

# **mpower**dome

*it's **YOUR** sporting experience*

## **RULES OF NETBALL**



THE RULES OF NETBALL ARE DESIGNED TO PROVIDE OUR CUSTOMERS WITH AN ENJOYABLE, SAFE, COMPETITIVE SPORT.

Each player agrees to abide by the **mpowerdome** rules of netball before they commence playing in the competition.

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These rules have been based on those outlined by Netball Australia. These rules can be viewed on the Netball Australia website ([www.netball.asn.au](http://www.netball.asn.au))

### **Team Registration and Team Fees:**

All teams wishing to participate in a competition must complete a new Team Nomination form (for each competition), and submit it to the centre before the specified date. This form must include all players' names, with a minimum of seven players, along with relevant contact information.

To secure a place in the competition, the team registration fee of \$70 must accompany the nomination form, and must be paid before the competition starting date.

Each week, the team is required to pay a \$70 match fee. This payment must be made prior to the commencement of the game, and a receipt shown to the court umpires before the game commences. Failure to show a valid receipt to the umpires will result in a forfeit.

During finals weeks the team nomination fee will be half price \$35.

### **Forfeits:**

Every team is required to field a team of five players before the game can start. Failure to field a team within **five minutes** of game time starting or at the discretion of the umpire in consultation with teams involved; will result in a forfeit being awarded to the opposing team.

In the event of a forfeit, the team who has forfeited will be required to pay a forfeit fee. This must be **paid before the game the following week**. Failure to do this may result in the team being unable to play until payment is made or in extreme circumstances a team could be withdrawn from the competition.

Forfeit fees are as follows:

- Teams who give 24hrs or more notice will be required to pay a \$70 fee
- Teams who fail to give 24hrs notice will be required to pay an \$85 fee

### **Scoresheets and Competition Points:**

The teams will be responsible for providing a scorer or keeping the score themselves throughout the game, with the official score being shown on the sheet at the conclusion of the game.

All players must sign the scoresheet before the game commences, listing their position for the first quarter of the game.

Competition points will be as follows:

- WIN 4 Points
- DRAW 2 Points
- BYE 4 Points
- LOSS 1 Point
- WIN BY FORFEIT 4 Points
- FORFEIT PENALTY 0 Points

If a team is forfeited against the standard score line will be 20-0 in favour of the team forfeited against.

## **Umpires Role**

The Umpires role is to:

- inspect all players before a game with regards to jewellery, adornments (no adornment that may endanger player safety may be worn) and the correct length of fingernails (fingernails shall be short and smooth)
- speak to the captain regarding any team matters during a game, unless they require to speak directly to a particular player
- umpire the game to the best of their ability without bias
- keep up with the play of the game
- position themselves on court if necessary so as to make accurate calls
- award penalties and decide on infringements
- decide on any matter not covered by the Rules or not in the spirit of the game
- award yellow and red card for misconduct of players, officials or spectators during a game
- use their whistle to
  - start and stop the game
  - signal the end of each quarter or half of the game
  - restart the game after an interval
  - signal when an infringement is being penalised
  - signal when a goal is scored
- call "advantage" to indicate an infringement has been observed and not penalised, as to not disadvantage the non-offending team

## **Captain's Role**

The Captain's role is to:

- care for their team needs
- make sure that the payments are up to date each week
- ensure that their team knows the rules of the game
- approach an umpire during an interval or after the game for clarification of any rule or to speak of areas of concern that have arisen during the game
- notifying their team of game times, forfeits and byes
- decide on first centre pass and/or the direction that their team will play
- notify the umpire if time out for injury is required or a substitution during play has taken place

## **The Player**

The Player may:

- catch the ball with one or both hands
- gain or regain control of the ball if it rebounds from the Goalpost
- bat or bounce the ball to another player without first having possession of it
- tip the ball in an uncontrolled manner once or more than once and then;
  - catch the ball
  - direct the ball to another player
- having battered the ball once, either catch the ball or direct the ball to another player
- having bounced the ball once, either catch the ball or direct the ball to another player
- roll the ball to oneself to gain possession

