and uniform and conform with the rules.

2. **6.2 Player Substitution**

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

- .(i) 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.
- .(ii) The wound must be securely covered any blood stained clothing replaced to the satisfaction of the Umpire.
 - (iii) The player may be substituted as per Rule 6.2 – If the player is substituted they shall take no further part in that game.
 - Injury time **IS** permitted as per I.N.A. Rule 7.
- .(iv) If the team elects not to utilise a substitute, neither team may make positional changes. If the player concerned is the Centre Court player, one positional change is permitted by that team. When the Centre Court player returns to the court, all players must return to the playing position they occupied prior to the injury unless there has been an interval or stoppage for injury or illness.
- .(v) Before play can recommence the Umpire must ensure there is no blood on the ball, the court or any other player.

1. **6.4** Playing positions may be changed at any interval or at any stoppage for injury or illness. The injured or ill player if remaining on 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.

2. **6.5** The Team Captain must notify the Umpire and opposing Captain of all injury substitutions and interchanges.

Penalty for failure to comply:

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 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 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

- 1. **7.1** 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.
- 2. **7.2** 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.
- 3. **7.3** 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.
- 4. **7.4** Play will be re-started when the Umpire blows the whistle after first notifying the Timekeeper of intention to do so.
 - 7.5** 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 opposing players allowed in that area and as near as possible to where the ball was when play was stopped.

(ii) When the stoppage was due to an infringement in which case the infringement shall be penalised and play continued.

1. **7.6** During any stoppage for injury or illness players must remain inside the court and no coaching is permitted.

2. **7.7** 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 all the substitution rules, and after notifying the Umpire.

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

(a) Must first get the Umpire's permission.

(b) May only re-enter the court as per Section 5.1.

8. Offside

1. **8.1** 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).

2. **8.2** 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.

3. **8.3** 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.

Penalty: Free Pass to the opposing team where the offside occurred.

When two opposing players are simultaneously offside:-

(i) If neither is in contact with the ball and no advantage is gained by either side play continues 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 will be taken where the infringement occurred.

9. The Nets

The Side Line, End Line and Ceiling Nets shall form part of the court and the ball shall be in play off any net.

9.1 Use of the 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. The nets must not be construed as 'another player'. **Penalty:** Free Pass to the opposing team where the infringement occurred.

9.2 Net Abuse

(i) A player may not deliberately hold the nets or use the nets to 'push off' to gain an advantage. **Penalty:** Penalty Pass or Penalty Pass or Shot on court close to the point from where the infringer was standing.

(ii) A player may not step, land or jump into the nets. **Penalty:** Penalty Pass or Penalty Pass or Shot on court close to the point from where the infringer was standing.

(iii) 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 Pass or 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.

(iv) 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 Pass or Shot on court close to the point from where the infringer was standing.

10. Conduct of the Game

10.1 Positioning of Players for the Start of the Game.

(a) The attacking Centre, with the ball shall stand wholly in the Centre Circle.

(b) The opposing Centre shall be in the Centre Third and shall be permitted to move freely.

(c) All other players shall be in whichever Goal Third is part of their playing area and shall be permitted to move freely.

(d) No other player shall enter the Centre Third until the whistle has been blown to start or restart the Game.

Penalty: Free Pass to the opposing team where the player entered the Centre Third. If two opposing players

simultaneously enter the Centre Third before the whistle, the Simultaneous Offside Rule applies.

.10.2 Start of Play

- .(a) The Umpire shall blow the whistle to start and re-start play.
- .(b) The pass made by the Centre is the Centre Pass.
- .(c) 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.
- .(d) The Centre Pass is not deemed to have been taken until the ball is released from the Centre player's hands.
- .(e) Any team not ready for play, provided that the opposition team is on court ready for play, shall be penalised at the rate of one (1) goal per minute 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 and all forfeit rules shall apply.

