

INDOOR NETBALL - COMPETITION RULES

Game Structure

- Duration: Two halves of 15 minutes each.
- Halftime: 3 minutes.

Teams

- Players: Each team consists of 7 players on the court. A team must have at least 4 players to start the game.
- Mixed Teams: A maximum of 3 males are allowed on the court, who must be positioned across different thirds.
- Substitutions: Can occur at any stoppage in play. Players must enter and exit at the designated substitution area.

Scoring

- Goals: A goal is scored when a player within the shooting circle successfully shoots the ball through the opponent's hoop.

Game Play

- Starting the Game: The game begins with a centre pass from the centre circle.
- Out of Bounds: If the ball leaves the designated playing area, the opposing team restarts play with a throw-in from the point where it went out.
- Movement: Players cannot run with the ball and must pass or shoot within 3 seconds of receiving it.
- Stepping: Players may not take more than 1.5 steps while in possession of the ball.
- Footwork: Upon catching a pass, at least one foot must be grounded before passing or shooting.
- Passing: The ball cannot be thrown over more than two-thirds of the court without touching another player.

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Player Positions & Court Areas

Each player has a designated position with restricted movement areas:

- Goal Shooter (GS): Attacking shooting circle only.
- Goal Attack (GA): Attacking shooting circle, attacking third, and centre third.
- Wing Attack (WA): Attacking third and centre third, but not the shooting circle.
- Centre (C): All thirds, except shooting circles.
- Wing Defence (WD): Centre third and defensive third, but not the shooting circle.
- Goal Defence (GD): Defensive shooting circle, defensive third, and centre third.
- Goalkeeper (GK): Defensive third and shooting circle.

Fouls & Free Passes

- Contact & Obstruction: Players must not make contact with opponents or obstruct their path. Violations result in a free pass to the opposing team.
- Free Pass: Awarded for minor infringements. The player must pass within 3 seconds.
- Penalty Pass: Awarded for serious infringements, such as contact in the shooting circle. Defenders must stand at least 1 metre away.

Timeouts

- No timeouts. The game will only stop in the event of an injury.

Officials

- One umpire will enforce the rules, manage the game flow, and resolve disputes. The umpires decision is final.

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Conduct

- Players must uphold sportsmanship. Unsportsmanlike behaviour may result in warnings or suspensions.
- Dissent towards the umpire = disqualification.

Finals Eligibility

- Players must have their name, email address, and phone number registered in Spawtz.
- To qualify for finals, players must have participated in at least 3 games in the current competition.

Competition Points

- Win: 3 points
- Draw: 1 point
- Loss: 0 points
- Forfeit (win): 3 points
- Forfeit (loss): 0 points
- Forfeit (less than 24 hours notice): -1 point

Game Fees

- Teams must pay game fees before the start of each match.
- Teams must pay the game fee if forfeiting within 24 hours' notice.