- fall while holding the ball, but must regain footing and throw within three (3) seconds of receiving the ball
- lean on the ball to prevent going offside
- lean on the ball on Court to gain balance
- jump from a position in contact with the court and play the ball, provided that neither the player nor the ball make contact with the ground, or any object or person outside the court while the ball is being played

The player **may not**:

- fall on the ball to gain possession
- strike the ball with a fist
- attempt to gain possession of the ball while lying, sitting or kneeling on the ground
- throw the ball while lying, sitting, or kneeling on the ground
- deliberately kick the ball
- commit any of the following (yellow card) offences:
  - deliberately and/or continually cause an infringement against an opponent
  - display disrespect of the decision given by an umpire
  - make rude and/or obscene gestures to others
  - use inappropriate language on court or from the side lines
  - behave in a manner with the intention to provoke another player
- commit any of the following (red card) offences:
  - verbal or physical abuse of another person on court or on the side lines
  - spitting at any person
  - arguing or swearing at the umpire or opposition
  - rude and obscene gestures to the umpire
  - racial or abusive language to anyone on or off the court
  - the second yellow card during game

### **Team Changes and Substitutions**

A team may make any number of substitutions at the quarter, half or three-quarter time break as well as during a stoppage due to injury or illness. If a substitution or team change is made due to injury or illness, the injured or ill player must be involved in the substitution or positional change. The opposing team is free to make substitutions or positional changes, regardless if the team who called for the time out makes no changes.

### **Eligibility for finals:**

To be eligible for the finals players must have played (and signed on to) a minimum of three (3) games throughout the regular season.

### **Incomplete Games:**

If a game is unable to be completed due to unforeseeable circumstances, the following will apply:

- If the game is ended after half time, the result on the scoresheet will be the final result
- If the game ends before half time, a draw will be awarded; unless a team forfeits during play.

### **Uniform and Dress Regulations:**

All players within a team are encouraged to have matching shirts. Bibs will also be worn over the top of shirts; however, bibs are not counted as being uniforms. Bibs will be supplied by the centre, with the identifying position initials on the bibs. Each player must wear a bib to identify their position. Bibs are required to be collected from, and handed back to the umpire at the conclusion of each game.

### **Game Control:**

At **mpowerdome** the competition game is controlled by 1 umpire in all divisions of netball. Teams who agree to play at **mpowerdome** also agree to comply to all the decisions made on court by the umpire without dispute during the play of the game. Teams will need to respect that a single umpire is not able to see all infringements made during a game and that the umpire is trying to control the game to the best of their ability.

**mpowerdome** will seek to provide 2 umpires for grand final games, where possible.

### **Pregnancy:**

We encourage all players who are, or may be pregnant, to consider the welfare of themselves, their unborn child, their fellow players, and the game and centre officials, when making the decision to play. We urge all players to obtain appropriate medical and legal advice before participating in any activities.

### **Starting the Game**

The umpire will blow their whistle when the timer is at the beginning of the 10minutes.

#### **New Mpowerdome Rule:**

**Teams are expected to be ready to play at this time. If a team is not ready one minute after this time (i.e. the timer has lapsed to display 9 minutes remaining on the clock) and the opposing team is ready to take the court a penalty goal will be awarded for each whole minute to the team waiting for their opposing team to be ready to play the game.** Note: This means that payment receipt has been received by the umpire and players are ready to play on court (nails & jewellery have been checked). This rule only applies **during the five minute waiting period in the first quarter**. This rule is to encourage teams to be ready to play on time and to give a bonus to those teams disadvantaged by having to wait. Thus the maximum amount of points that can be gained by the team waiting is 4 points.

The game commences with the first centre pass taken at the umpire's whistle, once the Centre is in the centre circle. After each goal is scored, a new centre pass is taken alternatively by the two centre players, irrespective of who scores the goal.

### **Scoring a Goal**

A goal is scored when a Goal Shooter or Goal Attack within the goal circle throws the ball completely through the goal ring. The umpire's whistle signals the goal is scored. If the GA or GS are about to shoot a goal when the time finishes for the end of a quarter and the ball travels completely through the ring before the umpire blow the whistle for full time the goal will stand, however, if the ball does not travel completely through the ring before the whistle is blown then the goal does not stand. This is provided that they do so within the normal rules of netball.