.10.3 The Centre Pass

- .(a) When the whistle is blown the Centre player will throw the ball within three seconds, obeying the Footwork Rule.
- .(b) The Centre Pass must be caught or touched by a member of the attacking team who lands wholly in the Centre Third.
- .(c) 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.
- .(d) 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 ball crossed the transverse line.
- .(e) 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.
- .(f) 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

- .(a) A player may:
 - .(i) catch the ball with one or two hands.
 - .(ii) catch the ball if it rebounds from the Goal Rings.
 - .(iii) bat or bounce the ball to another player.
 - .(iv) tip the ball in an uncontrolled manner any number of times in an effort to gain control or to direct it to another player.
 - .(v) bat the ball once and then catch it or direct it to another player.
 - .(vi) bounce the ball once and then catch it or direct it to another player.
 - .(vii) roll the ball to oneself to gain possession.
 - .(viii) fall while holding the ball but must regain footing and dispose of the ball in a legitimate manner within three seconds.
 - .(ix) lean on the ball to gain possession.
 - .(x) lean on the ball in an offside area.
 - .(xi) bounce the ball off any of the nets to another player.
- .(b) A player may not:-
 - .(i) deliberately kick the ball or deliberately use the leg to influence the direction of the ball.
 - .(ii) punch the ball.
 - .(iii) fall on the ball
 - .(iv) attempt to gain possession of the ball whilst lying, sitting, kneeling or in contact with the nets.
 - .(v) throw the ball whilst lying, sitting, kneeling or using the nets to gain advantage.
 - .(vi) 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. **Penalty:** Free Pass to the opposing team where the infringement occurred.
- .(c) A player in possession of the ball must dispose of it in a legitimate manner within three seconds.
- .(d) A player in possession of the ball may not:-
 - .(i) roll the ball to another player.
 - .(ii) throw the ball and replay the ball before it has been touched by another player or some part of the goal ring.
 - (iii) toss the ball in the air and replay it.
 - .(iv) drop or bounce the ball and replay it.
 - .(v) replay the ball after an unsuccessful shot at goal
 - unless it is touched by another player or some part of the goal ring.
 - (vi) replay the ball after it has rebounded from the net. **Penalty:** 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 (this includes a bounce 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 End 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 End Net of the Goal Third where a Free Pass shall be taken. (On court adjacent to where the ball hit the net.)

.10.7 Footwork

.(a) A player may:-

.(i) catch the ball with one foot grounded or jump to catch and land on one foot – this is the landed foot.

.(ii) the pivoting foot may be lifted but the player must throw or shoot the ball before regrounding the foot.

.(iii) step with the other foot, lifting the landing foot, but must release the ball before either foot is regrounded.

.(b) A player who catches the ball with both feet grounded or who lands after receiving the ball simultaneously on both feet may:-

.(i) step with the other foot in any direction and lift the grounded foot but must release the ball before either foot is regrounded.

.(ii) step with either foot any number of times whilst pivoting on the landed foot.

.(iii) jump from both feet landing on either foot but must release the ball before regrounding the other foot.

.(iv) step with either foot, then jump releasing the ball before either foot is regrounded.

.(c) The player in possession of the ball may not:-

.(i) drag the landed foot.

.(ii) hop.

.(iii) 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.

.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 the 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 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. **Penalty:** Free Pass to the opposing team where the infringement occurred.

.(b) A goal will not be scored when:-

.(i) 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.

.(ii) the whistle for time or an interval, has sounded before the ball has passed completely through the Goal Ring.

.(iii) 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 to move so as to

interfere with the shot at goal. **Penalty:** Penalty Pass or Penalty Pass or 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.

.(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:-

.(i) 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.

.(ii) when a player uses an intimidatory movement or sound.

.(iii) 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. **Penalty:** Penalty Pass or Penalty Pass or 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.

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.

