

NETBALL RULES

Please provide your PLAYER DETAILS here: www.massey.ac.nz/socialsport

Game Play:

- Games will consist of two 14-minute halves with 1-minute half time and 1 minute to exit the court after the game.

Points:

- 1 point for a goal scored inside the circle.
- 2 points for a goal scored outside the circle.

Dress Code:

- You do not need to bring your own team bibs. They're provided on the night.
- Teams wearing uniform/same coloured shirts is recommended.
- Active wear and soft soled shoes are required.
- No jewellery, hats or long nails are permitted. If you have long nails, you will be asked to wear gloves.

Umpire whistle:

- If an infringement is caused by a defender while the shooter is taking a shot, the whistle will blow.
 - If the ball goes in the hoop before the whistle is blown the goal will count
- If an infringement occurs throughout the game and the whistle is blown, all play (except the point above) will cease.

General Game Rules:

- Netball will be played 6-aside.
- **Free Pass:** A free pass is awarded when an obstruction or any form of contact happens. The player causing the infringement is asked to stand beside and the opposition takes the free pass.
- **Advantage:** A call that is made by refs (without use of a whistle) to let players

know that an infringement has occurred but allows the play to continue. If in the same phase the ball is turned over, the play will move back to where the advantage call was made.

Infringements:

- **Stepping:** You may only take a step forward while in possession of the ball if one foot remains lifted off the ground and isn't placed back down until the ball is released.
- **Short pass:** A pass between teammates within 3 feet of each other is not allowed.
- **Off-side:** Each position has an area on the court that they're not allowed to enter. If this occurs the ball will be handed to the other team, but a free pass will not be given.
- **Replay ball:** You must be in control of the ball when it is in your possession. Any form of bouncing will be considered replay ball.
- **Obstruction:** When defending you must stand 3 feet or more away from the person with the ball.
- **Interference:** When defending your hands must hover over the ball. You may not touch the ball or place your hands in front of the players face.
- **Contact:** You may not touch another player at all during the game whether intentional or not. This includes while you're in possession of the ball.
- **Held ball:** You can hold the ball for a maximum time of 3 seconds.

Leader board
points:

Win: 4 points

Draw: 2 points

Loss: 0 points