## Length of the Game

**mpowerdome** netball is played over four 10 minute quarters. There is a one minute break between the first and second quarter and the third and fourth quarters. The half time break is two minutes.

## Contact

Netball is a non-contact sport.

No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

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

- Move into the path of an opponent who is committed to a particular landing space
- Position so closely to an opponent that the player is unable to move without contacting
- Push, trip, hold or lean on an opponent or use other forms of physical contact
- Place a hand or hands on a ball held by an opponent
- Knock or remove the ball from the possession of an opponent
- While holding the ball push it into an opponent

## Intimidation

When a player with or without the ball intimidates an opponent the offender shall be penalised.

## Obstruction

A player with arms extended cannot defend a player with the ball, 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 without the ball provided their arms are not extended, but a player may not use intimidating actions against an opponent with or without the ball
- remain in their defending position if the attacking player lessens the distance in their throwing or shooting action
- stand within 0.9m (3 feet) of an opponent in possession of the ball providing no effort is made to intercept or defend the ball and there is no interference with that opponent's throwing or shooting action

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

- To catch, deflect or intercept a pass or feint pass
- To obtain a rebound from an unsuccessful shot at goal
- Momentarily to signal for a pass or to indicate the intended direction of movement

## Held Ball

A player must pass the ball or shoot for goal within three seconds of receiving the ball.

### **Specific Mpowerdome Rule for Goal Line (Back Net):**

- The back net is counted as the goal line at either end of the court.
- The ball cannot be played off the back net in any way, which includes rebounds.
- If the ball touches the back net, it is regarded as being out, and a throw in will be awarded to the opposing team from the point where the ball hit the net.
- Players must not make contact with the back net in any way **where they gain an advantage**, whether in possession of the ball or not. If contact is made with the back net, the player who has made contact will be considered to be 'out of the field of play.'
- When taking a throw in after the ball has hit the back net, a player may stand between the yellow line and the back net. The ball is allowed to be thrown forward and sideways but not backwards

### **Over a Third**

The ball cannot be thrown over a complete third without being touched by a player in that third.

- It does not matter if they step into an adjacent third to throw the ball; it is determined by the position of the landed foot.
- A free pass is taken just beyond the second line that the ball crossed.
- For the centre pass to be acceptable the ball must be caught or touched in the centre third, by a player who is either standing wholly within the centre third or whose landed foot is within the centre third.

### **Offside**

Players must stay within their designated playing areas. If a player goes offside, a free pass is awarded to the opposing team in the offside area (where the penalty occurred).

- 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 opposing players go offside but neither touches the ball, they are not penalised.
- If one or both players are in possession of the ball when they go offside, a toss up is given in their area of play.

### **Out of Court**

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.

### **Footwork**

#### **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 the lifted foot. They may use the landing foot as a pivoting 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 regrounding either foot. NB. 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 on both feet simultaneously, they may step in any direction with one foot, lift the other foot but must throw or shoot before re-grounding this 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 this 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 may not bounce the ball and re-gain possession of the ball (replay it). If a player does not catch the ball cleanly, it may be allowed to bounce once to gain possession or batted or bounced to another team mate. After throwing the ball, a player cannot play it again until it is touched by another player, or rebounds off the goal post. A player cannot:

- punch, roll, kick or fall on the ball;
- gain or pass the ball in any way while lying, sitting or kneeling on the ground;
- use the back net as a way to regain balance or as a support while stopping the ball from going out of court.

### **Short Pass**

There must be room for a third player to move in between the hands of the thrower and those of the receiver when passing.

A free pass to the opposing team will be awarded where the ball was caught.

### **Penalties**

During the game the umpire may award the following penalties, unless the advantage rule applies:

1. free pass
  2. penalty pass
  3. penalty pass or shot
  4. throw in
  5. toss up.
- The player taking the penalty must take up the position clearly directed and indicated by the umpire, throw the ball within 3 seconds and obey the footwork rules
  - The penalty may be taken by any member of the team awarded the penalty, provided they are allowed in the area.