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 opponents play. A player shall not either accidentally or deliberately, place a hand or hands on, or remove from an opponents possession, a ball held by an opposing player in such a manner as to interfere with that opponents play. Where simultaneous contact occurs a Toss-Up is taken between those two players. **Penalty for Infringement of Contact Rules:** Penalty Pass or Penalty Pass or 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. Conducting Penalties

The penalties awarded are:

Free Pass, Penalty Pass, Penalty Pass or Shot and Toss-Up

- (i) The penalties are taken where the infringement occurred or where the infringer was standing unless the Advantage Rule is applied: (where the ADVANTAGE RULE applies, i.e. the Umpire shall refrain from blowing the whistle to penalise an infringement when by so doing the non-offending team would be placed at a disadvantage.) The footwork rule applies whilst taking a penalty.
- (ii) All penalties are awarded to the team except the Toss-Up.
- (iii) Free Pass is awarded for all infringements except Obstruction, Contact and 'Net Abuse'. (Note: where two infringements occur simultaneously a Toss-Up will result.)
- (iv) Penalty Pass is awarded for all Obstruction, Contact and 'Net Abuse' offenses.
- (v) Penalty Pass or Shot is awarded to the attacking team when Obstruction, Contact and 'Net Abuse' occurs 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 prior to or on the release of the ball.

Toss-Up

A Toss-Up is necessary when:

- (i) two opposing players gain possession simultaneously.
- (ii) opposing players are simultaneously offside, and one of the players is in possession of the ball or touches it.
- (iii) opposing players make simultaneous contact.
- (iv) after a stoppage and the Umpire is unable to say where the ball was prior to the stoppage.
- (v) when the Umpire interferes with two opposing players striving for the ball. The Toss-Up is taken between two opposing players who shall stand facing each other and their own goal 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 her 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 players normal stance, momentarily the Umpire shall be stationary and hold the ball and flick it vertically not more than 600mm in the air as the whistle is blown.

Penalty: Free Pass to the opposing team where the

infringement occurred.

A Goal Shooter or Goal Attack may shoot directly for a goal after winning a Toss-Up inside the Goal Circle.

Hand Signals may be used to clarify decisions. For example:

Infringement – Hand Signal

Stepping – Rolling Hands or Hands moving in an

up and down motion **Distance in Obstruction** – Hands apart in front of body

Personal Contact – One hand hits the other **Held Ball** – Fingers apart held up **Direction of Pass** – Arm pointed towards one goal line **Toss-Up** – Palm of hand moved vertically upward **Take Time** – Make a 'T' with the fingers of one

hand against the palm of the other.

1. 1. Stepping

2. Distance inObstruction

.3. Personal Contact

4. Held Ball

.5. Direction of Pass

6. Toss-Up

.7. Take Time

An Umpire can use any signal to show specifically what infringement has occurred to assist with clarification of decisions.

12. Discipline

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:-

.(i) 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.

.(ii) deliberate delaying of play.

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: (i) Warning to the infringing player.

(ii) Penalty Pass or Penalty Shot or advancement of penalty, within that third, where the infringer was standing, unless this places the non-offending team at a disadvantage.

(iii) Infringing player removed from the court for a period of time or number of goals scored. When a player is sent from the court no replacement is permitted. When a player is sent from the court no team changes are permitted unless the offending player is a Centre player in which case one on court player only may be moved to the Centre position.

(iv) 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.

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.

13. Mixed Rules

To be read in conjunction with the rules from Section 1 to 13.

13.1 The Team

Shall be for the duration of the game:

(a) There shall be a minimum of three (3) females, 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:-either one (1) Goal Shooter or Goal Attack. one (1) Centre court player either Wing Attack, Centre or Wing Defence. one (1) Defence player, either Goal Defence or Goal Keeper.

(d) 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 (a) and (b) and Section 6 of the I.N.A. Rule Book.

14. Premiership Points

(a) Four (4) points for a win.

(b) One (1) point for every ten (10) goals scored.

(c) In the event of a loss, one (1) point for every ten (10) goals scored.

(d) In the event of a draw, both teams shall receive two (2) points plus one (1) point for every ten (10) goals scored.

(e) In the event of a forfeit, the non-offending team will receive a total of seven (7) points and thirty (30) goals. In the event of a forfeit *after the commencement of the game*, the non-offending team will receive the greater of either 7 points and 30 goals for a forfeit or the points awarded for the goals scored if in excess of 30 goals.

(f) The Offending Team will receive a loss of both seven (7) points and thirty (30) goals.

(g) Seven (7) points and thirty (30) goals will be awarded for a Bye.