#### **a. Free Pass**

A free pass is awarded for infringements on the court involving one player. 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 shooter may only pass the ball - not shoot for goal.

#### **b. Penalty Pass/Penalty Pass or Shot**

A penalty pass is awarded for contact, intimidation and obstruction infringements. The pass is taken where the infringer was standing, except if it places the non-defending team at a disadvantage. Any player who is allowed in the area can take the pass. The penalised player must stand "out of play". That is, beside and away from the player taking the pass and makes no attempt to take part in play. This includes directing play, until the ball has left the throwers hands. If a penalty is given to a Goal Attack or Goal Shooter in the goal circle they are awarded a "penalty pass or shot".

#### **c. Throw-In**

When the ball goes out of court, it is thrown-in by an opponent of the team in the court that was last to touch it. The player taking the throw-in should place one or both feet behind the point where the ball crossed the line and make sure all other players are on the court before throwing the ball. The foot or feet of the person taking the throw-in should not come into contact with the side-line and contact should not be made with the court until after the ball is thrown.

#### **d. Toss Up**

A toss up is used to put the ball in play in situations such as, simultaneous contact by opposing players or if the umpire cannot decide who last touched the ball out of court. The two players stand 0.9m (3 feet) apart, facing each other and their own goal end. Their arms should be straight with hands by their sides. Once in position, they must not move until the umpire has tossed it up from just below shoulder height of the shorter player, and blown the whistle. The ball may be caught or batted except directly at an opponent. A goal shooter or goal attack may shoot for goal from a successful possession at a toss up.

### **Blood Policy**

An umpire is required to call time when no "on court" player has called time and the umpire observes that a player is bleeding or there is blood on the court, ball or any other player. Play may be stopped for up to two minutes and the rules regarding stoppages shall apply, however the timer will not be stopped. Before any player may retake the court: 1. The flow of blood must be stopped 2. Any wound must be cleaned and adequately covered 3. Any blood stained clothing must be cleaned or removed 4. If necessary, the ball and court must be cleaned before play restarts.

### **Mixed Teams**

Any team playing in the mixed division must nominate a minimum of 2 males, with a maximum of 3 males permitted on the court in each quarter. The males must be evenly spread across the court with a maximum of one male per team allowed in each of the following positions:

1 in GA or GS

1 in GD or GK

1 in C, WA or WD

A minimum of 4 females must be nominated for each team, with a maximum of 5 females on court during each quarter.

### **Misconduct**

During each game, a player can receive one warning (yellow card) from the umpire in regards to any misconduct. The second warning given by the umpire is regarded as a

send off (red card). The player in question must leave the court and surrounding area. Any player receiving a red card will then be suspended for a further one week.

In extreme circumstances, the umpire may send a player off (red card) without warning. If this occurs, the above rules still apply.

In the event of a send off, the offending player sent and the team captain must not address the umpire until a break in quarters, in order to keep the free flow of the game. If a player refuses to leave the court, the game will be ended, and a forfeit awarded to the opposing team. The captain of the team is encouraged to support the decision of the umpire and to assist this process. This player cannot be replaced by another, but the team may switch positions of their players, time taken to do so should be minimal. The team cannot play with less than 5 players.

Misconduct of spectators will also be taken as misconduct from the team. If any spectator is believed to be acting against the Codes of Conduct then the umpire will both warn the spectator and bring it to the attention of the captain to address the issue. If the misconduct continues a penalty may be awarded to the opposing team.

Yellow and Red Cards can be given for any offence deemed serious enough by the umpire. A yellow or red card is only to be used for player's misconduct that is above and beyond basic netball rules and guidelines.

An umpire or the Netball coordinator has a right to give yellow and red cards with regard to the misconduct of players outside of the actual game time with reference to behaviour displayed. "Outside of actual game time" - is the time surrounding the game or during the course of the evening that netball is played.

If a player or spectator is deemed to be dangerously intoxicated by an mpowerdome official or coordinator, the person/s will not be permitted to participate. "Dangerously intoxicated" is at the discretion of mpowerdome officials and coordinators.

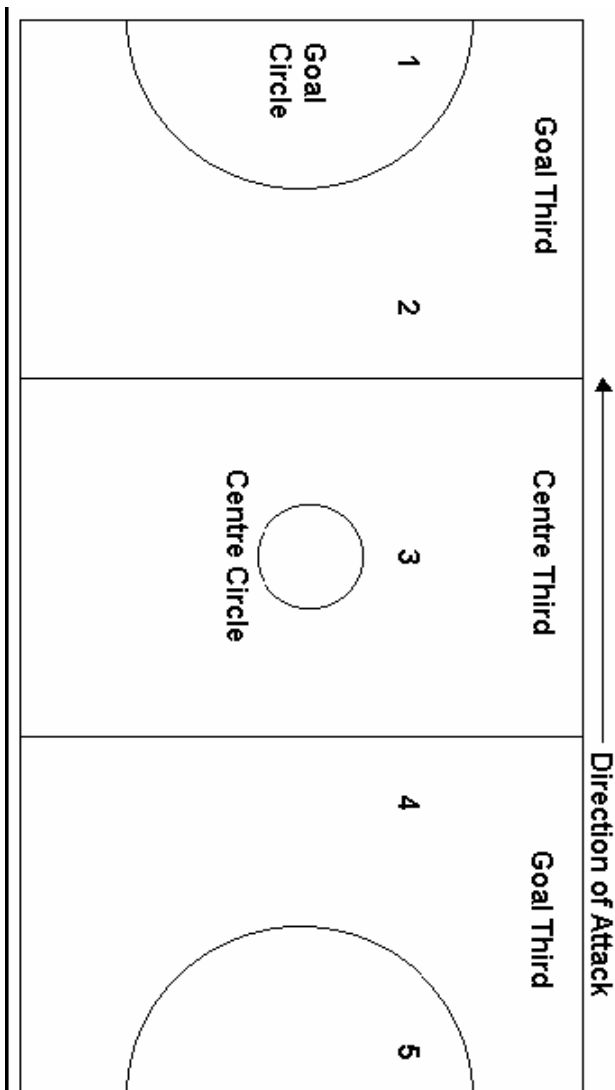
### **Yellow Card Offences**

- The following are examples of yellow card offences:
  - deliberately and/or continually cause an infringement against an opponent
  - display disrespect of the decision given by an umpire
  - make rude and/or obscene gestures to others
  - use inappropriate language on court or from the side lines
  - behave in a manner with the intention to provoke another player

### **Red Card Offences**

- The umpire will automatically award a red card for the following offences.
  1. Verbal or physical abuse of another person on court or on the side lines
  2. Spitting at an umpire or any player.
  3. Arguing or swearing at the umpire or opposition.
  4. Rude and obscene gestures to the umpire.
  5. Racial or abusive language to anyone on or off the court.
  6. Two yellow cards during game.
- Any 2 players sent off from the one team will result in game being finished.

- A player that receives 2 red cards in the one season cannot play for the remainder of the season.
- The severity of the offence may result in further consequences at the discretion of the Netball coordinator and or the Sport and Community Recreation Manager.



## Positions:

### PLAYING POSITIONS

Each playing position has a specific area in the court in which to play

Goal Shooter (GS)	Areas 1 & 2
Goal Attach (GA)	Areas 1, 2 & 3
Wing Attach (WA)	Areas 2 & 3
Centre (C)	Areas 2, 3 & 4
Wing Defence (WD)	Areas 3 & 4
Goal Defence (GD)	Areas 3, 4 & 5
Goal Keeper (GK)	Areas 4 & 5

### POSITIONAL RESPONSIBILITIES

Each position has a main role to play:

**GS** To score goals and to work in and around the circle with the GA

**GA** To feed and work with GS and to score goals

**WA** To feed the circle players giving them shooting opportunities

**C** To take the Centre Pass and to link the defence and the attack

**WD** To look for interceptions and to prevent the WA from feeding the circle

**GD** To win the ball and reduce the effectiveness of the GA

**GK** To work with the GD and to prevent the GS from scoring goals